

# Growing instructions

## VEGETABLES

### GARDENING GUIDANCE



### BELL PEPPERS

Sun: full sun to partial shade, needs heat

Sow: start indoors 5-8 weeks before last frost (March to), plant outdoors when temperature is over 10C

Seeds: plant 1-2 seeds per hole, ½ inch deep and 12 inches apart

Soil: well-drained soil rich in organic matter (add compost and fertilizer)

### POLE BEANS

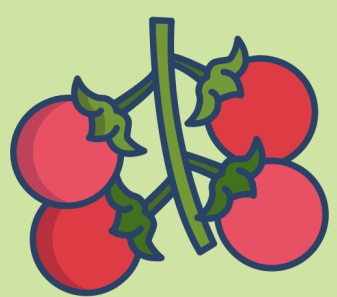


Sun: full sun, needs heat

Sow: after last frost (late spring to early summer)

Seeds: plant 1 bean per hole, 1 inch deep and 3 inches apart

Soil: well draining, warm soil. Vertical support needed as it grows taller



### CHERRY TOMATOES

Sun: full sun, needs heat

Sow: start indoors 4 weeks before last frost (March to April), plant outdoors when temperature is over 10C

Seeds: plant 1-2 seeds per hole, ½ cm deep and 12 inches apart

Soil: well drained soil rich in organic matter (add compost and fertilizer)

### SPINACH



Sun: partial shade, sensitive to heat

Sow: four weeks before to three weeks after last frost (early to late spring) and in fall

Seeds: plant 3 seeds per hole, ½ cm deep and 2 inches apart

Soil: moist but well-drained soil or compost

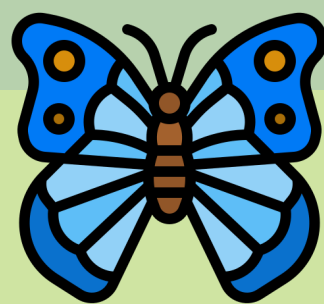
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## HERB MIX



Most flowering herbs are attractive to pollinators, but some lose flavour when blossoming. So, use leaves earlier (for your own purposes) and then allow the plant to flower after. Leave some new leaves to encourage growth and future harvests. Can be harvested continuously through the summer.

- Sun: full sun to partial shade
- Sow: after last frost in early spring
- Seeds: scattered together close to the surface, no deeper than ½ cm
- Soil: for herbs, the most important consideration is drainage. If planting in pots, they should have drainage holes



## POLLINATORS

Biodiversity is important to pollinator conservation, and a key in organic growing. It improves ecosystems by attracting beneficials (other insects, birds, and wildlife) and pollinators for many seasons, creating resistance against disease and environmental pressures.

- Sun: full sun to partial shade
- Sow: after last frost in early spring
- Seeds: scattered together close to the surface, no deeper than ½ cm
- Soil: loosen and remove existing vegetation, as wildflower blends may not take if planted into existing lawn because the roots (thatch) prevents seed contact with soil

## MORE INFO

- Butterfly mix: Contains annuals and perennials. See full list of seeds here: <https://www.westcoastseeds.com/products/butterfly-blend-2>
- Bee mix: Contains perennials, annuals and biennials. See full list of seeds here: <https://www.westcoastseeds.com/products/bee-garden-blend>