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# Vegetable Gardening



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# Vegetable Gardening

## Introduction

Vegetables grow best if they get lots of sun and lots of water, so no matter what you plant make sure you're planting in the sunniest part of your yard and within easy reach of your garden hose.

## Planting Techniques

### Random Sowing

With leafy vegetables like lettuce, you can simply sprinkle the seeds over the soil and then sprinkle enough soil over the seeds to cover them up. Water carefully, though, with a sprayer or small watering can because too much moisture will flood them out of the bed.

### Furrow Planting

Usually, growers will use a hoe to create a straight furrow in the soil, plant a couple of seeds every couple of inches along the furrow and then use the hoe to re-cover the furrow with soil. Plants are easier to weed and to thin out when they're in a straight line, assuming you leave a couple feet between the rows to walk.

## Seed Strips

You can buy the tiny seeds of certain vegetables like radishes and carrots on paper seed strips. Then you stretch the tape out, lay it in the furrow and cover it up. That's a lot faster than dealing with the tiny seeds. The paper will decompose as the seeds sprout.

## Transplants, Starts, Seedlings

These are vegetables started from seed indoors, separated into small containers and then brought outside for planting in the garden. They're most commonly used in colder climates with shorter growing seasons, and they're planted by removing them from their containers, setting them in a small hole and covering their rootballs with soil.

## Planting Cool Season Vegetables

The planting season begins with the heartiest seeds and transplants, known as the cool season vegetables. They are the least susceptible to sudden frosts and can actually go in a few weeks before the date of the average last frost in your area (which a local nursery can give you).

### Some Common Cool Season Vegetables

- Lettuce
- Carrots
- Radishes
- Onions
- Broccoli