

**For Your
Information**

Vegetable Gardens

Grow Your Own Vegetables

There are many benefits of growing your own vegetables. Fresh air, sunshine, exercise and relaxation are certainly part of the picture. And home grown vegetables are sure to be safe and free from pollutants. But truly, the best reason to grow your own vegetables is that they are far more nutritious and delicious. You'll find growing your own produce to be quite economical as well.

We are fortunate in Brevard County that we can grow veggies nearly all year long. Summer is the hardest time to grow many crops but there are a few that can make it. Fall and Spring are the premium planting times and there are many vegetables that thrive through our winter months.

Recipe for a Healthy Garden:

Location: You are probably going to want to locate your garden close to the house for easy access. Also, be sure that there is a water source close by. If you have a high salt content in your well water, you will want to use city water or collected rain to water your garden. This is much easier to do close to the house. Vegetables require at least six hours of sun per day.

Soil Preparation: Our soils in Brevard County tend to be quite poor. If you are planning a garden plot, you will want to amend your soil with lots of organic matter such as manure and compost. Planting your vegetables in raised beds or containers can be much easier as you have total control of the quality of the soil. These beds and containers also make it easier to maintain your garden. If planting in containers, be sure that the pot has good drainage and that the soil mix is light and airy. There are many commercial mixes (such as Fafard) that are perfect mixes for vegetables.

Rockledge Gardens has a custom blend for vegetable gardens as well. (this mix contains our planting soil, vermiculite and sphagnum peat). Adding your own compost to the garden is also quite beneficial.

The Right Plants: It's important that you grow vegetables during their best season (see chart attached). Also, choose varieties that are known to do well in our area (and that you like the taste of!)

Watering: Young vegetable plants will need water every day for the first week or so as their roots get established. The same applies to seeds that are sown directly into the garden or containers. After the plants get established, 3 times a week should be sufficient watering. It is best to water early in the morning or late in the evening.

Fertilizing: Organic fertilizers are the best option for vegetable plants. Garden Tone, by Espoma is our personal favorite. In addition, spraying to foliar feed with Maxicrop (liquid seaweed) or Neptune's Harvest (fish and seaweed) will make your plants healthier and stronger as well as resistant to pests and disease. We recommend a monthly application of Garden Tone and a weekly spraying with the liquid supplement for maximum plant health and production.

Pest Control: If you keep your garden well fed, watered and weeded, chances are you'll have very little problems with disease and insects. Practice integrated pest management (IPM) with your vegetable garden. Check on your garden daily (actually, it's fun to check on morning and evening!) and watch for insects. Small infestations can be hand-picked and controlled. If needed, we recommend using the natural pest controls such as Thuricide, neem oil and spinosad. Insect sticky traps can also be used for flying insects such as leaf miners (blue) and white fly (yellow).

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Monday - Friday 8am - 6pm

Saturday 9am - 6pm

Sunday 11am - 4pm

Delivering through out Brevard County

*Naturally Beautiful
& Fun*

Rockledge Gardens

What to plant when:

Beans (bush and pole)	March-April and September-October
Beets	October – March
Broccoli	September – January
Cabbage	September – January
Cantaloupes	February – April
Carrots	October – March
Cauliflower	October – January
Celery	September – February
Chinese Cabbage	October – January
Collards	September- March
Corn	February-March and August-September
Cucumbers	February-March and September-October
Eggplant	January – March and September – October
Endive/Escarole	January – February and September – October
Kale	September – January
Kohlrabi	October – March
Lettuce	September – March
Mustards	September – March
Okra	March – August
Onions	September – March
Peas	September – March
Peppers	January – March and September – October
Potatoes	September – February
Pumpkin	February – March and August – September
Radish	September – March
Spinach	October – January
Squash, Summer	February – March and September – October
Squash, Winter	February – March and September – October
Strawberry	October – November
Tomatoes	February – April and September – October
Turnips	September – March
Watermelon	January – March and August – September