

OCEANA GARDEN CLUB JUNE HILLTOP HIGHLIGHTS FOR SUBMISSION:

Our garden club is preparing to enjoy a rich and full harvest! It's been a wonderful place to safely enjoy the outdoors, wave to each other and feel a fulfilling purpose during these disconcerting few months. Very soon, a wonderful shared herb garden will be completed. We look forward to the time we can all gather under the canopy, share in delicious appetizers and ice tea!

Five Super - Speedy Vegetables Here are five super-speedy vegetables for a harvest in just a few short weeks! Not only will growing a few edibles at home reduce trips to the grocery store, but also, you'll also enjoy better-tasting, fresher food—and the tonic of the plants and the outdoors! If you're a beginner gardener, it's satisfying to see vegetables grow quickly. For greens and radishes, you can harvest the early leafy greens within two to three weeks! (Just leave a few plants to grow to their full size for a bigger harvest later.)

- 1. RADISHES**- Sowing to harvest: 25 days Radishes are one of the fastest vegetables, taking just three to four weeks to reach harvest time. They're also exceptionally easy to grow, spacing them about one inch apart. Sowing small batches every few weeks until the very end of summer will give you a continuous crop of the peppery roots. The seedlings will pop up within three to five days. If necessary, thin the seedlings so the roots have enough room to expand. You can harvest the radish greens (and thinnings), too!
- 2. SALAD LEAVES** Sowing to harvest: 10 to 25 days 10 to 15 days to harvest: grow microgreens 14 to 21 days to harvest: baby arugula and pea shoots 25 days to harvest: baby leaf lettuce 30 days to harvest: baby kale and swiss chard Harvesting can start just three weeks after sowing. Take two or three outside leaves from each plant at any one time. This allows the remaining leaves to grow on and provide another cut in a few days' time. Cut little and often for best results.
- 3. BUSH BEANS** Sowing to harvest: 60 days The quickest pods in town, bush beans, can be sown immediately after a previous crop to give a speedy picking before the end of the current growing season. Taking just two months from sowing to pod production, these trouble-free beans are a must
- 4. CARROT** Sowing to harvest: 50 days Carrots are not the most obvious speedy vegetable but choose a quick-growing finger-sized variety and you can expect sweet, crunchy roots in just six weeks. Sow into pots of potting soil, spreading the seed thinly over the surface, then cover with a thin sieved layer of potting soil. Or sow the seed into drills spaced about 6 inches apart, cover back over, and water
- 5. SPINACH** Sowing to harvest: 30 days The smooth, succulent leaves of spinach are extraordinarily versatile. Use them in salads, as a key ingredient to quiches and flans, or stirred into risottos or pasta dishes. Start it off once a month to enjoy right up until the first frosts. Sow into rows about a foot (12 inches) apart. Set the seeds an inch apart then thin the resulting seedlings to roughly 8 inches apart. Plants can quickly bolt in hot weather, which causes the leaves to turn bitter. Prevent this by sowing in light shade during the heat of summer