## **Growing Calendar**

CANADA OF HEALTHY LIVING INITIATIVE My Plate and the Planet

Follow along with this guide to planting your salad veggies! Post this growing calendar somewhere visible to help remind you to tend to them. Start planting seeds indoors a couple of weeks before the last frost in your area, to make sure that when you do move them outside the soil will be warm enough.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY6	DAY 7
WEEK 1			Plant pepper seeds		U Water		U Water
WEEK 2	Plant tomato seeds and the green onion seeds	U Water		U Water		<ul> <li>Plant cucumber seeds</li> <li>Water</li> </ul>	
WEEK 3		U Water	Check to see if pepper seeds are germinating – spread out if needed	U Water		U Water	
WEEK 4	<ul> <li>Check to see if tomato and green onion seeds are germinating - spread out if needed</li> <li>Water</li> </ul>	Plant carrot seeds	☐ Water		☐ Water	Check to see if cucumber seeds are germinating – spread out if needed	☐ Water
WEEK 5		<ul> <li>↓ Water</li> <li>↓ Loosen up outdoor soil, and add compost/ manure (if using) to prepare for the veggie seedlings to move outside</li> </ul>		U Water	Plant lettuce seeds	U Water	

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY6	DAY 7
WEEK 6	U Water	Check to see if carrot seeds are germinating - spread out if needed, if warm enough, move outside, along with tomato, cucumber, and green onion	U Water		U Water	Check for weeds!	U Water
		Remove any weeds					
WEEK 7		UWater Water		☐ Water ☐ Check for weeds	Check to see if lettuce seeds are germinating – spread out if needed, if warm enough, move outside	U Water	
WEEK 8	<ul> <li>Water</li> <li>Check for weeds</li> </ul>		<ul> <li>☐ Water</li> <li>☐ If warm enough, move pepper plants outside</li> </ul>		U Water		<ul> <li>Water</li> <li>Check for weeds</li> </ul>
WEEK 9		Uwater		<ul><li>☐ Water</li><li>☐ Check for weeds</li></ul>		UWater	
WEEK 10	UWater		<ul><li>☐ Water</li><li>☐ Check for weeds</li></ul>		U Water		UWater
WEEK 11		☐ Water ☐ Check for weeds		U Water		<ul><li>☐ Water</li><li>☐ Check for weeds</li></ul>	Harvest day for all of your veggies! (give or take a few days) Enjoy your salad!