Seattle’s climate is cool and wet, with cool dry summers. So heat-loving crops from hotter climates, like tomatoes, corn and peppers, are harder to grow here. But our mild spring, fall, and winter weather allows us to grow cool-loving Asian greens, kale, collards, spinach, and onions year ’round.

**Starting Your Garden**
Learn in this guide how to:

- **Choose a place to garden**
  - You need at least 6 hours of sun — without shade from trees or buildings. Make sure a water supply is close.
  - Consider sharing garden space with neighbors, or join a P-Patch or other community garden.

- **Prepare your soil for planting**
  - Dig compost into the soil, or bury plant and food scraps.
  - Mound up soil into raised beds.

- **Choose the right seeds to plant**
  - Grow what your family likes to eat, but choose vegetables that will grow well in our cool weather.
  - Plant seeds at the depth and spacing on the seed packet.
  - Plant when the soil is warm enough. Select seeds that say “80 days” or less to harvest on the seed packet. ➔ See calendar on back.

- **Wait until May 15 to seed or transplant heat-loving plants.**
  - Tomatoes, peppers and eggplant should be started in a greenhouse, then transplanted to beds in May.

- **Water and weed your garden**
  - Seedlings need water daily. Water mature plants 2-3 times a week if it hasn’t rained.

- **Harvest, and prepare garden for winter**
  - Ask other gardeners when to harvest, or read seed packet.
  - Cover beds before winter with mulch, or plant winter cover crops.

**Growing Food: Gardening in Washington**

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Questions? Garden Hotline (206) 633-0224 Su’aalaha? Qadka Beeraleeyda

City of Seattle  Available in alternate formats on request: (206) 633-0224  TTY: (206) 233-7241

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Cimilida Seattle waa qaboow iyo qooyaan, xiliga xagaaganaya qaboow qalalaa. Marka cuntada lagu beeri karo cimilada kulaylka, sida yaanyada, galayda, basbaaska, waa ku adag tahay in halkaan lagu beero. Laakiin xiligeena deyrta, guga, iyo jilaalkubka waxay ku ogolaanayaan inaad ku beerto cuntada lagu beeri karo qaboowga sida kuwa aasiya, kale, kollards, isbiinashka iyo basasha sanadka oo dhanaan.

**Bilaabida Beertaada**
Halkaan ka baro sida loo abuurto:

- **Dooro meel aad wax ku abuurto**
  - Waxaad u baahan tahay ugu yaraan 6 saacadood oo qorax ah geedo har leh ama dhismo. Hubso in biyuhu ku dhow yihini.
  - Isku day inaad beer dariska la wadaagto, ama aad ku biirto P-Patch ama beeraleeyda kale.

- **Diyaarinta carada beeritaanka**
  - Carada nafqee, ama geedo ku abuur iyaga cuntada haraageeda.
  - Carada ka soo qado xaga kore.

- **Dooro miro fiican oo aad abuurto**
  - Abuur cuntada uu qoyskaadu jecel yahay inuu cuno laakiin dooro qudaar si fiican qaboowga ugu bixi karta.
  - U abuur miraha dhererka iyo kala dhaqaajinta loogu talo galay.
  - Abuur marka ay caradu kulushahay dooro miro ilaa iyo “80 casho” jiray ama wax ka yar. ➔ Taariikhda gadaal ka fiiri.

- **Sug ilaa iyo 15 May miraha ama geedaha aad abuurayso.**
  - Yaanyada, basbaaska ama eggplant waa in marka hore guriga lagu abuura, ka dibna banaanka loo soo waraanjiyo May.

- **Biyaha iyo waraabinta beertaada**
  - Mirihu waxay u baahan yihini in maalin waalba la waraabiyaa. Geedaha korayna 2-3 mar sitimaankiba hadii aanu roob di’in.

- **Gurashada, iyo diyaarinta beerta ee jilaalka**
  - Weydii beeraleeyda kale goorta la gurayo, ama ka aqri waraaqda miraha.
  - Ku dabool beerta jilaalka ka hor, ama beero dhir dabooleen jilaalka. 
Choose a Place to Garden

Where is there sun?
Most vegetables need at least six hours of direct sunlight a day to grow well. Watch where the sun shines on your yard, and pick the sunniest spots to garden. Trees or buildings can block the sun, especially in spring or fall. A south-facing wall will warm quickly in the spring, and be good for heat-loving plants like tomatoes and peppers in summer.

Where can you grow?
Turn sunny lawn areas into garden by removing and composting the sod. Or to kill the lawn by covering it with 12 inches (30 cm) of wet fall leaves in November. Cover the leaves with cardboard or black plastic. Wait until May to dig up the area and start planting.

Build raised beds. Mix soil with compost. Mound the soil up into a raised bed to help the soil warm in spring. Plan paths between beds so you never walk on your loose, compost-amended soil. You can add sides to your raised beds made from concrete blocks, broken concrete, wood or plastic lumber. Don’t use chemically treated wood.

Try gardening in containers. You can use large pots or half-barrels to grow tomatoes, peppers, greens, even berries.

Grow vertically on a sunny wall or in a window. Climbing plants like beans, tomatoes and cucumbers will grow if you provide good soil and poles for support.

Share with a neighbor, or join a community garden! Seattle’s P-Patch program can help you find a community garden near where you live. They are great places to grow food, learn, and meet other gardeners.

Testing your soil for lead or other contamination
Soil near old houses with peeling paint, or next to streets or in industrial areas may have lead, arsenic, or other contamination.

Call the Garden Hotline to find out where to get your soil tested, or to get a copy of WSU’s Gardening on Contaminated Soils. If you suspect that your soil is contaminated, build a raised bed and add 8 inches (20 cm) of fresh soil with compost.

Dooro meel beer ah

Halka qoraxda leh?
Qudaarta inteeda badani waxay u baahan tahay lix saacadood oo qorax ah maalintii si ay u korte. Fiiri halka ay qoraxdu kaga dhacayso beertaada, ama dooro meesha ugu qoraxda badan beerta. Geedaha ama dhismayaashu waxay xayiri karaan qoraxda, qaasataan xiliyada deyrta ama guga. Derbi u jeeda dhinacu koonfureed waxa uu si dhaqso leh u kululeeynayaa deyrta, waana u fican yahay dhirta jeec kulaylka sida yaanyada iyo basbaaska xiliga xagaaga.

Halkee wax ku abuuri karaa?
Beerta u wareiji xaga qoraxda adigoo ka saaraya ama nafaqeeynaya carada. Ama ka dil cawska adigoo ku dabolayaa 12 inches (12cm) caleen qoyan xiliga guga ilaa nofember. Dusha caleenta ka saar baakado ama bacda madoow. Sug ilaa iyo May si aad u qodo halkaas iyo ugu bilowdo beerid.


Isku day in aad kontaynar dhexdiisa ku abuurato. Waxaad isticmaali kartaa dheriyo waaweyn ama fuusto nuskeed inaad ku abuurto yaanyada, basbaaska, cagaarka, xitaan beeryaska.

Dhinac dinac u abuur xaga derbiga qoraxda ama daaqada. Dhirta koraysa sida digrta, yaanyada iyo kakambarka si fican ayayna u baxayaan haddii aad siiso caro fican iyo caawinaad.

La wadaag deriskaada, ama ka qeyb gal bulshooyinka beeraleeyda! Banaamika P-Patch ee Seattle waxuu ka caawin karaa inuu ku helo bulshada beeraleeyda ee ku dhow. Waa meelo fican oo cuntada lagu beerto, bartu, iyo lagula kulmo beeraleeyda kale.
Prepare Soil for Planting

Compost is decomposed plants (leaves, grass, dead plants) and food waste. Compost helps soil hold nutrients and water to grow healthy plants. You can make your own compost from grass clippings, leaves, sod, weeds, plants and food wastes, or you can buy compost. You can also bury food waste in the garden, or chop and drop plants.

Mulch is any material you spread on top of the soil, to conserve water, control weeds, and slowly feed the soil as it decomposes. Good mulches for gardens include fall leaves, plant and grass clippings, straw, coffee hulls, or compost.

Mix compost into your garden soil.

Dig to loosen the soil 8 to 12 inches deep (20-30 cm) with a shovel or garden fork. Spread compost 2 or 3 inches deep (5-8 cm). Then mix the compost into the soil.

Or bury food and plant waste at least 6 inches (15 cm) deep to compost.

Soil for container growing

Mix one part compost with two parts sandy soil. Drainage in containers can be improved by adding a larger material like pea gravel or medium bark. You can also buy pre-mixed “potting soil.” If you have old potting soil in your garden, you can add about 1/4 compost to freshen it for a new growing season.

Buying fertilizer?

Look for “organic”.

While vegetables get most of the nutrients they need from compost, a complete “organic” (from natural sources) fertilizer can speed their growth. Look for “organic vegetable fertilizer” or fish fertilizer at your garden store.

Get a soil test to discover other nutrient needs. Washington soils may need lime every few years, which adds calcium and reduces acidity. Mix about 4 pounds (1.5 kg) of lime into soil per 100 square feet (9.3 square meters). Ask the Garden Hotline where you can send your soil sample for a test that will tell you about lime and other nutrient needs.

U diyaarinta Carada beeritaanka

Nafaqeeynta waa dhir la caburiyay (caleemo, caws, dhir dhimatay) iyo cuntada la soo reebay. Nafaqeeyntu waxay ay carada ka caawisaa nafaqada iyo in biyuhu si caafimaad leh ay dhiir ugu korto. Waad sameeyn kartaan nafaqeeynta adigo ka sameeynaya cawska la jaray, caaleemaha, miraha, dhiirta iyo cuntada la soo reebay, ama waad soo ibsan kara. Waxaad sido kale beerta ku subhi kartaan cuntada la soor reebo.

Mulch waa wixii alaab ah ee lagu kor daadiyo carada korkeeda, si ay biyaha u ceshato, looga ilaaliyo cawska, ama si fudud loo siyo miraha. Mulch fican oo beerta waxaa ka mid ah caaleenta soo daadatay, dhiirta iyo cawska la jaray, miraha kokeega, ama carada nafaqeeynta.

Isku qas carada nafaqada leh ee beertaada.

Qod si caradu u jilacdo 8 ilaa 12 inches hoos (20-30 cm) adigoo istismalaayaa badiil ama qalabka beerta. Ku daadi carada nafaqada leh 2 ama 3 inche hoos (5-8 cm). ka dibna ku qas carada.

Ama cunto ama dhir dhimatay ku soo duug ilaa 6 inches (15 cm) hoos carada.

Carada ku baxda fuustada

Ku qas hal gayb oo carada nafaqeeyay laba qeybood oo carada caadiga. Biyo siideynu fuustada waxaa lagu hagaajin karaa in lagu daro qalab kale. Waxaad sidoo kale soo ibsan kartaa caro isku jirta. Haddii aad haysato fuusto caro ay ku jirto. Waxaad ku dari kartaa ¼ caro nafaqeeyaan si aad xili cusub wax ugu beero.

Soo iibsashada fertilizkerka?

Fiiri kuwa “dabiciga”.

In kastoo ay qudaato ka hesho dhamaanba nafaqada ay uu baahan tahay carada nafaqada leh, carada “dabiiga” (ilaha dabiciga) waxay dadajin kartaa koritaanka. Ka raadso “fertilizkerka dabiciga ee qudaarta” ama fertilizkerka kaluunka dukaanka beeraha.

Baaritaan ku samee carada si aad u ogaato nafaqada ay uu baahan tahay. Carada Washington waxaa laga yaabaa inay u baahan tahay liimo dhawrkii sanobaa mar, taasoo ku darayso kaaliismay iyo yareenyaysa aysiiqda. Isku qas ilaa 4 pound (1.5 kg) oo liin ah 100 square ee caro ahba (9.3 square meters). Weydii Qadka Beeraaleeyda halka aad u dhiir karto baaritaanka caradaada ee ku sheegaya nafaqada ay caradu u baahan tahay.
Plant the Right Seeds, at the Right Time

Choose plants that grow well in our cool climate.
Grow what your family likes to eat, but choose varieties of vegetables that will grow well in our cool, wet spring weather and cool, dry summers.

When to plant
Seeds need soil warm enough to sprout – typically at least 50-60°F (10-16°C). You can wait until the soil warms in May, or use a plastic cover to warm it more quickly.

Read seed packets for planting dates, and choose ones that say “80 days” or less to harvest. Peas and potatoes can be planted in March, but leafy greens should wait until April, and heat-loving crops like corn until late May.

Or buy seedling plants of heat-loving, long-season tomatoes, peppers, and eggplant, to transplant into the garden in late May. You can also grow them yourself from seeds planted indoors in March, in containers in a sunny window.

Transplant heat-loving plants from greenhouse to garden in late May.
Make a hole as wide the seedling’s roots. Add compost or a sprinkle of fertilizer. Spread roots out, and gently push soil in around the roots. Water well. Plant at the same depth as the plant was in the pot at the greenhouse.

Water young seedlings regularly. Cover and protect seedling plants from extreme heat or cold until they are strong.

Abuur miraha ku haboon xiliga, ku fiican mirahaas

Dooro dhir si fiican ugu baxda cimilada qaboob.
Beero waxyaabaha goskiini jecel yiihin inay cunaan, laakiin dooro qudaar kala duwan oo si fiican qabowga ugu baxda, xiliga qoyaanka ee deyrta oo qaboob, iyo xiliga xagaaga qalalan.

Goorta la beerto
Mirihu waxay u baahan yiihin caro kuluy leh si ay u baxdo – caadiyan ugu yaraan 50-60°F (10-16°C). Waxaad sugi karaa ilaa iyo inta ay caradu ka kulaanayso May, ama isticmaali kartaa inaad saarto balaastiko si ay u kulaato dhaqso.

Aqri baakada miraha ee ay ku qoran tahay maalmaha beerta, dooro kuwa ay ku qoran tahay “80 casho” ama ka yar in la soo jaaray. Digirta iyo bataatiga waxaa la abuuri karaa Maaro. Laakiin caleemta cagaarana waa in la sugaa Abril, iyo dhirta jecel kulaylka sida galayda ilaa iyo dhamaadka May.

Ama soo ibso dhir la abuuray ee dhira kulaylka jecel, yaanayaada, bastaabska, si aad ugu wareejiso beertada dhamaadka May. Waxaad kaloo ku abuuri karaa gudahisaa Maaro, fuusto dhaqo dagaalayaan qarqo maalin macluumaadkii.

Beerida miraha
Ka aqri baakada miraha inta ay tahay in la abuuro iyo waqtiga. Miraha qaafatka sida lettuca, karootada iyo collard waxay la kala fogeeyn karaa si carada loogu diyaariyo, ka dibna korka laga saara xoogaysan carada nafaqada ah. God hooma ka uu abuurin mirahaas qaafatka! Miraha waaweyn sida digirta, galayda waxaad ku rixi kartaa farfaada si aad carada ugu diyaariyo iyo kala fogaynta wareegega ku qoran. Ka dib si degan biyaha ugu wareabo si ay u qoyaan.

Ku wareeji dhirta kulaylka jecel guriga lagu beeray adigoo ku beeraya beerto May.
U sameed god la eg jirida geedka. Ku dar caro ama ku shub fertlizare. Kala fogeynta, si fudud ugu rixi carada godka gudahisaa. Si fiican u waraanbi. Ku abuur dherer la mid ah godkii guriga ee ay ku beemayd.
Biyo sii miraha yar yar. Dabool iyo ilaali miraha geedaha kana fogeynta kulaylka ama qaboowga ilaa iyo inta ay ka adkaanayaan.
Thin and space plants – give them room to grow.

Follow the spacing directions on the seed packet. After seeds sprout and have a few leaves, thin (remove) seedlings to that spacing. You can also transplant seedlings from crowded areas to areas that aren’t full. This will ensure that plants have enough room to grow, and give you a bigger harvest. You can eat the little plants you pull as salad.

Succession planting

Plant more seeds every few weeks as long as the weather is warm, so that your harvest will continue into the fall. But don’t plant cool-loving crops like peas and spinach in hot July weather. Plant fall cool crops in August to early September.

Rotate crops

Some crops get diseases that stay in the soil for a year or more. And some crops use up soil nutrients quickly. To avoid problems, rotate (move) crop families to a different bed each year.

Kala dhaqaaji dhirta – Sii meel ay ku koraan.

Raac tilmaanta kala fogeeynta ee ku qoran waragaqda miraha. Ka dib markii aad abuurto miraha sii meelo banaan. Waxaad sido kale dhirta ku abuuri karaa meelaha banaan. Midaasi waxay sahlaysaa in dhirtu hesho meel ku filan oo ay ku baxaan, iyo ku siinaysaa wax soo saar fara badan. Waxaad cuni kartaa dhirta yar ee aad soo gurato.

Ku guuleysashada beeritaanka

Beero miro kale oo badan dhoworkii sitimaanba mar ilaa iyo inta ay cimiladu kulushahay, si waxa ku soo go’aay ay u gaaraan ilaa iyo deyrta. Laakiin ha abuurin dhirta jecel xiliga qaboowga sida digirta iyo isbiiinashka xiliga kulaylka July. Abuur xiliga qaboobuhu soo socdo ee Agoosto ilaa horaanta Setember.

Kala bedel Dalaga

Dalaga qaarkiis waxaa ku dhaca cuduro carada ku jira sanad ama ka badan. Iyo dalaga qaarkiis waxa uu si dhagwo leh u isticmaala nafaqada carada. Si aad iskaga ilaaliso dhibaatadaas, kala wareeji dalaga meelo kala duwan sanad kasta.

Example

1st Year:
- Bed A: Tomato
- Bed B: Onion
- Bed C: Cabbage

2nd Year:
- Bed A: Cabbage
- Bed B: Tomato
- Bed C: Onion

3rd Year:
- Bed A: Onion
- Bed B: Cabbage
- Bed C: Tomato

Rotate crop families each year. Kala wareeji dalaga sanadkasta.

Other vegetable families that benefit from changing locations each year:
- cilantro
- carrot
- parsley
- beet
- chard
- spinach
- corn
- wheat
- teff
- cucumber
- melon
- squash
- lettuce
- radicchio
- endive
- pea
- bean
- clover

These families can all be planted together with the tomato, cabbage, and onion families.

Qoysaska kale ee qudaarta ka faa’iideysata in beerta laga bedelo sanad kasta:
- kabsar caleenta karootada barsley
- beet chard isbiinashka
- galayda qamadiga teff
- kakambarka qaraha squashka
- lettuce radicchio endive
- pea digirta klover

Dalagyadaan waa lala wada abuuri karaa yaaynada, kabajka, iyo dalagyada basasha.
Water your garden
Check your garden daily in hot summer weather. Water before vegetables droop, or when the soil feels dry 2 inches (5 cm) down. In cooler, rainy spring and fall you’ll only need to water young seedlings. Direct water to the plant roots. Use a watering wand, or in flat areas lay out a soaker hose between rows and cover it with mulch. Water enough to moisten the whole root zone – dig a few inches down to see if the soil is moist. Plants in containers dry out more quickly than in the garden. Always water in the evening or early morning, to avoid evaporation waste and prevent wet plant damage from the mid-day sun.

Control weeds and pests
Spread mulch (leaves, grass clippings) and pull weeds before they go to seed.

Most bugs are good bugs that help control pests. Learn which bugs are problems, and how to control them.

Don’t use chemical pesticides. They can poison your family and birds, pets, and fish. Call the Garden Hotline to identify pest or weed problems, and learn about non-toxic solutions.

Garden All Year
Our climate is cool and wet in spring and fall, and usually above freezing in winter. So heat-loving plants like corn are hard to grow, but cool-loving plants are easy.

Extend your season with cold-hardy crops. Bok choi, kale, collards, broccoli, carrots, leeks, and garlic can be planted in late summer or early fall to grow for harvest all winter or in spring.

→ See the Calendar on back page.

Grow under cover. Start spring plants in a greenhouse or “cold frame,” or extend fall growth with a plastic cover.

Plant berries and other plants that grow for many years Add these plants to your landscape wherever there’s sun: blueberries and strawberries, artichokes, asparagus, even dwarf fruit trees or grapes. Ask the Garden Hotline about best varieties for our climate.

Biyo sii beertaada

Ka ilaali cowska iyo cayayaanka
Ku shub mulch (caleemo, cows la jaray) iyo ka jar cowska ka hor inta aanay miro yeelan.

Cayayaanka intiisa badani waa fican yihiiin waxayna ilaaliyaan cayayaanka kale ee xun. Baro cayayaanka xun iyo sida la iskaaga ilaaliyay.

Ha isticmaalin sunta kiimikada ah. Waxay sumeen kartaa qoyskaada iyo shimiraha, xayawaanka, iyo kaluunka. Wac Qadka Beeraleeyda si aad u ogaato sunta iyo dhibatooyinka cawska iyo ku barato waxyaababu ahaan sunta ahayn.

Sanadka oo dhan wax abuur
Cimiladeenu waa qaboow iyo qoyaan deyrta iyo gu’ga, iyo qaboow aan badnayn xiliga jilaalka. Sidaas daraadeed cuntada jecel kulaalqoto sida galayda waa ku dhib badan tahay inay ka baxdo, laakiin dhiirta qaboowga jecl waa ku fududahay.

Ku sii dheere xiligaada dhiirta qaboowga ku baxda. Bok choi, kale, kollards, barakooli, karootada, leeks, iyo garliga waxaa la abuuri karaa xagaaga dhamaadkiisa ama deyrta si loo gurto jilaalka oo dhan ama deyrta.

→ Taariikhda gadaal ka fiiri.

Ku abuur daboob hoostis. Ku biloow inaad ku abuurto daboob hoostisy dhiirta ama “meel qaboow” ama bac hoos teed.

Abuuro beerriga iyo dhiirta kale ee baxa dhowrka sanadood Ku darsoo dhiirtoon inaad ku abuurato beertaadeed meeshi leh qorax: bluuberiga iyo strawberries, artichokes, asparagus, xitaa jeed oo miro leh ama canabka. Weydii qadka beeraleeyda noocyo kaa fiican cimiladeena.
Harvest and Share!

Harvest vegetables before they go to seed. See seed packets for “days to maturity” and photos of ready-to-harvest plants, or ask gardeners at your local community garden about when to harvest.

Share your harvest. If you have more than you can eat, share with neighbors or call the Garden Hotline or see the P-Patch and Lettuce Link websites on back to learn about where to donate food.

Saving seeds is easy with most green leafy plants. Just hang the mature seed stalk to dry. Fruiting plants like tomatoes and squash often cross-breed, so saved seed may not produce good fruit. Call the Garden Hotline to learn more about saving seed, or any garden question.

Prepare Gardens for Winter

Fall is time to clean up the garden, compost dead plants, and protect your garden from winter weeds and from rainfall washing soil away.

Cover crops are usually legumes like clover, planted in October to grow through the winter. They protect the soil, and provide nutrients when you dig them into the soil before planting in spring.

Winter mulches should cover any soil areas not planted with overwintering crops or cover crops. Collect fall leaves and spread them 2-3 inches deep to cover exposed soil. You can also chop dead plants and spread them on the soil.

Composting returns nutrients back to the soil. Chop up old garden plants, along with grass clippings and fall leaves, to build your compost pile. Choose a shady spot, and moisten materials as you build your pile.

Or bury food scraps (to keep animals away) under garden beds all winter to improve the soil.

You can also learn how to compost kitchen scraps in a rodent-resistant worm bin. Weeds and diseased plants, along with dairy or meat scraps from the kitchen, should go into the City’s yard-and-food-waste collection for hot composting.

In spring, you can use your compost or buy compost to enrich your soil for another year of growing.
### Easy Crops for Beginner Gardeners

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### Learning More about Gardening

**Questions? Call The Garden Hotline**
(Seattle Public Utilities) free brochures on soil, composting, watering, pest control, and more. Language interpretation available.

**P-Patch Program** of Seattle’s Department of Neighborhoods provides community garden spaces in many neighborhoods, at low or no cost. Translated classes. Everyone is welcome.

**Seattle Parks** classes, community gardens

**City of Seattle’s Food website**
Find a garden space to share

**Urban farming news and resources**

**WSU Extension Master Gardeners**

**Lettuce Link** information on gardening, sharing harvests, and *Gardening for Good Nutrition*

**Seattle Tilth** provides classes, demonstration gardens, volunteer opportunities, and *The Maritime Northwest Garden Guide*