

## Planting Instructions and Layout Design – 2024 VVT – 9 Beds

The types of vegetables and herbs in our 2024 trial were often used in culturally significant Eastern European recipes.

The planting instructions and layouts are for 3x3 beds. Please follow the layout when planting so the planted beds will match the signage.

Signage should be displayed by each bed. (Signage will be available to download)

If you have more space, feel free to plant more, but still follow the planting layout – excess seed/plants can be planted in another location if needed.

\*\*\*\*\*

### Cultural Roots of Eastern Europe – Tomato

**Cosmonaut Volkov Tomato** (*Solanum lycopersicum*):

<https://hudsonvalleyseed.com/collections/tomatoes/products/cosmonaut-volkov-tomato>

Starting plants: Sow indoors ½ inch deep, 6 -8 weeks before last frost in a warm spot. Grow to transplant size with ample light (supplemental light is usually required). Days to sprout: 3-10. Days to maturity: 80 from transplant.

Planting and Design: Indeterminate Plant – Plant **ONE PLANT** - Harden off and then transplant once the soil has warmed, 1-2 weeks after last frost.

Growing and Harvest: This will be a large plant - **Provide a large sturdy trellis** for it to grow on and medium-fertility soil. Stay on top of harvest for longest-producing, healthiest plants. Keep leaves as dry as possible to help reduce foliar diseases. Providing regular and sufficient water can help prevent Blossom End Rot.



## Cultural Roots of Eastern Europe – Slicing Cucumber

**Ukrainian Slicing Cucumber** (*Cucumis sativus*):

<https://hudsonvalleyseed.com/collections/cucumbers/products/ukrainian-slicing-cucumber>

Starting plants: Direct sow seeds ½ inch deep, spaced 4 inches apart, after last frost and once soil has warmed -OR- Start indoors 2-3 weeks before last frost and transplant to indicated spacing after threat of frost has passed and soil has warmed. Days to sprout: 3-7. Days to maturity: 60

Planting and Design: Thin to **ONE PLANT** once seedlings put on their first true leaves. Plant in moderately fertile soil.

Growing and Harvest: **Trellis if growing in a 3x3 bed or limited space.** Water regularly. Harvest when cukes are green and white and skin begins to turn smooth, but before they are shiny and yellow. Fruits are tender, sweet, and tasty fresh-sliced at up to 8". Can sow again in early summer for fall harvest if desired.



## Cultural Roots of Eastern Europe – Herbs for People and Pollinators



**Gigante d'Italia Parsley** (*Petroselinum Hortense*):

<https://hudsonvalleyseed.com/collections/parsley/products/gigante-ditalia-parsley>

Starting Plants: Sow seed ¼ inch deep indoors 8 weeks before last frost, or direct sow (one row) after last frost. Parsley is slow to germinate, but fast and easy-to-grow once up. Days to sprout: 7-21. Days to maturity: 80

Planting Design: Plant/Thin to **THREE PLANTS** - spaced 8 inches apart.

Growing and Harvest: Harvest large outer leaves and allow new inner leaves to mature for continual harvest. In temperate climates it is biennial; with the protection of a cold frame or snow cover it will come back in the spring and can be harvested for about a month before it goes to seed.



**Bouquet Dill** (*Anethum graveolens*): <https://hudsonvalleyseed.com/products/bouquet-dill>

Planting and Design: Direct sow **(one row)** ¼ to ½ inch deep and 12 inches apart after last frost or start indoors and transplant soon after last frost has occurred. Days to sprout: 7-21. Days to maturity: 65

Growing and Harvest: Sow dill every 3-4 weeks for the highest quality of fresh leaves all season. For use as a dry herb, harvest before the umbel (Latin for umbrella) flowers form.



**Genovese Basil** (*Ocimum basilicum*): [https://hudsonvalleyseed.com/products/genovese-basil?\\_pos=1&\\_sid=3fd240a35&\\_ss=r](https://hudsonvalleyseed.com/products/genovese-basil?_pos=1&_sid=3fd240a35&_ss=r)

Planting and Design: Direct sow **(one row)** in full sun after frost and once temperatures have warmed. Sow ¼ inch deep and 12 inches apart or start indoors up to 1 month before last frost date. Days to sprout: 4-10. Days to maturity: 68

Growing and Harvest: Water at base of plants to keep leaves as dry as possible. Moist leaves create an environment for development of Downey Mildew. If you want to have fresh basil all season, start in succession at one-month intervals. Pinch off the tallest growth to keep basil from flowering as flavor becomes too strong once basil is in bloom. Cut basil stems can be kept for several days in a jar of room temperature water.

**Mint** (*Mentha* spp.) - Optional:

[https://hudsonvalleyseed.com/products/mint?\\_pos=1&\\_sid=96230f794&\\_ss=r](https://hudsonvalleyseed.com/products/mint?_pos=1&_sid=96230f794&_ss=r)

Planting and Design: Surface sow indoors and gently press into soil. Keep moist and at room temperature. Transplant outside, into a separate container, when seedlings are at least 3-4" tall, **\*\*We recommend that you plant your mint in a container to control spread – don't plant in your pollinator bed** as mint spreads rapidly and can be challenging to get rid of once established.



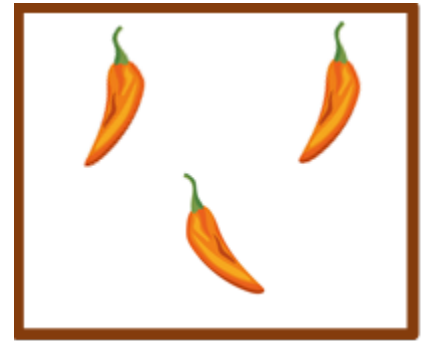
Growing and Harvest: Each plant will be slightly different in appearance and flavor profile. Once established, harvest regularly, using clean sharp scissors or knife, cutting stems just above a leaf node. Hang in bunches, upside down in a warm dry spot out of direct sunlight to dry.

## Cultural Roots of Eastern Europe – Chili Peppers

**Bulgarian Carrot Chili Pepper** (*Capsicum annuum*) (Hot):

[https://hudsonvalleyseed.com/products/bulgarian-carrot-chile-pepper?\\_pos=1&\\_psq=bulgaria&\\_ss=e&\\_v=1.0](https://hudsonvalleyseed.com/products/bulgarian-carrot-chile-pepper?_pos=1&_psq=bulgaria&_ss=e&_v=1.0)

Starting plants: Pepper seed requires heat to germinate; find a spot that is steadily warm - using a heat mat is ideal, but above the fridge may work, as might a spot near the woodstove. Sow pepper seeds at least 8 weeks before your last frost date. Sow about ¼ inch deep in soil blocks or plug trays. Give them ten to fourteen days to germinate before thinking of giving up on them. Once up, peppers grow quite slowly when young and, again, require warmth to grow quickly. Days to sprout: 7-14. Days to maturity: 70 from transplant.



Planting and Design: Harden off plants and transplant outside after chance of frost is past and once weather and soil has warmed. Peppers do not like cold soil. Plant **THREE PLANTS** about 18" apart.

Growing and Harvest: Peppers mature later in the season than tomatoes and to get a good crop of ripe peppers requires an early start. (If you prefer green peppers, you've got more flexibility.) **Stake and tie to help plants remain upright** and to prevent plant breakage. Optional: A row cover over beds and/or black plastic over soil can provide extra warmth for quicker growth.

## Cultural Roots of Eastern Europe - Dry Beans

**Robert Hazelwood Dry Bean** (*Phaseolus vulgaris*):

<https://hudsonvalleyseed.com/products/robert-hazelwood-dry-bean>

Planting and Design: Direct sow outdoors as soon as the threat of frost has passed. Sow seeds 1 inch deep and 1-2" apart. Plant **two rows** 10 inches apart. **Thin to 3-6" apart**. Days to sprout: 4-8. Days to maturity: 100

Growing and Harvest: Use row covers to protect from frost and bean beetles if necessary. This variety can be grown as a bush bean but **does best when provided with a short trellis support** as it has tendrils and likes to grow up. At maturity, expect plants to be about 2 feet tall.

For best results, allow the beans to dry on the plant. Harvest beans when dry prior to the first fall frost. If the weather does not permit this, pull the plants up at the last possible moment and hang them out of the weather to dry, then thresh the plants to remove the beans.



## Cultural Roots of Eastern Europe - Root Crops



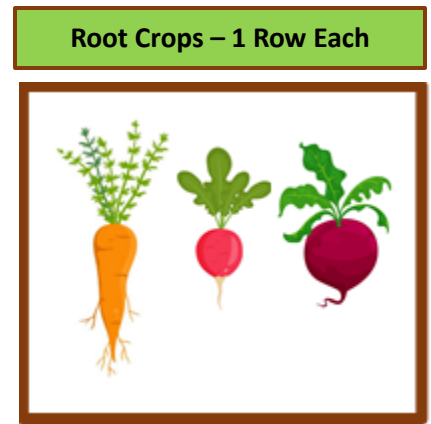
**Danvers Carrot** (*Daucus carota*):

<https://hudsonvalleyseed.com/products/danvers-carrot?variant=31280973053997>

Planting and Design: Direct sow ¼ inch deep from mid-April until early August in loose, fertile, deeply worked (to at least 10 inches for this type) soil. Plant **ONE ROW**. Thin young carrot seedlings to space 2" apart, then thin baby carrots by pulling out every other carrot, allowing the remaining carrots to grow to full size. Days to sprout: 10-14. Days to maturity: 70

Growing and Harvest: These carrots will grow to 6-8 inches long and may even reach 10 inches long when grown in properly prepared beds that have loose, deep, rock-free soil. Mulch with straw once plants are up to help retain soil moisture and reduce “green shoulders”.

Fall carrots can be stored in plastic bags in the refrigerator or in a root cellar for months. Do not store fresh carrots with the tops on; they draw water and nutrients from the roots. Rather, remove the tops after harvesting and use to flavor soup stock.



**Cherry Bell Radish** (*Raphanus sativus*): [https://hudsonvalleyseed.com/products/cherry-belle-radish?\\_pos=6&\\_sid=5e399c655&\\_ss=r](https://hudsonvalleyseed.com/products/cherry-belle-radish?_pos=6&_sid=5e399c655&_ss=r)

Planting and Design: Direct sow ¼ to ½ inch deep in early May and thin small radish seedlings to 2-4" apart. Plant **ONE ROW**. Days to sprout: 4-10. Days to maturity: 22

Growing and Harvest: Keep watered, especially as the season warms up. Harvest radishes as soon as they are round, there is a small window to harvest them before they split. Eat fresh – not a storage type. (Tops are enjoyable in a sauté or braising mix.) Radishes are fast growing, so plant in successions to have a steady crop.



**Detroit Dark Red Beet** (*Beta vulgaris*):

<https://hudsonvalleyseed.com/collections/beets/products/detroit-dark-red-beet>

Succession sow 1 inch deep from 1-2 weeks before last spring frost through 8-10 weeks before first fall frost. Plant **ONE ROW**. Days to sprout: 7-10. Days to maturity: 50

Growing and Harvest: Thin young seedlings to one every two inches, then pull out every other beet to enjoy at the baby stage. Optional: Leave later sowings in ground for harvest through November. Pick and store in the fridge, where they'll last for months. For the largest roots, beets need fertile, weed-free soil.

## Cultural Roots of Eastern Europe - Cabbage

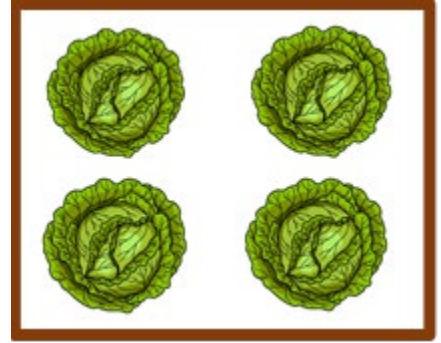
**Early Jersey Wakefield Cabbage** (*Brassica oleracea*):

<https://hudsonvalleyseed.com/products/early-jersey-wakefield-cabbage? pos=1& psq=early%20jersey& ss=e& v=1.0>

Planting and Design: Can be started indoors from 8 weeks before last frost and until three months prior to first fall frost. Plant up to ¼ inch deep. Plant **FOUR PLANTS**. Days to Sprout: 7-10. Days to maturity: 60

Growing and Harvest: Transplant 3-4 weeks later, 12-18 inches apart.

Cabbage requires fertile, well-drained soil and plenty of water for solid non-splitting heads. Water at least 1" per week, more in extreme heat.



## Cultural Roots of Eastern Europe - Potatoes

**Alba Potato:** <https://hudsonvalleyseed.com/products/elba-potato?variant=32330553819181>

**Planting and Design:** You should have enough to grow **FOUR PLANTS**. Spaced 10" apart in beds or spaced out in 10 gallon grow bags (grow bags are not provided). Days to maturity: 90

**Prep:** Set potatoes in a room temperature environment where they will be exposed to medium light for about a week before your planting date. A day or two before planting, any potatoes larger than an egg can be cut into smaller pieces with a sharp, clean knife. Each cut segment should contain 1-2 eyes or buds and should be no smaller than 2" square.

**Plant:** Plant potatoes in spring when the soil has warmed and can be worked well - anytime from about 2 weeks before your last frost date until early summer, as long as there are about 90 days of the growing season left.

**Option 1—Trench.** The most common growing method. Trenches should be 6-8" deep, and potato pieces placed eye side up at the bottom of the trench and covered with only 4 inches of soil to begin - As the plants grow, add about 4" of soil, so that only 3-4" of foliage is left exposed – **See more below on hilling potatoes.**

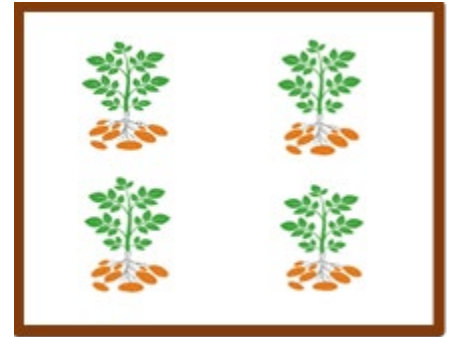
**Option 2—Bag.** Many with space constraints prefer to plant potatoes in large grow bags, 10 gallon size. Roll the top of the bag down, forming a cuff, until you've adjusted the height of the bag to about 7". Fill the bag with soil to about 4" and place your potato pieces, evenly spaced out, on the surface, eye side up, then cover with another 3" of soil. A 10-gallon size bag should accommodate what we are growing for our trial. As the plants grow, unroll the bag slightly and add about 4" of soil, so that only 3-4" of foliage is left exposed. Keep repeating this process until the bag is full.

**Growing and Harvest:** This variety has resistance to Late blight as well as common scab. Potatoes require full sun and plentiful water, and do best in loose, well-drained soil that is kept weed-free. They benefit from regular applications of an organic fertilizer throughout the growing season, and side dressing with a good compost as the plants grow.

**Hilling:** For those opting for the trench method. A few weeks after planting, fill in the rest of the trench so that only 3-4 inches of the foliage is exposed. "Hill" the plants again, after another 2-3 weeks of growth, by mounding soil around the base of the plants until your hill is 5 to 8 inches above the bed surface. Hilling prevents the newly forming tubers from sunburn and greening by keeping them covered and provides more soil space for tubers to form in, thus maximizing your harvest.

**Tend:** Throughout the season, keep your potatoes weed-free and the soil evenly moist, particularly while the plants are flowering. When the foliage starts to die back and yellow, discontinue watering to allow the potatoes to begin to cure and prepare them for harvest.

**Harvest:** Potatoes should be harvested 2-3 weeks after the foliage has died back. Gently turn them up from the soil with a fork (hands are just as easy in a grow bag!).





## Cultural Roots of Eastern Europe - Onions

**Clear Dawn Onion** (*Allium cepa*):

<https://hudsonvalleyseed.com/products/clear-dawn-onion?variant=31280933339181>

Planting and Design: Sow seed indoors, ½ inch deep, 12 weeks before last frost (you will need 18 plants for two rows). Once plants reach 3-4 inches tall and about ¼ inch thick, transplant 4 inches apart. Plant **TWO ROWS**.  
Days to sprout: 7-14. Days to maturity: 110

Growing and Harvest: Provide rich soil, loamy soil and steady moisture. Keep well weeded and don't allow weeds to become large before pulling as doing so may dislodge the onion plant roots. Once the tops have started to yellow and flopped over, pull onions and let cure for 1-2 weeks in a warm, dark place. Cut the tops off and store in a cold, dry, dark place until use.

