

Hyannis Country Garden Holiday Open House

Top 10 Vegetables For Cape Cod

- 1. Tomatoes** – try Celebrity for reliability, Mountain Magic for disease resistance, Sun Gold for sweetness and Virginia Sweets for taste. Spray with Serenade or Actinovate from when they are small to combat early blight and Copper for late blight or once you have a problem. Mulch around the plants immediately after planting, and try not to get foliage wet when watering.
- 2. Patty Pan Squash or Zucchini** – plant from seed or plants in late-May. Do not mound up soil but plant in groups on flat or in a depression to make watering easier. C.L.'s favorite squash is Zephyr. Spray regularly with GreenCure to prevent mildew.
- 3. Chard and Kale**– Plant from seeds. Chard and kale can be harvested all summer and into the fall by picking older leaves off the plants.
- 4. Green Beans** – Plant from seeds. Use bush beans for most containers. Pick beans when they are young. Try Maxibel for thin pods and summer-long harvest.
- 5. Broccoli** - grow from plants. After harvesting the first head continue to cut smaller sprouts as they develop.
- 6. Garlic** – plant in the fall, harvest in July.
- 7. Beets** – plant as seeds. Beets can be harvested all summer, and the greens are also edible.
- 8. Peas – Sugarsnap** – plant as seeds in early spring. Harvest regularly in order to encourage more peas.
- 9. Lettuce/Salad Greens** – plant from seeds or plants. If growing seeds, sprinkle them right on top of the soil. Cut the older leaves and allow the plant to grow more
- 10. Potatoes** – They love our sandy soil! Plant from seed potatoes cut up into ¼ pieces. Bury 6" down and mulch well. Harvest when plants start to yellow.