



What to Grow – Long Growing Season

Nourish volunteer and avid gardener Georgia created this list, from her own growing experience, of easy garden vegetables that can be planted in spring or early summer for harvest in the fall. While this is not a complete list of crops with long growing seasons, these crops grow well in Nova Scotia and are great for beginners.

"FRUITS"



PUMPKINS

Need ample space to grow.



CUCUMBERS

Need support for climbing and lots of sun.



ZUCCHINI

A "ground-runner" that requires ample space to grow.



CHERRY TOMATOES

Require cages or other growing support and lots of sunlight.



CORN

Requires a larger garden space. Plant in blocks instead of long rows for best results.

ROOTS

Most roots grow best in loose, sandy soil.



CARROTS

May grow better in ground plots rather than raised beds.



BEETS

Very low maintenance; just plant the seeds and harvest when ready.



ONIONS

Best started early in spring when the weather is still cool.

LEGUMES

Legumes need poles or wire to climb.



PEAS

Fun to start the season with, fast to grow and easy to eat!



GREEN OR YELLOW BEANS

Can be started late in the season.

GREENS



KALE

Can be started early (or late) in the season and harvested into the winter.



BRUSSELS SPROUTS

Harvest after the first frost.

HERBS

These beautiful-smelling herbs make great ground cover. These herbs are all perennials except for Parsley, which is an annual herb.



PARSLEY



THYME



ROSEMARY



MINT