

# gardening checklist

Safer  
BRAND

Way  
to  
Grow

## Feeding Time

USE ORGANIC FERTILIZERS AT THESE KEY MOMENTS TO GIVE YOUR CROPS THE HEALTHIEST NUTRIENTS JUST WHEN IT MATTERS THE MOST.

### Starting Seeds Inside

**Which plants:** Crops you that you first sow under lights indoors, such as tomatoes, peppers, eggplant, broccoli, squash and salad greens of all kinds.

**How to feed:** Mix a very dilute solution of liquid fish and seaweed fertilizer and lightly spray the seedlings. Avoid soaking them so much that they fall over.

**When to feed:** As soon as every seedling in the tray has three sets of leaves and once a week thereafter. Increase the fertilizer concentration as they grow more leaves.

### Before Planting Outdoors

**Which plants:** Newly seeded crops of carrots, radishes, beets, spinach and other salad greens, and transplants of crops including tomatoes and peppers, broccoli and Brussels sprouts.

**How to feed:** Spread bagged organic fertilizer on the bed and use a rake to lightly scratch it into the topsoil. Moisten the soil, if it's dry, to activate the soil microbes that break it down.

**When to feed:** About two weeks before you plant to allow time for decomposition to begin.

### While Crops Grow

**Which plants:** Long and tall crops, such as tomatoes, peppers,

corn, okra, cucumbers, squash and melons, along with leaf lettuces.

**How to feed:** Spray liquid organic fertilizer on the plant and the soil.

**When to feed:** Every other week, starting about three weeks after you plant the long and tall crops outside. Nourish new growth of cut-and-come-again lettuces after each time you harvest some of the leaves.

### Before Fruiting and Heading

**Which plants:** Fruit-bearing crops such as tomatoes, peppers, eggplant, okra, cucumbers and all the squash family, and those that grow into a head, such as broccoli, cauliflower, kale and cabbage

**How to feed:** Douse plants and soil with liquid kelp extract liquid or compost tea, which are rich in trace minerals that promote the development of healthy fruit and heads.

**When to feed:** About two months after planting outside, just before they begin to bear fruit or form heads.

### Growing in Containers

**Which plants:** All vegetables growing in containers.

**How to feed:** Mix liquid organic fertilizer with water and sprinkle on the plants.

**When to feed:** Every week, because organic potting soils contain little, if any, nutrients.



**QUICK TIP: NATURAL FERTILIZERS ARE MOST EFFECTIVE WHEN THE SOIL IS HIGH IN ORGANIC MATTER AND THE MICROBES THAT BREAK IT DOWN INTO NUTRIENTS FOR PLANTS. FEED YOUR SOIL CONTINUOUSLY WITH COMPOST.**