



Here is what you can plant this month

Compliments of the Food Bank of Central Louisiana's Good Food Project



Alternate your rows from season to season
Leaf - Fruit - Root - Legume

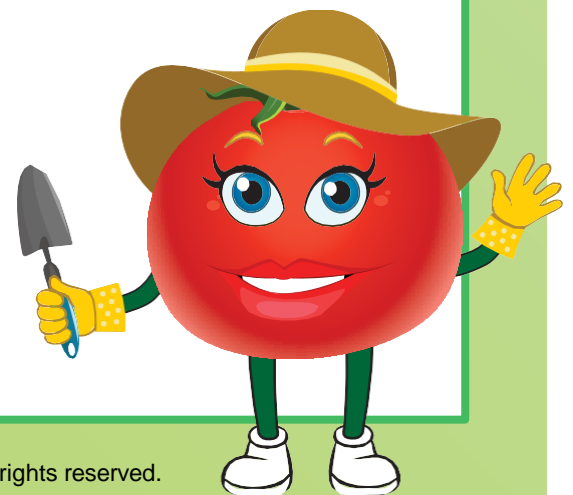
JUNE

- **Cantaloupe**
- **Chard, Swiss**
- **Collards**
- **Cucumbers**
- **Cucuzzi Squash**
- **Cushaw**
- **Edible Soybean**
- **Eggplant** (Plants)
- **Kale**
- **Kohlrabi**
- **Luffa Gourd**
- **Malabar Spinach**
- **Mirliton**
- **Mustard Greens**
- **Okra**
- **Oregano**
- **Peanuts**
- **Peas, Southern**
- **Pepper, Hot** (Plants)
- **Pepper, Bell** (Plants)
- **Pumpkin**
- **Spinach** (Malabar, New Zealand)
- **Squash**
- **Sweet Potato**
- **Tomatoes** (Plant)
- **Watermelons**
- **Yarrow**
- **Lemon Verbena**
- **Mexican Oregano**
- **Mexican Tarragon**
- **Mints** (All varieties)
- **Rosemary**
- **Yarrow**
- **Zinnias**

FLOWERS AND HERBS TO PLANT IN JUNE:

- **Amaranth**
- **Basil**
- **Bergamot**
- **Garlic Chives**
- **Hyssop**
- **Lemon Balm**

If you have planted tropical milkweed for Monarch butterflies cut it back hard in June and October.





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JULY

- **Broccoli** (*Seed)
- **Brussels sprouts** (*Seed)
- **Cabbage** (*Seed)
- **Cantaloupes**
- **Cauliflower** (*Seed)
- **Collards**
- **Chinese Cabbage** (*Seed)
- **Cucumbers**
- **Cucuzza Squash**
- **Cushaw**
- **Luffa Gourd**
- **Okra**
- **Peanuts**
- **Peas, Southern**
- **Pepper, Bell & Hot** (Plants)
- **Potatoes, Sweet**
- **Pumpkin**
- **Rutabagas** (Seed)
- **Shallots**
- **Squashes**
- **Sunflowers**
- **Sweet Potato**
- **Tomatoes** (Plants & *Seed)
- **Watermelons**

* Start seeds in good soil in small pots inside or in a shaded area outside.





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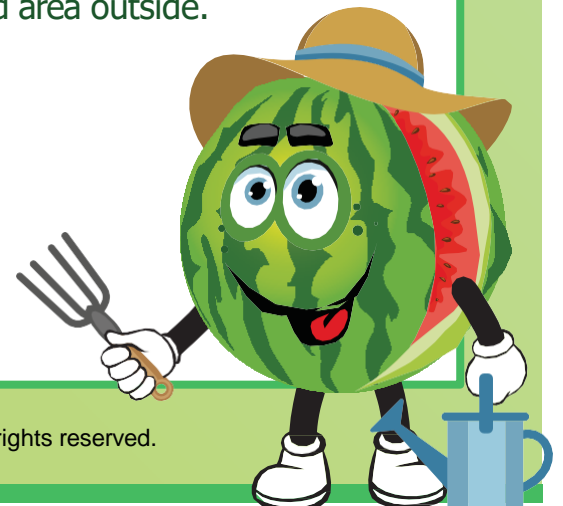


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AUGUST

- **Beans** (Snap, Bush, Pole, Lima)
- **Beets**
- **Broccoli** (Plants & *Seed)
- **Brussels Sprouts** (Plants & *Seed)
- **Bunching Onions**
- **Cabbage** (Plants & *Seed)
- **Cantaloupes**
- **Cauliflower** (Plants & *Seed)
- **Chard, Swiss**
- **Chinese Cabbage** (Plants & *Seed)
- **Collards** (Direct Sow Seed)
- **Cucumbers**
- **Eggplant** (Plants)
- **Green onion** (Sets)
- **Kohlrabi** (Direct Sow Seed)
- **Lettuce**
- **Mustard Greens**
- **Peas, Southern**
- **Pepper, Bell & Hot** (Plants)
- **Potatoes, Irish**
- **Pumpkin**
- **Rutabagas**
- **Shallots**
- **Squashes**
- **Sunflowers**
- **Tomatoes** (Plants)
- **Turnips**
- **Watermelons**

*Start seeds in good soil in small pots inside or in a shaded area outside.





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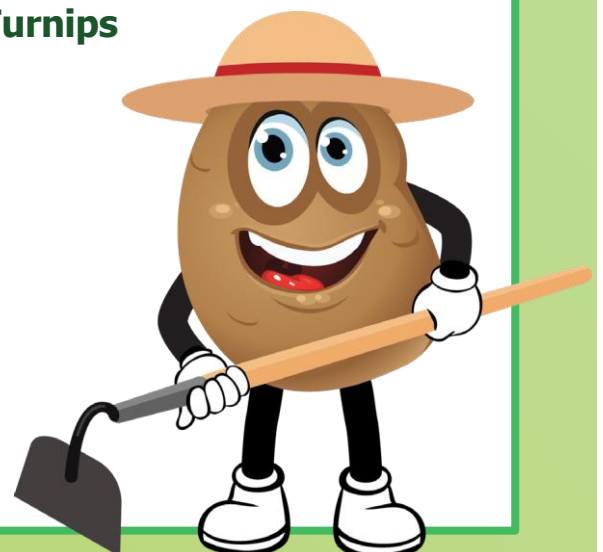
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SEPTEMBER

- **Beans** (Bush – Lima & Snap)
- **Beets**
- **Broccoli** (Plants & Seed)
- **Brussels sprouts** (Plants & Seed)
- **Cabbage** (Plants & Seed)
- **Carrots**
- **Cauliflower** (Plants & Seed)
- **Chard, Swiss**
- **Chinese Cabbage** (Plants & Seed)
- **Collards** (Seed)
- **Cucumbers**
- **Kale** (Seed)
- **Kohlrabi** (Seed)
- **Lettuce**
- **Mustard Greens**
- **Onion, Leek** (Seed)
- **Peas, English**
- **Pepper, Bell & Hot** (Plants)
- **Potatoes, Irish**
- **Pumpkin**
- **Radishes**
- **Shallots**
- **Tomato** (Transplants)
- **Turnips**





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OCTOBER

- **Beets**
- **Broccoli** (Plants)
- **Brussels Sprouts** (Plants)
- **Cabbage**
- **Carrots**
- **Cauliflower** (Plants)
- **Celery**
- **Chard, Swiss**
- **Chinese Cabbage**
- **Collards**
- **Endive**
- **Garlic**
- **Kale**
- **Kohlrabi**
- **Lettuce**
- **Mustard Greens**
- **Onion, Leek** (Seed or sets)
- **Parsley**
- **Radishes**
- **Rutabaga**
- **Sugar Snap Peas**
- **Snow Peas**
- **Shallots** (Sets)
- **Spinach**
- **Tumips**





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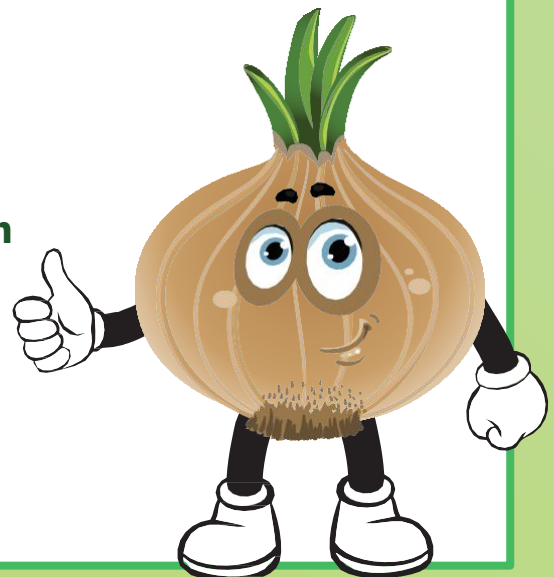
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NOVEMBER

- Beet
 - Cabbage
 - Carrots
 - Celery
 - Chard, Swiss
 - Chinese Cabbage
 - Collards
 - Garlic
 - Kale
 - Kohlrabi
 - Leek
 - Lettuce
 - Mustard Greens
 - Onion, Leek (Seed or sets)
 - Radish
 - Rutabaga
 - Shallots (Sets)
 - Spinach
 - Turnip
- FLOWERS AND HERBS TO PLANT IN NOVEMBER:**
- Borage
 - Chamomile
 - Chervil
 - Chives
 - Cilantro
 - Dill
 - Fennel
 - Feverfew
 - French Tarragon
 - Garlic Chives
 - Lavender
 - Lemon Balm
 - Marjoram
 - Mexican Tarragon
 - Mints
 - Oregano
 - Parsley
 - Rosemary
 - Sage
 - Sorrel
 - Thyme





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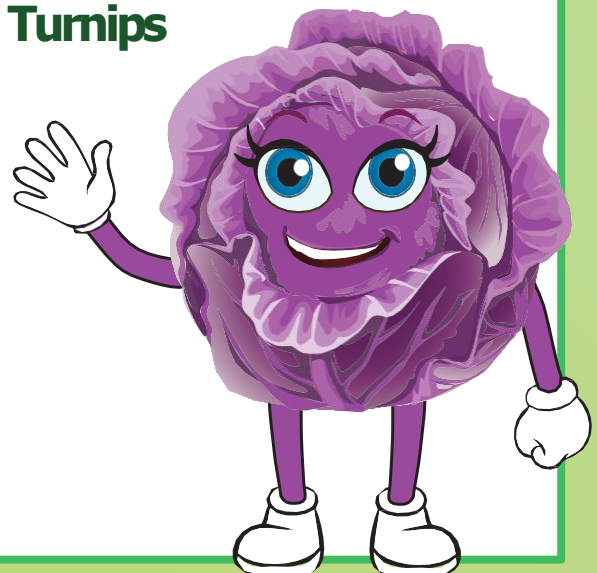
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DECEMBER

- **Beets**
- **Cabbage** (Seed, plants)
- **Carrots**
- **Cauliflower**
- **Celery**
- **Chard, Swiss**
- **Chinese Cabbage**
- **Collards**
- **Kale**
- **Kohlrabi**
- **Lettuce**
- **Mustard Greens**
- **Onion, Leek** (Sets)
- **Peas, Garden**
- **Radish**
- **Rutabagas**
- **Shallots** (Sets)
- **Spinach**
- **Tumips**





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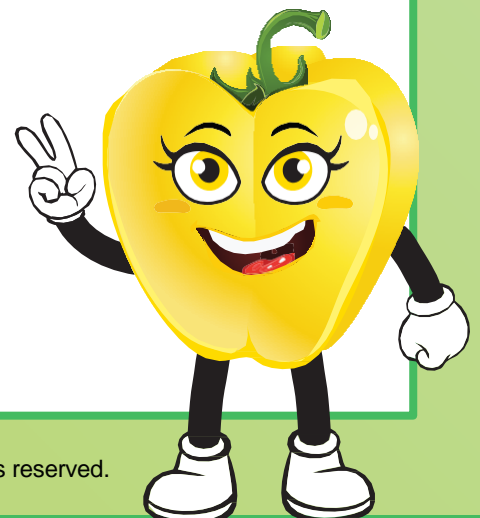


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JANUARY

- **Beets**
- **Broccoli** (Transplants)
- **Cabbage** (Transplants)
- **Carrots**
- **Cauliflower** (Transplants)
- **Celery**
- **Chard, Swiss**
- **Chinese Cabbage** (Transplants)
- **Collards**
- **Eggplant** (Seed indoors)
- **Kale**
- **Kohlrabi**
- **Leeks** (Sets)
- **Lettuce**
- **Mustard Greens**
- **Onion, Green** (Sets)
- **Peas, Sugar Snap, Snow**
- **Pepper, Hot** (Seed indoors)
- **Pepper, Bell** (Seed indoors)
- **Potatoes, Irish**
- **Radish**
- **Rutabagas**
- **Spinach**
- **Tomatoes** (Seed, indoors)
- **Turnip**

Plant seeds of eggplant, peppers, and tomatoes in good soil in small pots inside.





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FEBRUARY

- **Beets**
- **Broccoli** (Plants)
- **Cabbage** (Plants)
- **Carrots**
- **Cauliflower** (Plants)
- **Chard, Swiss**
- **Chinese Cabbage**
- **Corn, Sweet**
- **Eggplant** (*Seed)
- **Kale**
- **Kohlrabi**
- **Lettuce**
- **Mustard Greens**
- **Onion, Leek** (Sets)
- **Peas, Sugar Snap**
- **Pepper, Hot** (*Seed)
- **Pepper, Bell** (*Seed)
- **Potatoes, Irish**
- **Radish**
- **Shallots**
- **Spinach**
- **Tomatoes** (*Seed)
- **Turnips**

*Plant seeds of peppers, eggplant, and tomatoes in good soil in small pots inside.





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MARCH

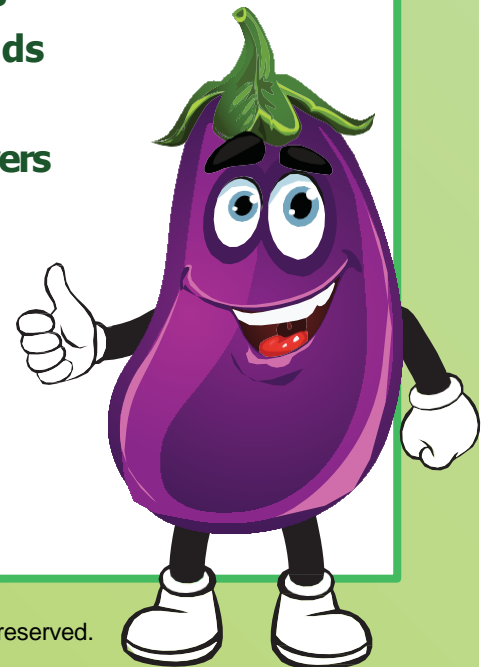
- **Beans** (Lima, Bush, Pole, Snap)
- **Cantaloupe**
- **Chard, Swiss**
- **Collard Greens**
- **Corn, Sweet**
- **Cucumbers**
- **Eggplant** (Plants)
- **Kale**
- **Kohlrabi**
- **Lettuce** (in pots in partial shade)
- **Mirliton**
- **Mustard Greens**
- **Okra**
- **Peas, Southern**
- **Pepper, Hot, Bell** (Plants & Seed*)
- **Pepper, Hot** (Plant)
- **Pepper, Bell** (Plants & Seed*)
- **Pumpkin**

- **Radishes**
- **Summer Squash**
- **Tomatoes** (Plants & Seed)
- **Watermelon**

*Start seeds indoors.

PLANT SEEDS OF THESE SPRING & SUMMER POLLINATOR FLOWERS:

- **Celosia**
- **Cosmos**
- **Marigolds**
- **Salvia**
- **Sunflowers**
- **Zinnias**





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APRIL

- **Beans** (Lima, Bush, Pole, Snap)
- **Cantaloupe**
- **Chard, Swiss**
- **Collard Greens**
- **Cucuzza Squash**
- **Cushaw**
- **Corn, Sweet**
- **Cucumbers**
- **Eggplants** (Plants & Seeds*)
- **Kohlrabi**
- **Lettuce** (in pots in partial shade)
- **Luffa Gourd**
- **Mustard Greens**
- **Okra**
- **Peanuts**
- **Peas, Southern**
- **Pepper, Bell & Hot,** (Plants & Seed*)
- **Pumpkin**
- **Radishes**
- **Summer Squash**
- **Tomatoes (Plants & Seed*)**
- **Watermelon**
- **Yard-long Beans**

*Start seeds indoors.

PLANT SEEDS OF THESE SPRING & SUMMER POLLINATOR FLOWERS:

- **Celosia**
- **Coreopsis**
- **Cosmos**
- **Marigolds**
- **Salvia**
- **Sunflowers**
- **Zinnias**





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MAY

- **Beans** (Lima, Bush, Pole, Snap)
- **Cantaloupe**
- **Chard, Swiss**
- **Collard Greens**
- **Corn, Sweet**
- **Cucumbers**
- **Cucuzzi Squash**
- **Cushaw**
- **Edible Soybean**
- **Eggplants** (Plants & Seeds*)
- **Kale**
- **Kohlrabi**
- **Luffa Gourd**
- **Malabar Spinach**
- **Mirliton**
- **Mustard Greens**
- **Okra**
- **Peanuts**
- **Peas, Southern**
- **Pepper, Hot** (Plants)
- **Pepper, Bell** (Plants)
- **Pumpkin**
- **Summer Squash**
- **Sweet Potato**
- **Tomatoes** (Plants)
- **Watermelons**
- **Yard-long Beans**

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