

Following Table of Information Is Taken From The Farm and Home Garden Manual

VEGETABLES	Planting Time In Mountains	Seed for 100 feet of Row	Plants for 100 feet of Row	Depth of Planting Inches	Distances Between Rows		Plants In the row	Mature or Ready for Use Ins—
					For Horse Cultivation	For Hand Cultivation		
<b>HARDY GROUP</b>								
	Mar. 1-15							Days
Cabbage		1 ounce	65 to 90	1/2	3 ft	2 to 2 1/2 ft	14-18 ins	90 to 130
Kale		1/2 ounce		1/2	3 ft	18 to 24 ins		90 to 120
Lettuce		1/2 ounce	125 to 200	1/2	3 ft	18 ins	8-10	60 to 90
Mustard		1 ounce		1/4	3 ft	18 ins		60 to 70
Parsley		1/4 ounce		1/4	3 ft	18 ins	3-4 ins	90 to 120
Smooth Peas		1 lb		2 to 3	3 ft	18 ins		40 to 80
Spinach		2 ounces		1 to 2	3 ft	30 ins		30 to 60
Onions (sets)	Feb. 15-Mar. 15	1 lb	300 to 400	1 to 2	3 ft	18 ins	3-4 ins	90 to 120
<b>HALF-HARDY</b>								
	Mar. 15-31							
Asparagus		1 ounce	60 to 80	1 in	3 ft	3 ft		3-4 yrs.
Beets		2 ounces		1 to 1 1/2	3 ft	18 ins	3-5 ins	60 to 80
Brussels Sprouts		1/2 ounce	60 to 90	1/2	3 ft	30 ins	14-18 ins	90 to 120
Carrots		1 ounce		1/2	3 ft	18 ins	3-4 ins	75 to 110
Cauliflower		1/4 ounce	60 to 75	1/2	3 ft	30 ins	12-18 ins	100 to 130
Celery		1/4 ounce	200 to 250	1/4	3 ft	30 ins	4-6 ins	120 to 150
Chard		1 ounce	200	1/2 to 1	3 ft	18 ins	4-6 ins	40 to 60
Wrinkled Peas		1 lb		2 to 3	3 ft	30 ins		40 to 80
Irish Potatoes		6 to 8 lbs		3 to 5	3 ft	30 ins	12-18 ins	80 to 140
Radish		1 ounce		1/2 to 1	3 ft	18 ins		20 to 40
Rhubarb			33 roots		3-5 ft	3-1 ft	3-4 ft	1-3 yrs.
Turnips		1 ounce		1/4 to 1/2	3 ft	18 ins	2-3 ins	60 to 80
<b>TENDER</b>								
	May 1-15							
Beans-Bush snap		1 1/2 lbs		1 1/2 to 2	3 ft	30 ins		40 to 65
Beans-Bush Lima		1 lb		1 1/2 to 2	3 ft	30 ins		60 to 90
Beans-Pole Snap		1 lb		1 1/2 to 2	4 ft	36 ins		50 to 80
Beans-Pole Lima		1 lb		1 1/2 to 2	4 ft	36 ins		60 to 80
Cucumbers		1/2 ounce		1 to 1 1/2	5 ft	48 ins	18 ins	60 to 80
Okra		2 ounces		1 to 2	4 ft	36 ins	2ft	90 to 140
Peppers		1/4 ounce		1/2	3 ft	30 ins	14-18 ins	100 to 140
Squash		2 ounces		1 to 2	7 ft	7 ft	3 ft	120 to 160
Sweet Corn		1 lb		2	4 ft	3 ft	15-20 ins	60 to 100
Sweet Potatoes			75 slips		3 ft	3 ft	14-18 ins	140 to 160
Tomatoes			35 to 50		4 ft	3 ft	3 ft	100 to 140
Collards	Apr. 15-30	1 oz	65-100	1/2	3 ft	30 ins	12-18 ins	100 to 180

MORE AND BETTER GARDENS NEEDED IN 1943

Vegetables are among Nature's best foods. They furnish valuable material for building and regulating the body and maintaining health and growth. While all vegetables are good foods, some are more valuable than others. Classed as most important are:

1. Green vegetables, such as green cabbage, collards, other leafy vegetables, as well as okra, green beans and green peas build up resistance to certain diseases. They contain materials for building blood and bone. They also contain roughage which is needed to aid digestion.
2. Yellow vegetables, such as carrots, sweet potatoes (yellow-fleshed varieties), yellow squash and yellow corn, like the green vegetables, build up resistance to certain diseases and help prevent colds and night blindness. They, also, are good blood and bone builders.
3. Dried peas and beans, especially edible soybeans, are good muscle and blood building foods. They are the best vegetables to be used in the place of meat.
4. Potatoes, Irish and sweet, provide energy for doing more work.

**BE SURE TO HAVE TOMATOES OR SOME OTHER RAW VEGETABLE EVERY DAY IN ADDITION TO A GREEN OR YELLOW VEGETABLE AND POTATOES.**

In the following list the vegetables are grouped according to three classes. Those printed in capital letters should be in every garden. All vegetables listed are excellent foods:

CAN BE USED RAW	GREEN AND YELLOW	OTHERS
CABBAGE	COLLARDS, MUSTARD, KALE	BEETS
CARROTS	LIMA BEANS, OKRA	IRISH POTATOES
ONIONS	SNAPBEANS, SOYBEANS (edible)	SWEET POTATOES
TOMATOES	YELLOW CORN, YELLOW SQUASH	TURNIPS
Cucumbers	Cabbage, Carrots, Field Peas	White corn
Lettuce	Garden Peas, Peppers	
Peppers	Spinach	

In addition to these vegetables one or more of the small fruits should be planted, such as dewberries, raspberries, strawberries and grapes, where practical.

CANNING BUDGET FOR A FAMILY OF FIVE

VEGETABLES	QUARTS	VEGETABLES	QUARTS
Beans—String	20	Greens	5
Beans—Lima	5	Okra	5
Beets	10	Peas—Garden	10
Carrots	5	Soup Mixtures	30
Corn	5	Tomatoes	60
Dried Vegetables	50 lbs.	Dried Fruits	40 lbs.

The dried vegetables may include any or all of the above varieties. The dried fruits should include peaches, pears and apples.

REFERENCES:

- The Farm and Home Garden Manual, N. C. Extension Circ. No. 122.
- Canning Fruits and Vegetables, N. C. Extension Circ. No. 223.

VEGETABLES	FEET OF ROW For One Person	Amount One Person Should Use In One Year
Cabbage	50	50 lbs.
Kale	50	20 lbs.
Lettuce	40	40 heads
Mustard	100	60 lbs.
Onions	20	10 lbs.
Peas	80	8 lbs.
Spinach	50	50 lbs.
Asparagus	20	5 lbs.
Beets	25	12 1/2 bunches
Carrots	25	12 1/2 bunches
Irish Potatoes	100	100 lbs.
Turnips	60	10 bunches
Beans (Bush Snap)	75	15 lbs.
Beans (Bush Lima)	50	5 lbs. shelled
Beans (Pole Snap)	40	10 lbs.
Beans (Pole Lima)	50	5 lbs. shelled
Cucumbers	10	6 lbs.
Collards	50	40 lbs.
Okra	15	10 lbs.
Squash	10	7 1/2 lbs.
Sweet Corn	100	60 ears
Sweet Potatoes	100	75 lbs.
Tomatoes	150	100 lbs.
Cow Peas	100	10 lbs. shelled

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spring.

Onion sets can be spaced four inches apart in 18 inch rows and cabbage plants 14-18 inches apart in 24-30 inch rows. One pound of peas will plant 100 feet of row and should yield 1 bushel. Peas rows ought to be 30 inches apart. One ounce of carrots will seed one 100 foot row. Carrot rows should be 18 inches apart. Two ounces of beets will be needed for one 100 foot row,—beet rows too should be 18 inches apart. Cover peas 2-3 inches deep, carrots 1/2 inch and beets 1 inch. Carrots come up slowly. Thin the carrots and beets when they are 3 inches tall to at least 3 inches apart in the row. This thinning must be done. Pull out the weeds at the same time.

It is extremely important to hand pull weeds in peas when both weeds and peas are still young. If the weeds are not controlled then, the crop may have to be given to the weeds in that as peas are lightly rooted one cannot pull out large weeds without taking pea plants with them. Weeds in onions, cabbage, carrots and beets can be handled by hoe work with some hand pulling. These crops are well rooted and one can pull weeds in them with less danger of disturbing the crop. Weeds must be fought in these

Victory Gardens without let-up, pause or DELAY. This is an area of summer rains and a weed left in the garden by early July will be a bush by Fall.

The cabbage must be watched for aphid attack. Aphids are a small, light green insect. Kill them by spraying or dusting the crop with nicotine preparations, when the sun is shining and the day is hot.

As soon as the peas are matured, pull the vines and any weeds that are present. Peas mature early. Pea land, if not kept clean after harvest, will become a weed jungle by Fall.

Plant the early crops at the time suggested above and within one week from planting time begin to work the surfaces of the middles with tools and the planted rows with hoes and fingers, to keep ahead of weeds, and continue to work the planted area continually thereafter, — shallow if the weather is wet and roots are near the surface and deep if the weather is dry and roots strike down.

Kind and Amount of Fertilizer To Use

Kind—3-8-7.  
Amount to Use—in rows 18 inches apart 3 lbs. per 100 foot of row, 24 inches apart 4 1/2 lbs. per 100 foot of row, and 36 inches apart 7 lbs. per 100 foot of row.