

ask Sam



“I am new to gardening and would like to start. What are some easy vegetables for me to grow?”

Starting a vegetable garden for the first time begs the question, “How much time and energy are you willing to dedicate to gardening?”

Planting short season crops that grow and mature quickly are usually best for those new to gardening. These types of crops help prevent a new gardener from becoming discouraged with crops that wither and die or do not produce anything edible before the first frost.

The basics

You usually can’t go wrong with green onions, radishes, kale, spinach, Swiss chard, or lettuce in Wyoming. They all germinate quickly in the spring and with a little tender loving care, usually begin producing within four to six weeks.

Next level

Next, you might consider beans. Yellow beans tend to sprout first and be the most prolific, although the green and purple varieties are not far behind. The yellow and purple are definitely easier to see when pods are ready to pick.

Potatoes are an easy vegetable to grow if you have sandy soil and are going to plant a root crop. You will need to hill them as they grow to keep the potato tubers covered so they don’t turn green when exposed to the sun. Potatoes sprout in about two to three weeks, and you can be eating some of the early season varieties in around 70 days.

And finally

A novice gardener might also consider the much-maligned zucchini. Of the summer squashes, it is by far the easiest to grow and produces a prolific number of zucchinis.

—Sam



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