General Tips

- June 10 is a widely accepted plant-out date for frost-sensitive plants. Hardy crops such as broccoli, kale, spinach, and peas can be planted earlier (as seed or as transplants; see chart), but you would be wise to have a means of covering young plants if a frost is expected. Folks living outside of town may want to plant a week or two later. Check with neighbors who garden to see when they start their plants.

- Plants such as tomatoes, peppers, all squash, and basil need **night-time warmth** and are much more sensitive to cold temperatures. You may wish to wait until later in June to put these plants out; if you put them out early, Walls O’ Water or other frost protectors offer a greater chance of success. These plants do well near a south-facing wall. Row covers are also helpful for these heat-loving crops in Laramie’s cool summers, especially early and late in the growing season.

- **Laramie’s soils** tend to be heavy clays, so soils do best if amended each year with compost or well-aged livestock bedding or manure, added in the fall or early spring. Do not use fresh manure. For best results, get a soil test! Peas and beans benefit from an inoculant that can be purchased at most garden supply outlets.

- **Site your garden** to get as much sun and as little wind as possible. Almost all vegetables do best in direct day-long sunlight, so use your sunniest spot for your garden. In windy gardens, something to break the wind without shading plants is helpful.

- You can get a **soil test** at Colorado State University. Call 970-491-5061 for information.

### Suppliers

**Locally-owned stores that carry seeds:**

- **Ace Hardware** *(611 E. Grand Ave.)*
- **Big Hollow Food Coop** *(119 S. 1st St.)*
  - Seed Savers Exchange
- **Jeny Originals** *(213 Grand Ave.)*
  - Seeds of Change – all organic
- **Grand Avenue Nursery** *(Grand Ave. & Mockingbird Ln., E. of Walmart)*
- **Windmill Hill Greenhouse** *(4109 Ft. Sanders)*

**Some favorite seed catalogs:**

*(all carry some organic seeds)*

- **Fedco Seeds** *(ME)*
  - [www.fedcoseeds.com](http://www.fedcoseeds.com)
- **Johnny’s** *(ME; large employee-owned company)*
  - [www.johnnyseeds.com](http://www.johnnyseeds.com)
- **Peaceful Valley** *(CA; all organic)*
  - [www.groworganic.com](http://www.groworganic.com)
- **Pinetree Garden Seeds** *(ME)*
  - [www.superseeds.com](http://www.superseeds.com)
- **Seed Savers Exchange** *(IA; non-profit organization)*
  - [www.seedsavers.org](http://www.seedsavers.org)
- **Seeds of Change** *(NM; all organic)*
  - [www.seedsofchange.com](http://www.seedsofchange.com)
- **Territorial Seed Co.** *(OR)*
  - [www.territorialseed.com](http://www.territorialseed.com)

Laramie Local Foods and Laramie Garden Club present:

**Vegetable Gardening for Beginning Gardeners of Laramie**

General tips for vegetable gardening in Laramie, with an emphasis on relatively easy-to-grow crops

Follow us at Laramie Local Foods on Facebook and visit [www.laramiegardenclub.org](http://www.laramiegardenclub.org)

This document is based on input from Laramie Garden Club members and was compiled by Laramie Local Foods members.

Updated: March 2015
### Recommended Crops and Their Planting Dates

#### Crops not recommended for Laramie:
Crops that have a long growing season, need hot temperatures, or are otherwise difficult to grow in Laramie:
- Artichokes
- Corn
- Cucumbers
- Eggplant
- Leeks
- Melons
- Okra
- Peppers and hot chilies
- Pole beans (most need a longer growing season than bush beans)
- Pumpkins (some quick-maturing or smaller varieties are okay)
- Winter squash (some short-season varieties do well)

#### Herbs that grow well in Laramie:
- Basil, Dill, Parsley, Cilantro (annuals; basil does better in a hot, protected spot)
- Chives (perennial; will spread)
- Marjoram (may not overwinter, but try mulching or bring it in for winter)
- Mint (perennial; spreads aggressively)
- Oregano (may not overwinter, but try mulching or bring it in for winter)
- Sage (of edible varieties, pure green seems to be hardier)
- Sorrel (perennial and wonderful early crop)
- Tarragon (perennial; buy a plant; do not start from seed)
- Thyme (perennial; can die back in the winter)

#### Fruits that grow well in Laramie:
- Rhubarb (start from plant; grows well without much care)
- Strawberries and Raspberries (can do well, but take some fussing)

#### Good for small gardens (produce a lot per square foot):
- Beans
- Carrots
- Chard
- Chinese cabbage and Asian greens
- Onions
- Peas
- Radishes
- Spinach

*Some vegetables can be planted earlier in Laramie but must be trellised
†Some onions will winter over
§Plant individual cloves from a bulb

#### Planting Dates

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