

SATURNA ISLAND FOOD SECURITY PROGRAM: ANNUAL SCHEDULE & GUIDE

Goal: To support Saturna Island residents with food growing and food preservation activities:

MONTH	FOOD ACTIVITIES	FOOD LEARNING OPPORTUNITIES	BULK BUYING OPPORTUNITES
January	<p>1. MAP YOUR GARDEN BEDS</p> <ul style="list-style-type: none"> • crops need to rotate • seed catalogues • shopping list for supplies • plan for complementary plantings 	Group/individual learning from experts <u>garden planning</u> (e.g. growveg.com, gardening apps, guest speakers)	
February	<p>1. ORDER SEEDS</p> <ul style="list-style-type: none"> • chart start dates working backwards from last frost date and incorporating germination rates <p>2. BUY GROWING MIX, SEED TRAYS, PEAT POTS AND OTHER GARDEN TOOLS</p> <p>3. IF GROUND IS NOT FROZEN, PLANT BARE ROOT PERENNIALS</p> <ul style="list-style-type: none"> • asparagus, artichoke, horseradish, and rhubarb. <p>4. START SEEDS FOR COOL-SEASON VEGGIES</p> <ul style="list-style-type: none"> • broccoli, cabbage, kale, lettuce, spinach, and onions 	Possible shared on-island greenhouse space	<p>Growing mix, seed trays, peat pots</p> <p>Bare root perennials</p>
March	<p>1. HAVE ROW COVERS READY FOR UNEXPECTED FROSTS</p> <p>2. TEST pH LEVEL OF GROWING SOIL</p> <ul style="list-style-type: none"> • most vegetables prefer 6.0-6.8pH) • as necessary add compost, peat moss • if soil cannot be amended then build raised garden beds <p>3. START SEEDS INDOOR FOR WARM SEASON CROPS</p>	Group/individual learning from experts on <u>pH levels of soil</u> (e.g. growveg.com, gardening apps, guest speakers)	<p>Row covers</p> <p>pH tests for soil</p> <p>compost, peat moss, sea soil, soil amender</p>

	<ul style="list-style-type: none"> tomatoes, peppers, eggplant, pumpkin, snap beans, squash, and sweet corn <p>4. CHECK FOR STEADY +5 CELSIUS SOIL</p> <ul style="list-style-type: none"> plant seedlings of: kale, lettuce, spinach, and onions <p>5. LAST DAYS OF MARCH, PLANT PEAS (if soil is too wet and muddy, then wait 1-2 weeks)</p>		Soil thermometers
April	<p>1. KEEP ROW COVERS HANDY FOR UNEXPECTED FROSTS</p> <p>2. CHECK FOR STEADY 16 CELSIUS SOIL</p> <ul style="list-style-type: none"> plant warm-season seedlings buy and plant seedlings of early-season crops (radishes, spinach, onions, leeks, lettuce, cabbage, beets, peas, Brussels sprouts, and carrots) pick an overcast day to minimize transplant shock, water well and add a two- to three-inch layer of mulch to suppress weeds and keep in moisture for greens, sow seeds directly in the garden where they'll grow. Plant them in succession, every few weeks, for a continuous harvest through the season. <p>3. MAINTAIN MOISTURE ON SEEDLINGS AND ELIMINATE WEEDS EARLY</p>		
May	<p>1. CHECK FOR STEADY 21 CELCIUS SOIL</p> <ul style="list-style-type: none"> plant heat-loving crops like tomatoes and peppers, sweet corn, cucumbers, potatoes, and herbs, etc. mulch new transplants set up a system for easy, consistent watering 		Garden mulch, watering equipment

	<ul style="list-style-type: none"> sow carrots, beets, and radishes directly into soil (don't mulch these areas until seedlings are up several inches and have been thinned – see packet instructions for proper spacing) watch for insect damage on leaves (missing notches, holes, pits, or stripped stems). Control the situation by removing the affected leaves, employing a row cover to create a barrier, or spraying or dusting with an organic pesticide. <p>2. HARVEST COOL-SEASON PLANTS</p> <ul style="list-style-type: none"> asparagus, peas, and spring greens 	Group/individual learning from experts on <u>controlling insects</u> (e.g. growveg.com, gardening apps, guest speakers)	Organic pesticide
June	<p>1. FINISH PLANTINGS</p> <ul style="list-style-type: none"> direct sow the warm-season crops you plan to grow in place continue to thin seedlings <p>2. ANTICIPATE EVENTUAL HEIGHT OF PLANTS</p> <ul style="list-style-type: none"> have bamboo stakes in different heights <p>3. AFTER 1 MONTH OF GROWING, SIDE DRESS WITH ORGANIC COMPOST, WEED AND RE-MULCH</p> <p>4. HARVEST WHEN PLANTS LESS STRESSED (IN EARLY MORNING OR EVENINGS)</p> <ul style="list-style-type: none"> continue to pick greens, peas, beans, and herbs stop harvesting asparagus and rhubarb, which need to rebuild their food reserves 		<p>Bamboo garden stakes</p> <p>Organic compost</p>
July	1. LATE HARVEST PLANTING		

	<ul style="list-style-type: none"> • beans, carrots, cucumbers, cauliflower, and other cold-season crops • cultivate and amend the soil with compost before direct sowing seeds or planting seedlings <p>2. MAINTAIN CROPS</p> <ul style="list-style-type: none"> • remove suckers—the growth between the main stem and the leaf—on tomato plants • pull out any finished early-season crops • continue staking tomatoes and other plants as necessary • water (the soil beneath plants) consistently in the early morning to reduce evaporation • check mulch, topping off areas that have thinned • stay on top of weeds <p>3. HARVEST DAILY</p> <ul style="list-style-type: none"> • use something like an old laundry hamper to harvest so crops can be hosed down easily outside • share extra harvest 	<p>Group/individual learning from experts on <u>storing/preserving veggies</u> (e.g. growveg.com, gardening apps, guest speakers)</p>	
<p>August</p>	<p>1. DOCUMENT SUCCESSES AND FAILURES</p> <ul style="list-style-type: none"> • early prep for next year’s garden planning <p>2. STILL TIME FOR LATE-SEASON PLANTING</p> <ul style="list-style-type: none"> • beans, carrots, cucumbers, cauliflower, etc. <p>3. CROP MAINTENANCE</p> <ul style="list-style-type: none"> • monitor moisture, insects, and disease • pick up and discard fallen or decaying fruit—leaving it encourages diseases and insects. 	<p>Group/individual learning from experts on <u>storing/preserving fruits</u> (e.g. growveg.com, gardening apps, guest speakers)</p>	<p>Canning/preserving supplies</p>

	4. HARVEST AND DRY HERBS		
September	<p>1. PROTECTION FROM UNPREDICTABLE WEATHER</p> <ul style="list-style-type: none"> tender plants (such as tomatoes) need sheets or covers to keep them ripening on the vine as long as possible <p>2. PLAN FOR NEXT YEAR</p> <ul style="list-style-type: none"> dig and prepare new beds for the spring build additional raised beds and fill with amended soil <p>3. CONTINUED WINTER GROWING</p> <ul style="list-style-type: none"> pot up selections of your favorite herbs in planters to bring inside for the winter continue planting cool-season vegetables for winter harvest <p>4. GARDEN MAINTENANCE</p> <ul style="list-style-type: none"> pull up finished plants and discarding fallen or rotten fruit to discourage overwintering of insects check that the mulch is layered thick enough on cold-season crops. <p>5. HARVEST</p> <ul style="list-style-type: none"> some plants will keep producing even through light frosts. Others will continue only if protected overnight with covers green tomatoes can be picked and wrapped individually in newspaper and stored in a cool spot (13° to 16°C) to ripen if frost is predicted nightly and your tomato plants are covered with unripe fruit, you can pull the whole plant up by the roots and hang it upside down in a protected place like 	<p>Group/individual learning from experts on <u>storing/preserving tomatoes and late-season fruits</u> (e.g. growveg.com, gardening apps, guest speakers)</p>	<p>Sheets or covers for tender plants</p> <p>Soil amender</p> <p>Planks for building raised beds</p> <p>Indoor potting soil</p>

	a garage, where fruit will continue ripen on the vine (promptly remove any tomatoes that go bad)		
October	<p>1. WATCH WEATHER CAREFULLY</p> <ul style="list-style-type: none"> October can be either warm or cold, so monitor activities accordingly <p>2. CONTINUE PLANTING COLD-SEASON CROPS</p> <ul style="list-style-type: none"> beets, cauliflower, kale, cabbage, Brussels sprouts, broccoli, chives, celery, onions, parsley, parsnips, peas, radishes, spinach, lettuce, turnips, and Swiss chard. <p>3. MAINTAINING CROPS</p> <ul style="list-style-type: none"> protect new seedlings and winter crops from weather extremes with floating row covers (made of lightweight polyester that “floats” on plants) pull out and rake off garden debris; rake leaves out of beds and add to compost pile compost anything that is not diseased or infested with insects store garden supplies and potions in a dry place remove, dismantle, and store stakes and cages <p>4. HARVEST CROPS</p> <ul style="list-style-type: none"> dig up potatoes and store in a dark place with low humidity pick winter squashes and pumpkins before a hard freeze keep harvesting fall crops like beets, cabbage, chard, and leeks. 	<p>Group/individual learning from experts on composting (e.g. growveg.com, gardening apps, guest speakers)</p>	<p>Materials for floating row covers</p> <p>Possible shared on-island cold storage for potatoes, etc.</p>
November	1. ORDER SEED CATALOGUES		

	<p>GARDEN MAINTENANCE</p> <ul style="list-style-type: none"> • continue watering cool-season vegetable plants (if rainfall isn't enough) • every two weeks, feed vegetable plants with a water-soluble organic fertilizer (like fish emulsion) • cut asparagus plants to the ground as soon as the foliage has turned yellow or brown and spread a few inches of aged manure or organic compost over the bed • continue harvesting greens and other cool-season vegetables that are producing 		<p>Water-soluble fish fertilizer</p>
<p>December</p>	<p>Enjoy the holidays!</p>		