

Appendix 3 West Wing Community Garden Project Suggested Food Planting

Shallots, a member of the onion family, give a nice taste and texture to dishes and a fresh crunch when added to salads. It is fairly easy to plant; a single immature bulb can yield as many as five or six shallots. You can also easily store it during winters.



Cherry tomatoes are easy to plant and yield a cluster of fruits within few days. Cherry tomatoes are especially easy to grow since you can grow them in hanging baskets, beds or borders. Sweet Million is a very productive tomato. It's great for small yards to as it produces heaps of cherry tomatoes all season long.



Carrots can be grown in 2 or 3 small rows in the ground or using a rectangular tub. Make ½ inch depressions which are 3-4 inches apart, now sow 2 seeds in each. Water your plant and wait patiently; carrot plants do not like to be disturbed. You will see true leaves appear after a while.

Nantes carrots are an old and reliable favourite for backyard gardeners.



Cucumbers need a little support, lots of water and some sunshine. Rich compost will also aid in high yield and fast growth.

David's Garden Slicing Diva are very productive and grow small and compact.

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Potatoes are an excellent choice for a small space garden. They can grow perfectly well even in a container. You will need a flexible container with good drainage, like plastic, grow bags or potatoes bags. Fill the container half way up with some good quality, loose potting mixture. As you see small potatoes forming on the roots near the surface, just cover them with more soil.



Beetroot is another useful vegetable that you can grow in small space. Even the green leaves of beets are edible, so nothing goes in vain. Sow the seeds 3-4 inches apart and water regularly. Since beets are considered a root crop, they can be grown in partial shade or full sun. It grows to maturity in approximately 55 days so the garden space is vacated relatively fast.



Swiss or Rainbow Chard is a leafy, green vegetables, planting them is a productive use of small space and they give leaves for a long time during the season. It's also an ornamental plant thus growing it at the edges of your garden will provide you with a beautiful and harvestable landscape.

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Lettuce as long as you don't damage the crown, you can continue to pluck leaves all season long. Some varieties that can easily be grown include mesclun, oak leaf, and red sails.

Plant the seeds 6 inches apart. Also excellent for nesting materials and providing shelter and habitat.



Kale is a perennial plant it has a policy of plant once and harvests repeatedly. Kale does not take a lot of space and requires minimum effort to grow.



Peppers come in all sizes and shapes. The most productive among them is California Wonder Bell which has great pest resistance and grows big juicy peppers quickly

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