



Asparagus is nutritious and easy to grow.

Watering Your Garden

- Water needs vary by crop, growth stage, temperature, and humidity
- Crops require 1.25 - 1.5" of water per week. Maine receives less rainfall than this during most summer months, so supplemental water is required.
- Water more often during hot or windy conditions and for newly planted transplants.
- Overwatering will harm your plants – do not water every day.
- Watering your plants deeply and less frequently helps them to develop robust root systems.
- Do not wait until your plants have wilted before watering them. Drought stress can make your plants more susceptible to disease and insects.
- Check the soil after you've watered. Ideally, 5-6" of soil should become moistened.
- The best time to water is early in the day. This reduces evaporation and allows the leaves to dry out by nightfall.

Who We Are

About Us

For the past 100 years, the Biddeford-Saco Rotary Club has been here supporting our communities. We are committed to helping you through these unprecedented times as well. If you need assistance, please contact us.

Contact Us

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CARING FOR YOUR FAMILY GARDEN

Family Garden Project Sponsored By:



*Simple instructions for a
successful garden.*



Which vegetables should I grow?

Peas, beans, tomatoes, cucumbers, and zucchini are reliable plants for beginners.

Make sure you grow vegetables that your family enjoys eating.

Warm season vegetables require at least 6 full hours of sun. If your yard receives less sunlight than this, consider growing cold season vegetables like kale or cabbage.

Plan to have your raised beds put together by spring.

You can start planting outside about 2 weeks after the last frost. Make sure the beds are placed in the sunniest part of your yard.

The University of Maine offers gardening resources for beginners at www.extension.umaine.edu/gardening

Place your garden somewhere close to the house.

It's easier to remember to keep up with maintenance when it's in a highly visible location. You'll also notice any problems right away.

Remove weeds early, before they can spread.

Weeds compete with crops for water, sunlight, and soil nutrients. They can also harbor insects and reduce air circulation.



Spinach is an ideal spring or fall crop.

Preserving Your Harvest

Your garden may at times produce more food than your family can consume.

Freezing the excess is a simple way to avoid waste. Most vegetables should be blanched (dipped in boiling water) before freezing. Tomatoes, onions, peppers, and fruit do not need to be blanched.

Herbs can be dehydrated in the microwave.

The boiling water bath method of canning is fairly simple and inexpensive. A large pot and rack can be purchased for about \$35. Always use recipes from trusted sources so you can be sure the product is safe.

Fermentation is another option for preserving vegetables such as cucumbers or cabbage. The process requires an environment between 70-75 degrees Fahrenheit and might take some practice to master.