



March Planting Guide

To celebrate the VegOut! Challenge this month, try growing your own produce! Planting and growing food is a great way for children to learn where food comes from, reinforce science concepts, and take ownership over their health. Plus, at Recipe for Success Foundation, we've found that a child who plants, grows, and harvests a vegetable is much more likely to EAT that vegetable!

Seeds to Plant:

First half of March

- Beans (Pole and Bush)
- Lettuce (whole month)
- Tomato Transplants
- Radish
- Tomatillo (whole month)
- Corn (whole month)
- Pepper transplants
- Arugula (whole month)
- Sunflower (whole month)
- Other flowers (whole month)

Second half of March

- Cantaloupe
- Pepper Transplants
- Tomato Transplants
- Melons
- Cucumber
- Squash
- Watermelon

Maintenance:

- Until nighttime temperatures are above 60 degrees Fahrenheit, keep tomatoes protected by wrapping tomato cages with frost cloth secured with clothespins. Cover/protect peppers and other tender spring transplants with leaves, mulch, 1-gallon pots (remove the following day) or frost cloth.
- When watering tomatoes and beans, avoid watering the leaves as this promotes fungal and disease growth.
- Plant cucumbers, melons, pole beans and peas on trellises.
- Make sure to reserve plenty of space for plants that travel, such as squash and melons.
- Keep some dill, cilantro, fennel, and parsley to attract beneficial insects in the spring.