

Oregon, let's garden!

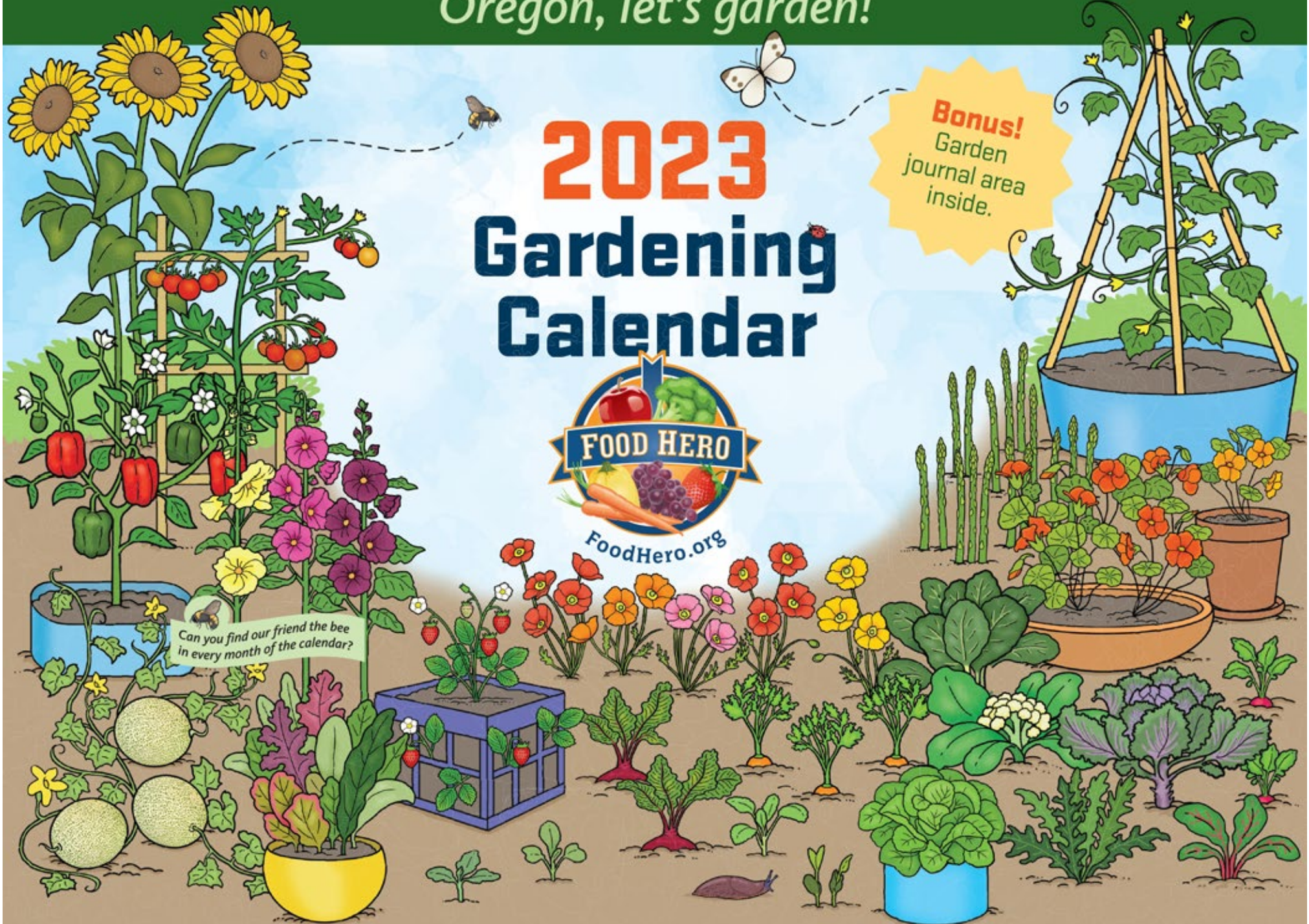
2023

# Gardening Calendar

**Bonus!**  
Garden journal area inside.



Can you find our friend the bee in every month of the calendar?





# Planning My Garden

Growing a garden is a great experiment: sometimes it works, sometimes it doesn't. The fun is in the trying! Use this calendar to make notes about your garden: the dates you plant seeds, your first and last frost dates, and ideas for new garden projects.

Want to dig into more gardening information that's easy to read and specific to Oregon? Visit the Food Hero website to learn how to plant and grow different types of seeds. You'll find more than 20 gardening tip sheets for growing fruits, veggies, and flowers. You can even learn how to grow potatoes in a reusable grocery bag! Plus you'll find links to gardening videos and activities for kids!

<https://foodhero.org/garden-tips>

***Make 2023 a great gardening year!***







**Whether you are a new or experienced gardener or cook, Food Hero has resources for everyone of any age.**

On our website you'll find...

- healthy recipes that are tasty, quick, easy and low-cost.
- gardening tips that are simple, timely and low-cost.
- materials developed by cultural work groups.
- tips for community partners supporting gardening and healthy food and activity environments.



**The *Grow This!* Oregon Garden Challenge** is a call to action to families, schools and other groups to garden together and eat what we grow. *Anyone can join using their own seeds!* While supplies last, Oregonians who sign up and request seeds will be mailed seeds free of charge. Find out more on the Food Hero website.

## Where is your garden?

Oregon has four growing regions. Choose vegetable varieties and planting dates suitable to the growing conditions in your area:



- 1 Coastal:** cool, long season of 190–250 days.
- 2 Willamette Valley:** 150–250-day season; warm days, cool nights; length of season varies year to year.
- 3 Central/High Elevations:** short growing season of 90–120 days; frost can occur during any month.
- 4 Eastern:** 120–200-day season; hot days, warm nights; length of season fairly well defined.

For information on food resources:  
[foodfinder.oregonfoodbank.org](http://foodfinder.oregonfoodbank.org)  
211.org  
[ADRCofOregon.org](http://ADRCofOregon.org)



# JANUARY

- ✿ Take a look at your seeds. Sort them by the month they need to be started or planted.
- ✿ Thrift stores and online communities are great places to look for free or inexpensive gardening tools and containers to grow plants in. Supports for climbing plants can be made from many recycled items, like clothes-drying racks and even small ladders!
- ✿ Plan a garden with neighbors and friends: share the work, seeds and tools, then share the bounty.
- ✿ Want to try a new gardening technique this year? What about container towers, companion planting or potatoes in a bag? Learn how on our website.

## Kids Can!

Show kids the plants you plan to grow that are in their favorite meals. For instance, "pizza plants" for tomatoes, basil and bell peppers.



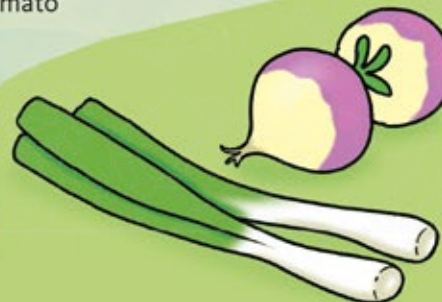
Tomato



Bell Pepper



Basil

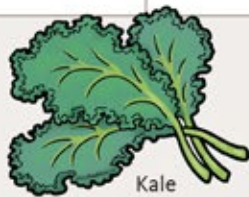


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King, Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31			<p>Add fresh or frozen kale or chard to your smoothie.</p> 	

**What's in season?**



Parsnips



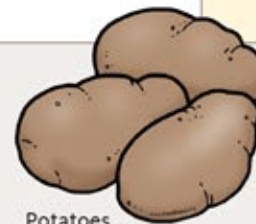
Kale



Onions



Garlic



Potatoes



Turnips

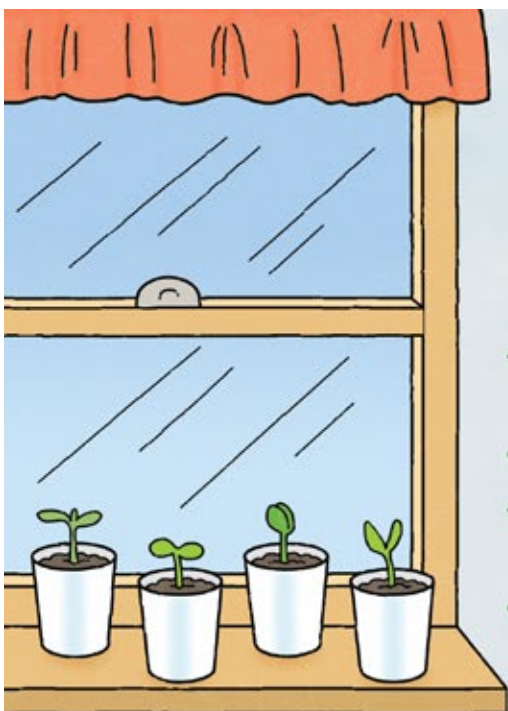



# FEBRUARY

- ✿ Start seeds indoors if you live on the coast or in the Willamette Valley. Late February is a great time to start tomatoes for summer!
- ✿ Take this quiet time to do more planning and research.
- ✿ These cold months are great for projects for the garden. Build trellises for your tomatoes out of sticks or re-purposed materials.
- ✿ Explore your sleeping garden. What has changed over the winter?

## Kids Can!

Show kids how to start growing microgreens! Teach them how to garden indoors.



Planting Tips	Coastal	Willamette Valley	Central/High Elevations	Eastern
Start seeds indoors 	Tomatoes, peppers, herbs, chard, lettuce, kohlrabi, kale, eggplant, cauliflower, broccoli, cabbage	Celery, tomatoes, peppers, herbs, kale, eggplant, cauliflower, broccoli, cabbage	Nothing yet!	Nothing yet!
Start seeds outdoors 	Radishes, peas, spinach, carrots	Radishes	Nothing yet!	Nothing yet!
Transplant outdoors 	Nothing until next month!	It is still too cold!	It is still too cold!	It is still too cold!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Presidents Day					
26	27	28				

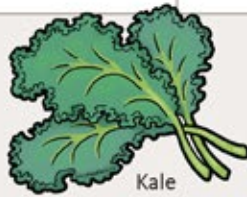
Try serving parsnips raw like carrots. Cut into sticks for dipping.



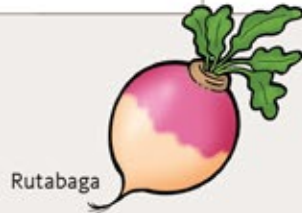
**What's in season?**



Green onions



Kale



Rutabaga



Garlic



Spaghetti squash



Chard








# MARCH

- ✿ Clean tools and containers with warm soapy water.
- ✿ Prepare planting areas: remove weeds and add compost.
- ✿ Start planting flowers for pollinators. *Alyssum* and *Nemophila* are great for early spring pollinators.
- ✿ Plant perennial herbs such as rosemary, thyme and oregano.

## Kids Can!

Show kids how to spot garden weeds for pulling.



Planting Tips	Coastal	Willamette Valley	Central/High Elevations	Eastern
Start seeds indoors 	Eggplants, peppers, tomatoes	Eggplants, peppers, tomatoes	Cabbage, cauliflower, broccoli, Brussels sprouts	Soon!
Start seeds outdoors 	Arugula, peas, spinach, chard	Arugula, peas, spinach, chard	Nothing yet!	Wait until next month!
Transplant outdoors 	Broccoli, kale	Broccoli, kale	Still too cold!	Keep planning and researching!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Roast leeks in the oven along with your favorite vegetables.

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	First Day of Spring					
26	27	28	29	30	31	

**What's in season?**



Garlic



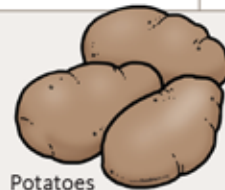
Kale



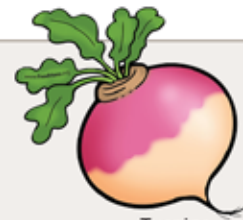
Asparagus



Acorn squash



Potatoes



Turnips






# APRIL

- ✿ Succession planting is the technique of planting seeds every few weeks. If you live on the coast or in the Willamette Valley, you can plant carrots and radishes year round for continuous harvests.
- ✿ April is the best month for planting spring crops such as peas and leafy greens.
- ✿ Prepare planting areas by adding compost and covering with mulch.
- ✿ Plant nasturtium in different areas of the garden to attract aphids away from your veggies. The flowers also support pollinators—and you can eat them!

## Kids Can!

Show kids how to harvest carrots and peas. Make sure they rinse them under running water before eating.



Planting Tips	Coastal	Willamette Valley	Central/High Elevations	Eastern
Start seeds indoors 	Eggplants, peppers, tomatoes (early April)	Eggplants, peppers, tomatoes (early April)	Tomatoes, herbs, kale, peppers, eggplant, celery, cauliflower, cabbage, broccoli	Tomatoes, herbs, chard, lettuce, kohlrabi, kale, eggplant, celery, cauliflower, cabbage, broccoli
Start seeds outdoors 	Zucchini, green beans, corn, cilantro	Arugula, beets, parsnips, potatoes	Radishes	Spinach, radishes, peas
Transplant outdoors 	Melons, herbs, tomatoes, celery, pumpkins, peppers, eggplant, cucumbers	Celery, lettuce, kale	Wait until next month!	Nothing yet!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Enjoy asparagus in a quick stir-fry.</p> 						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
				Last frost, Willamette Valley		
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

Last frost, Coastal

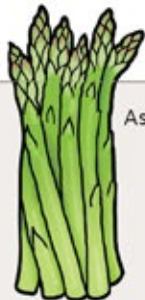
Last frost, Willamette Valley

**What's in season?**

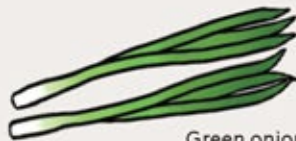
Lima beans



Asparagus



Green onions



Fava beans



Herbs



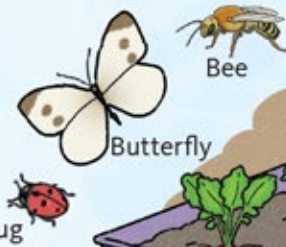


# MAY

- ✿ Put your garden plan into action!
- ✿ Check the weather. If the forecast calls for rain, you don't need to water.
- ✿ Read the back of seed packets to see how to space plants: spacing them properly will help prevent diseases and pests.
- ✿ Spring is slug season! Time to put out traps and watch for damage to young plants.
- ✿ Two weeks after planting, add an all-purpose garden fertilizer with a ratio such as 4-4-4.

## Kids Can!

Show kids the good bugs in the garden, like ladybugs, butterflies and bees.



Planting Tips	Coastal	Willamette Valley	Central/High Elevations	Eastern
<b>Start seeds indoors</b> 	Almost time to start seeds for fall!	Eggplants, peppers, tomatoes	Melons, cucumbers, kohlrabi, lettuce, pumpkins, chard	Melons, cucumbers, pumpkins
<b>Start seeds outdoors</b> 	Most veggies have been planted!	Corn, dill, green beans, winter squash, zucchini	Carrots, chives, onions, parsley, parsnips, peas, spinach, turnips	Arugula, beets, chives, onions, parsley, parsnips, potatoes, turnips
<b>Transplant outdoors</b> 	There is still time for warm-season veggies!	Basil, peppers, melons, celery, cucumbers, eggplant, oregano, rosemary, tomatoes	Broccoli, cabbage, cauliflower, kale, kohlrabi, lettuce, chard	Broccoli, cabbage, cauliflower, kale, kohlrabi, lettuce, chard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		Top salads, sandwiches, tacos or stews with <b>sliced radishes</b> . 	

Memorial Day

*What's in season?*

Strawberries



Cilantro



Arugula



Cauliflower



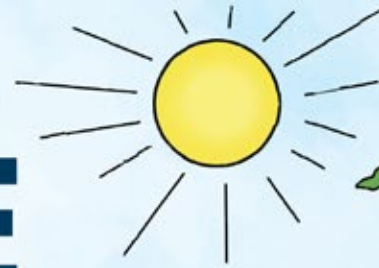
Endive



Lettuce



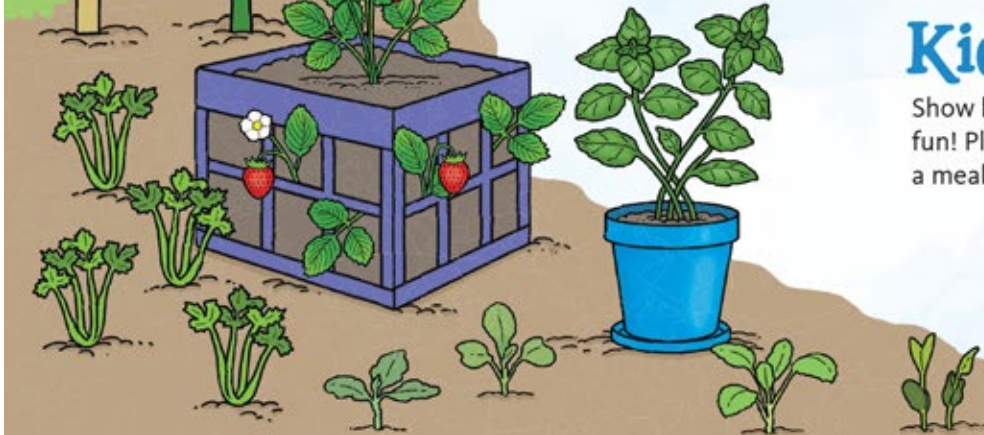
# JUNE



- ✿ Plants can grow quickly this time of year. Train growing tomatoes on a trellis or support.
- ✿ Monitor plants for diseases and pests. Spray aphids and spittle bugs with a hose to remove them.
- ✿ Harvesting veggies as soon as they are ready helps stimulate the plant to produce more.
- ✿ Continue to plant flowers and herbs. June is a great time to start basil!
- ✿ If you live in central or high-elevation Oregon, you should protect young plants at night.

## Kids Can!

Show kids that gardening and nutrition are fun! Plan a garden scavenger hunt based on a meal. For instance, "The Great Salad Hunt."



### Planting Tips

Start seeds outdoors



### Central/High Elevations

Arugula, beets, cilantro, corn, dill, green beans, potatoes, parsnips, turnips, squash

Transplant outdoors



Basil, peppers, tomatoes, melons, cauliflower, celery, cucumbers, eggplant, kale, kohlrabi, lettuce, oregano, pumpkins, rosemary, sage, thyme

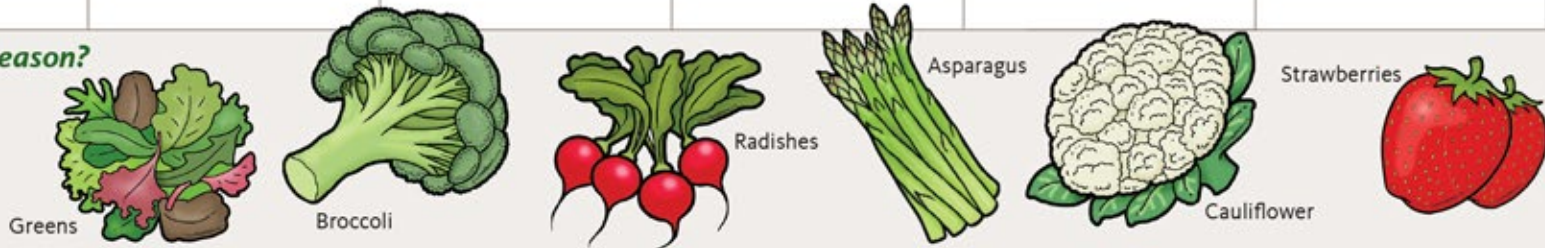
### Eastern

Arugula, beets, cilantro, corn, dill, green beans, parsnips, potatoes, squash

Basil, peppers, tomatoes, melons, celery, cucumbers, eggplant, lettuce, oregano, sage, thyme

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Create a colorful salad with leafy greens and spring fruits and veggies.</p> 				1	2	3
4	5	6	7	8	9	10
Last frost, Eastern						
11	12	13	14	15	16	17
			Last frost, Central/Hi Elevations			
18	19	20	21	22	23	24
	Juneteenth		First Day of Summer			
25	26	27	28	29	30	

**What's in season?**



Greens

Broccoli

Radishes

Asparagus

Cauliflower

Strawberries





# JULY

- ✿ Summer can heat up the garden. When it's hot out, water in the early morning. You'll use less water and your plants will be able to drink throughout the day.
- ✿ Add mulch to help conserve water in the soil. Mulch can be wood chips, leaves, plastic or any material that covers the soil.
- ✿ Monitor tomatoes and squash for leaf diseases like powdery mildew. Plants need air flow between them to help prevent mildew.
- ✿ Fertilize plants to help them grow strong and increase their production. A low-ratio fertilizer will feed them without overdoing it. Look for a ratio of 4-4-4.
- ✿ Extend the gardening season: July is a great time for starting fall crops like broccoli, kale, beans, carrots and peas.

## Kids Can!

Show kids how to harvest above-ground vegetables. Teach them to cut, twist or pinch. Never pull!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Prepare broccoli**  
many ways,  
including raw and  
roasted.

1

2

3

4

5

6

7

8

Independence Day

9

10

11

12

13

14

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16

17

18

19

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21

22

23/30

24/31

25

26

27

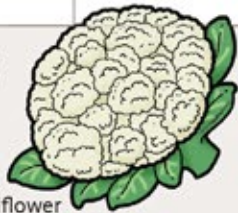
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29

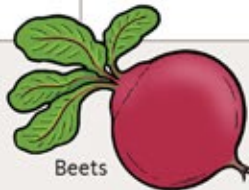
*What's in season?*



Carrots



Cauliflower



Beets



Cabbage



Eggplant



Cucumbers



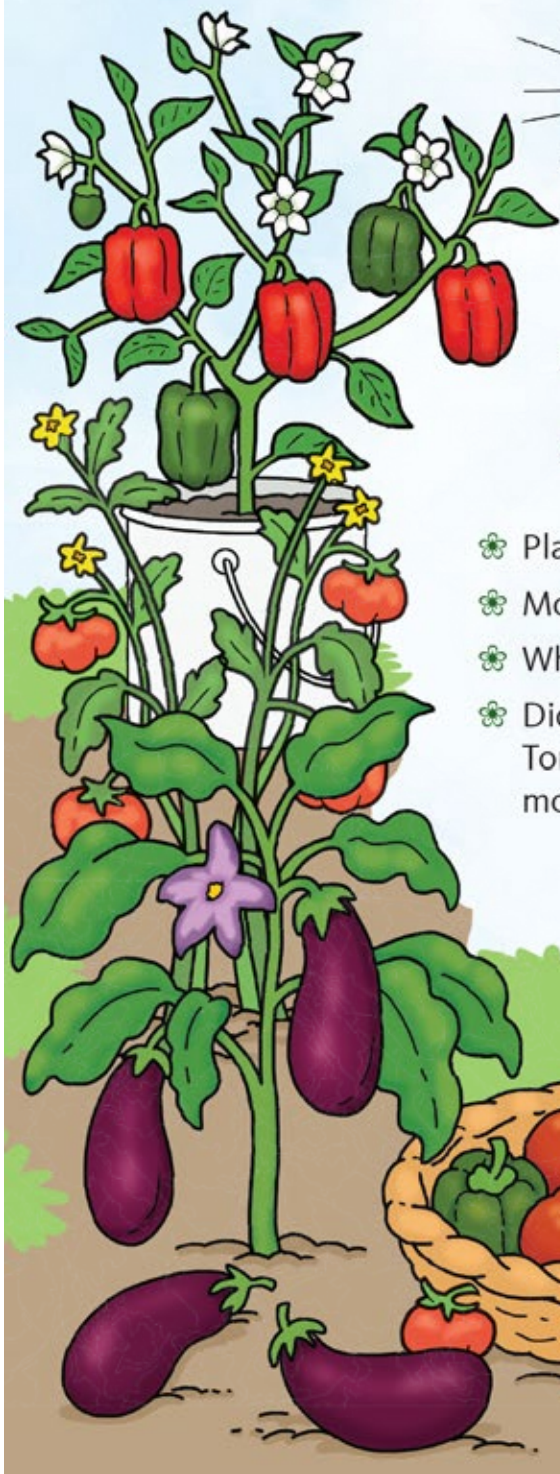


# AUGUST

- ✿ Continue to monitor your plants. Add compost or fertilizer if they show signs of yellowing or wilting.
- ✿ After you harvest, begin seeding cover crops like vetch, rye and clover. Cover crops strengthen your soil.
- ✿ Plant cool-season veggies, like kale and beets, for a fall harvest.
- ✿ Monitor tomatoes for blossom-end rot. Consistent watering is key!
- ✿ When harvesting veggies, wash and dry them before storing.
- ✿ Did you know certain veggies should not go in the refrigerator? Tomatoes, cucumbers and peppers do best on the counter! Learn more about how to store vegetables at [FoodHero.org](https://www.foodhero.org).

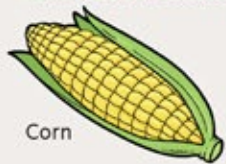
## Kids Can!

Show kids the many pollinators that visit the garden! Are there fuzzy bumblebees on your sunflowers? Metallic green bees? How many can you find?



Sunday	Monday	Tuesday 	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	<p><b>Make a tasty salad or salsa</b> with fresh corn, tomato, herbs and your favorite dressing.</p> 	

**What's in season?**



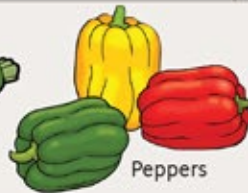
Corn



Tomatoes



Zucchini



Peppers



Peas



Brussels sprouts



Green beans



Onions





# SEPTEMBER

- ✿ Late summer and early fall is a great time to plant cool-weather crops like lettuce, radishes and spinach.
- ✿ September is the best month to plant garlic and onions.
- ✿ Continue to harvest veggies in the garden. Rain or cold may cause them to become moldy.
- ✿ Plant flower bulbs like crocuses and daffodils in containers to grow inside over the winter.
- ✿ Create an outdoor flower garden for early spring flowers. Plant bulbs like tulips, crocuses or daffodils.

## Kids Can!

Show kids how to plant lettuce starts in a container to grow indoors over the coming winter. A brightly lit window will help the plants grow!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Add sliced or chopped tomatoes to tacos.</p> 					1	2
3	4 Labor Day	5	6	7	8	9 First frost, Eastern
10	11	12 First frost, Central/Hi Elevations	13	14	15	16
17	18	19	20	21	22 First Day of Fall	23
24	25	26	27	28	29	30

**What's in season?**



Green beans



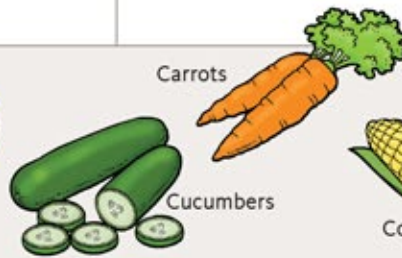
Tomatoes



Peppers

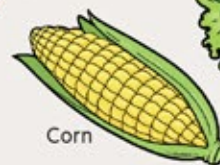


Squash



Carrots

Cucumbers



Corn



Greens





# OCTOBER

- ✿ Before the rains begin, save seeds from the plants in the garden. That way, you won't have to buy more seeds next spring.
- ✿ Still have green tomatoes on the vine? Cut plants down and hang them upside-down indoors. The fruit will ripen, and you can continue to have fresh tomatoes!
- ✿ Leave the garden clean-up for later: dead plants can provide homes and food for pollinators.
- ✿ Dig up any plants that have suffered from diseases like powdery mildew or blossom-end rot. Dispose of them in the trash to prevent disease next season.
- ✿ It's not too late to plant garlic and onions to harvest next year!

## Kids Can!

Kids can collect fallen leaves to use for mulch. Show kids how to check the leaves for butterfly cocoons!

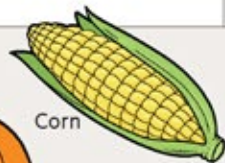
Sunday	Monday 	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Indigenous Peoples' Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 First frost, Willamette Valley	27	28
29	30	31			Try adding chopped cabbage to tuna or chicken salad.	

*What's in season?*

Pumpkin



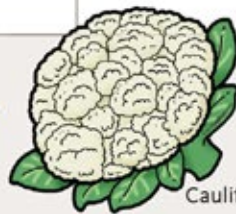
Corn



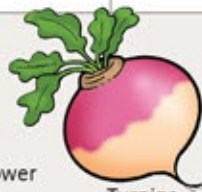
Eggplant



Cauliflower



Turnips



Peppers



Radishes





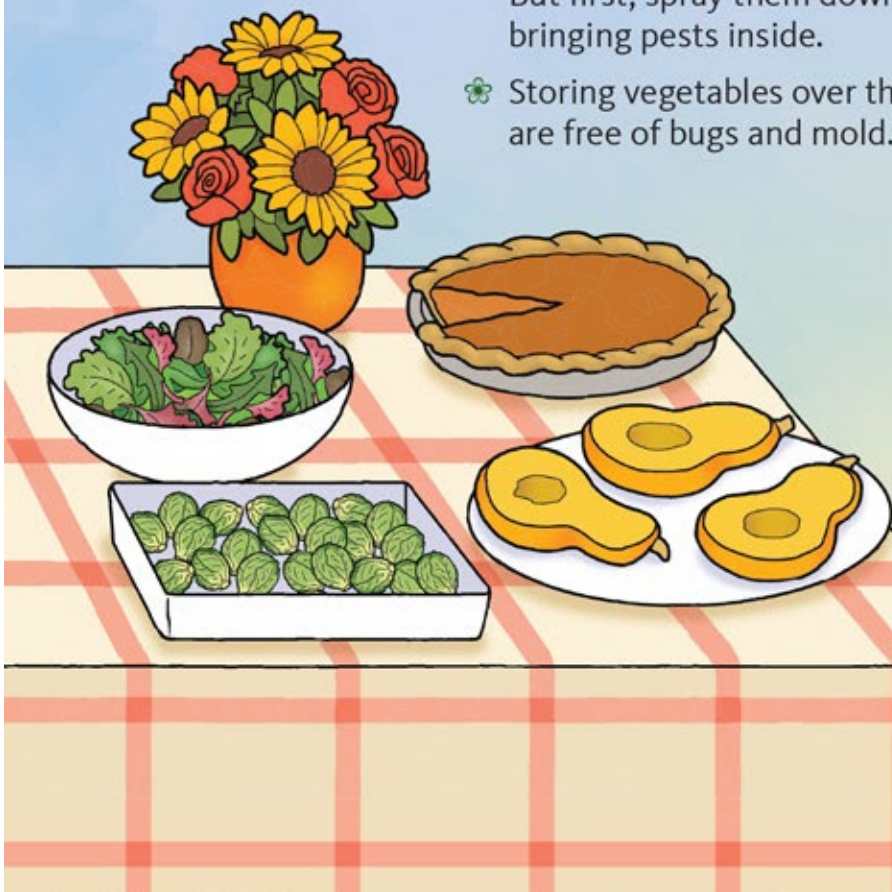


# NOVEMBER

- ✿ Cover your garden soil with leaves to build it up over the winter. No need to chop the leaves: there may be butterfly cocoons on them!
- ✿ Clean your tools and put them away for the winter.
- ✿ Bring container plants inside so that they can continue growing. But first, spray them down with a strong spray of water to avoid bringing pests inside.
- ✿ Storing vegetables over the winter? Check them to make sure they are free of bugs and mold.

## Kids Can!

Don't toss those pumpkins in the trash! Show kids how to compost jack-o-lanterns.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 	Saturday
			1	2	3	4
5	6	7	8	9	10	11
						Veterans Day
12	13	14	15	16	17	18
			First frost, Coastal			
19	20	21	22	23	24	25
				Thanksgiving Day		
26	27	28	29	30	Save seeds from winter squash to bake for a tasty snack. 	

*What's in season?*



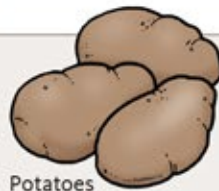
Carrots



Garlic



Delicata squash



Potatoes



Broccoli



Onions



Greens





# DECEMBER

- ✿ Try growing herbs indoors. Cilantro and oregano do not need a lot of sunlight.
- ✿ It's not too late to plant garlic and onions, but this is the last chance this season!
- ✿ Kale and chard may still be growing. Harvest them before a hard frost.
- ✿ Did you know plant roots can be damaged from the dry cold? If it has not rained in more than a week, water your garden to protect the roots of your vegetables and ornamental plants. If you live where there is already snow, then you should not need to water. The snow acts like a mulch!
- ✿ Watch for slugs and rodents in the garden. Use slug baits and rat traps to remove pests.

## Kids Can!

Show kids that **gardening is year round!** Some herbs, like parsley and chives, and flowers, like begonias and impatiens, do great with minimal light.

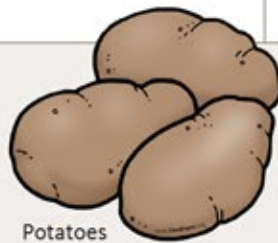


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make a meal on a baked potato — add toppings you like such as beans, veggies and cheese.</p> 					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				First Day of Winter		
24/31	25	26	27	28	29	30
	Christmas Day					

**What's in season?**

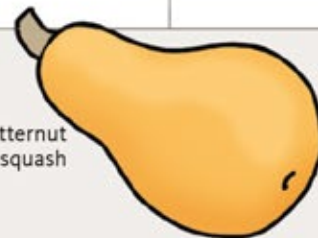


Garlic



Potatoes

Butternut squash



Onions

