

NASAP Crop Manual

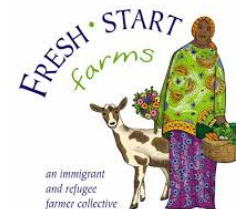
*A guide for planning and planting vegetables
at the New American Sustainable Agriculture Project in
Southern and Central Maine.*

Free to use and distribute.

Questions? Suggestions?
Contact Alex Redfield at alex@cultivatingcommunity.org
(207)761-4769



Revised 03/2017



AMARANTH/CALLALOO

Can be used as greens or for seed.

Popularity	Low
Price	\$3/bu
Varieties	Astro, Arugula
Days to Maturity	30
First Planting	April 15 - April 30
Succession	Every 2 to 3 weeks
Last Planting	August 1 – August 15



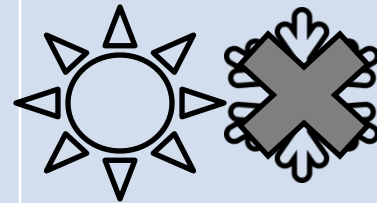
**Seed or
Transplant**



6-12" Apart



**3 Rows – 12"
apart**



**Likes heat, No
Frost**

ARUGULA

Peppery Salad Green, grows best in cooler weather

Popularity Medium

Price \$9-12 / lb

Varieties Astro, Arugula

Days to Maturity 30

First Planting April 15 – April 30

Succession Every 2 weeks

Last Planting August 15 – August 30



Plant from Seed



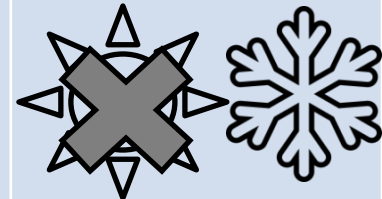
Seeds 1 Inch Apart



3 Rows – 6" apart



Row Cover



Likes cold, not good in hot weather



BEANS

Costly to pick, but high demand.
Green, yellow and purple.

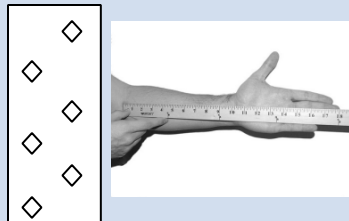
Popularity	High
Price	\$2-4 / lb
Varieties	Provider, Jade, Rocdor, Carson
Days to Maturity	50-60
First Planting	May 10 – June 1
Succession	Every 2-4 weeks
Last Planting	July 15 – July 30



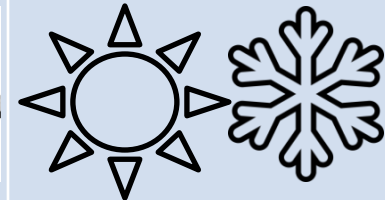
Plant from Seed



Seeds 2 Inches Apart



2 Rows – 18" apart




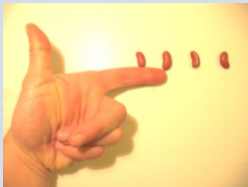
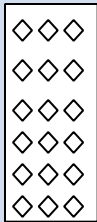

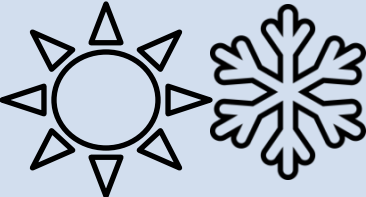
OK in all weather.

BEETS

Can sell roots or bunched. Also can sell Beet Greens. Red, gold, and “Chioggia” (striped).

<i>Popularity</i>	High
<i>Price</i>	\$2-3.50 / bunch
<i>Varieties</i>	Red Ace, Early Wonder Tall Top, Touchstone, Chioggia
<i>Days to Maturity</i>	35 (greens), 50 (roots)
<i>First Planting</i>	April 15 – April 30
<i>Succession</i>	Every 3-4 weeks
<i>Last Planting</i>	July 1 – July 15



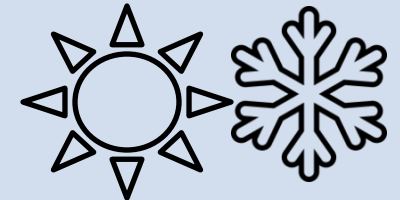
		 	
Plant from Seed	Seeds 1 Inch Apart	3 Rows – 12 inches apart	Good in all weather



BOK CHOI		PAK CHOI, PAK CHOY	
Asian stir fry green.			
<i>Popularity</i>	Medium-Low		
<i>Price</i>	\$2-3 per head (large) \$6-9 per lb (baby)		
<i>Varieties</i>	Shiro (baby), Win-Win (large), Mei Qing (large)		
<i>Days to Maturity</i>	35 (baby), 50 (large)		
<i>First Planting</i>	April 30 – May 15		
<i>Succession</i>	Every 3-4 weeks		
<i>Last Planting</i>	July 15 – August 15		



Or



Plant from Seed

1 Inches Apart
(Thin to 12" for large)

2 Rows (large)
3 Rows (baby)



Row Cover

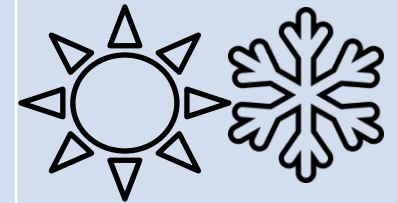
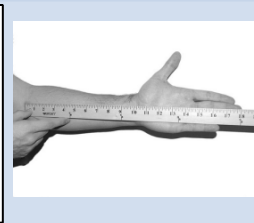
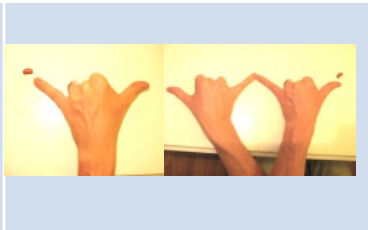
Good in all weather

BROCCOLI



Can be difficult! Choose the right varieties for the season.

<i>Popularity</i>	High
<i>Price</i>	\$2-4 / bunch
<i>Varieties</i>	Amadeus (spring), Belstar (summer), Arcadia (late fall)
<i>Days to Maturity</i>	55-70
<i>First Seeding</i>	 Inside: April 15 – April 30
	 Outside: May 15 – May 30
<i>Succession</i>	Every 3-4 weeks
<i>Last seeding</i>	June 15 – July 10



Transplant

Plants 2 feet apart.

2 Rows – 18 inches apart



Row Cover

Likes cool weather, OK in hot weather



BRUSSEL SPROUTS

Only ready late fall.

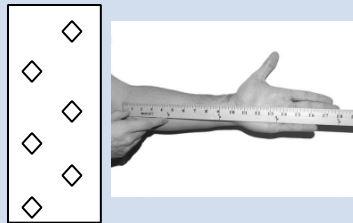
<i>Popularity</i>	Medium	
<i>Price</i>	\$4-5 / stalk,	
<i>Varieties</i>	Nautic	
<i>Days to Maturity</i>	105	
<i>First Seeding</i>		Inside: April 15 – April 30
		Outside: May 15 – May 30
<i>Succession</i>	No	



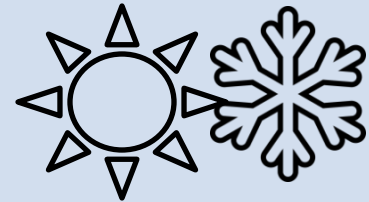
Transplant



Plants 2 feet apart



2 Rows – 18 inches apart





Takes all year



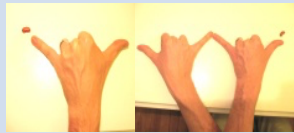
CABBAGE

Choose between Green, Red, Savoy, Pointy

<i>Popularity</i>	Medium
<i>Price</i>	\$1-2 / lb
<i>Varieties</i>	Farao (Green), Red Express, Caraflex (pointed), Alcosa
<i>Days to Maturity</i>	65-80
<i>First Seeding</i>	 Inside: April 15 – April 30
	 Outside: May 15 – May 30
<i>Succession</i>	Every month.
<i>Last seeding</i>	June 1 – June 15



Transplant



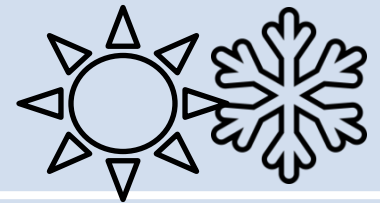
Plants 18 inches to two feet apart.



2 Rows 18 inches apart

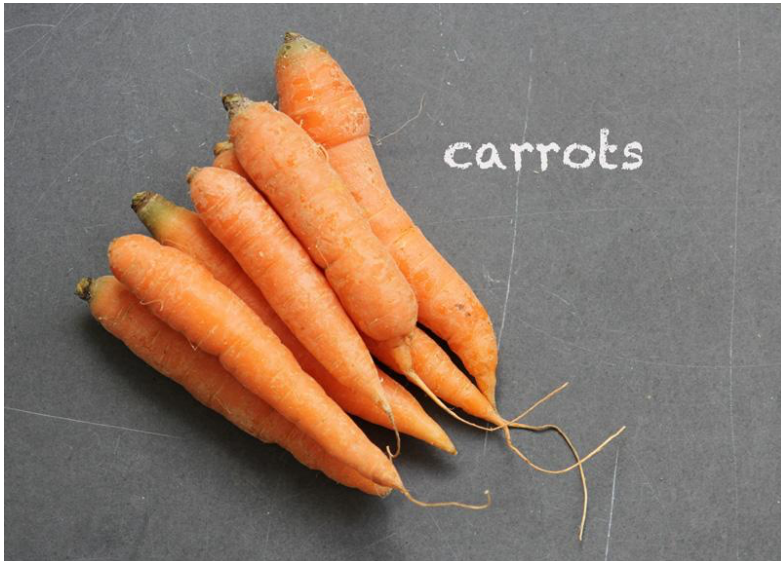


Row Cover



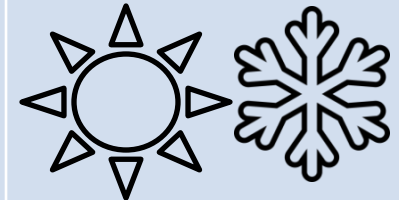
Good in all weather

CARROTS



Hard to keep weeded, but a great money maker. Orange, purple, red, yellow, or mixed.

<i>Popularity</i>	High
<i>Price</i>	\$2/lb (loose), \$2.50-\$3/bunch
<i>Varieties</i>	Nelson (orange), Rainbow (mixed), Deep Purple, Yellowpak
<i>Days to Maturity</i>	55-70
<i>First Seeding</i>	April 1 – May 1
<i>Succession</i>	Every month.
<i>Last seeding</i>	July 1 – July 15



Plant from Seed

Seeds 1 inch apart

3 rows, 12 inches apart

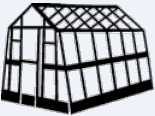

Thin to 2" apart

Good in all weather



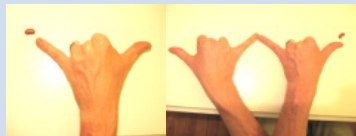
CAULIFLOWER

Best in late fall. White, Purple, Orange, Green & Romanesco. Must wrap leaves to keep color.

<i>Popularity</i>	Low
<i>Price</i>	\$3-5 / head
<i>Varieties</i>	Bishop (summer), Skywalker (fall)
<i>Days to Maturity</i>	65-80
<i>First Seeding</i>	 Inside: April 15 – April 30  Outside May 15 – May 30
<i>Succession</i>	Every 3-4 weeks
<i>Last seeding</i>	June 15 – July 10



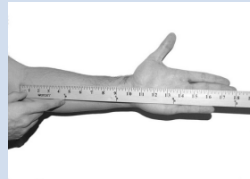
Transplant



Plants 2 feet apart.



2 Rows – 18 inches apart



Likes cool weather best

CHARD

Regrows well – good money per foot. Can sell as baby greens or large in bunches.

<i>Popularity</i>	High
<i>Price</i>	\$2.50 - \$3.50 / bunch
<i>Varieties</i>	Fordhook (White), Ruby (Red), Bright Lights (Rainbow)
<i>Days to Maturity</i>	55-60
<i>First Seeding</i>	April 15 – May 1
<i>Succession</i>	Every month.
<i>Last seeding</i>	July 15 – July 30



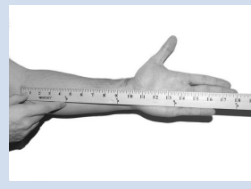
Plant from Seed or Transplant



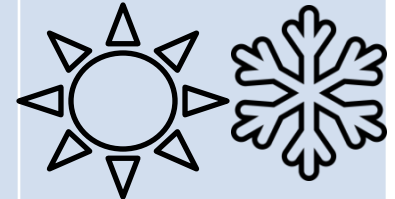
Seeds 2 inches or Plants 12 inches



2 rows, 18 inches apart



Thin to 6" apart



Good in all weather

COLLARD GREENS

Regrows well. Taste best in fall.

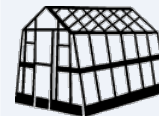
Popularity Medium-low

Price \$3/bunch

Varieties Flash, Champion

Days to Maturity 60

First Seeding



Inside: April 1 – April 15



Outside: May 1 – May 15

Succession Every month.

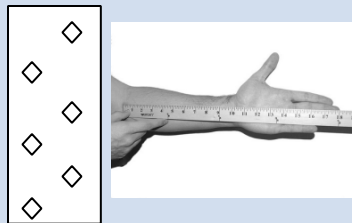
Last seeding June 30 – July 30



Transplant



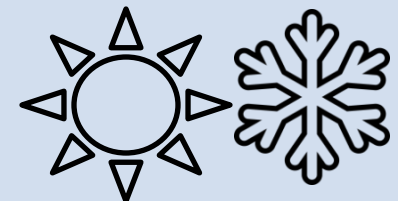
Plants 12 to 18 inches apart.



2 Rows 18 inches apart



Row Cover



Good in all weather

CUCUMBER

Likes warm weather, watch out for beetles.

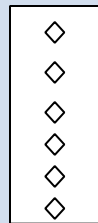
<i>Popularity</i>	High
<i>Price</i>	\$1 each
<i>Varieties</i>	Marketmore
<i>Days to Maturity</i>	60
<i>First Seeding</i>	Mid May
<i>Succession</i>	Every month.
<i>Last seeding</i>	Mid June



**Transplant or
Direct Seed**



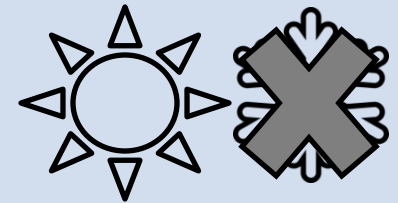
**Plants 12 inches
to two feet
apart.**



1 Row



**Row Cover until
flowering.**



Likes heat.



CORN

Likes warm weather, lots of bugs like corn.
Hard to make money on small scales.

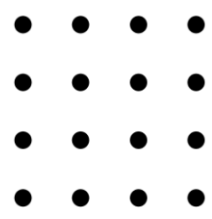
<i>Popularity</i>	High
<i>Price</i>	\$4 -\$6 for 6 ears
<i>Varieties</i>	Luscious, Trinity
<i>Days to Maturity</i>	60
<i>First Seeding</i>	Mid May
<i>Succession</i>	Every month.
<i>Last seeding</i>	Mid June



**Transplant or
Direct Seed**



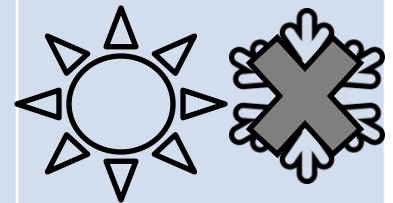
**Plants 10-12
inches apart.**



**Plant in a
square. 12"
between rows**



Black Plastic



Likes heat.

EGGPLANT

Grows best in Summer

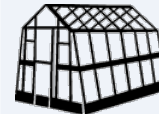
Popularity Medium

Price \$2 / lb

Varieties Nadia, Orient Express, African Eggplant

Days to Maturity 65

First Seeding



Inside: April 15 – April 30

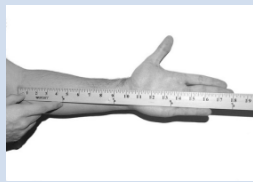


Outside: June 1 – June 15

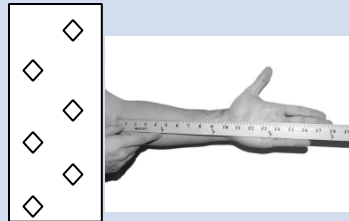
Succession No.



Transplant



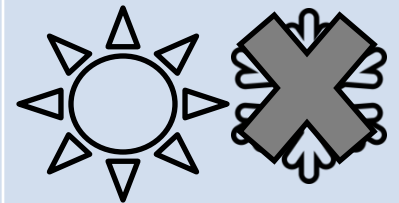
Plants 18 inches apart.



2 Rows, 18 inches apart



Black Plastic Mulch



Likes heat.

GARLIC

Plant in fall for next summer's harvest

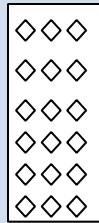
<i>Popularity</i>	High
<i>Price</i>	\$1-\$2 / bulb
<i>Varieties</i>	Music, Continental, Porcelain
<i>Days to Maturity</i>	200*
<i>First Seeding</i>	Plant bulbs in October-November
<i>Succession</i>	No.



Transplant



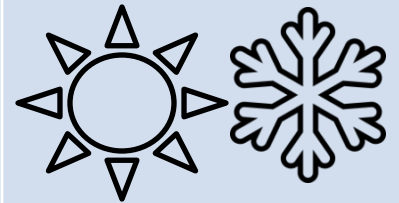
Bulbs 6 inches apart



3 Rows, 10-12 inches apart



Straw Mulch



Takes all year.

KALE

Easy to grow, good sales.

Popularity

High

Price

\$3 / bunch

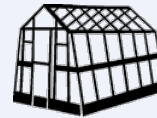
Varieties

Siberian, Lacinato, Red Russian, Winterbor

Days to Maturity

55

First Seeding



Inside: April 1 – April 15



Outside: May 1 – May 15

Succession

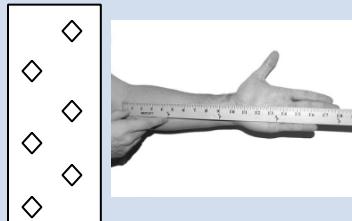
No.



Transplant



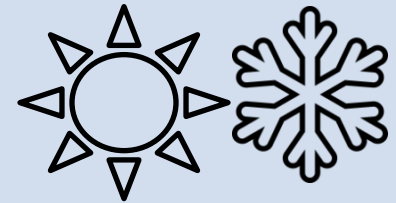
Plants 12 inches apart



2 rows, 18 inches apart



Row Cover



**Good in all weather.
Great in cold!**

KOHLRABI

Not well known, but easy to grow.

Popularity

Low

Price

\$3 / bunch

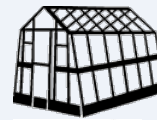
Varieties

Kolibri, Winner, Korridor

Days to Maturity

40

First Seeding



Inside: April 1 – April 15



Outside: May 1 – May 15

Succession

Every 3-4 weeks

Last Seeding

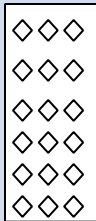
Started early July, outside in August



Transplant



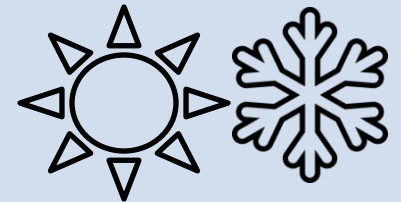
Plants 4 inches apart



3 rows, 12 inches apart



Row Cover



Good in all weather

LEEKS

Slow to grow, but good return.

Popularity

High

Price

\$4/bunch

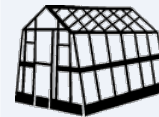
Varieties

King Arthur, Lancelot

Days to Maturity

75-95

First Seeding



Inside: Feb 15 – March 15



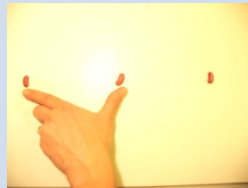
Outside: April 15 – May 1

Succession

No



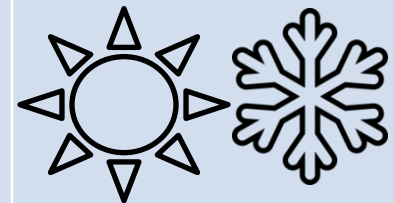
Transplant



Plants 6 inches apart



3 rows, 12 inches apart



Good in all weather

LETTUCE

Popular, quick, lots of different varieties

Popularity

High

Price

\$2.50-\$3/head

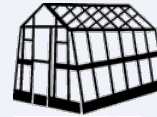
Varieties

Vulcan, Green Forest, Two Star, Nancy, Skyphos, Green Star

Days to Maturity

45-55

First Seeding



Inside: April 1 – April 15



Outside: May 15 – May 30

Succession

Every 2-3 weeks

Last Planting

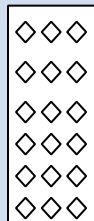
August 1 – August 15



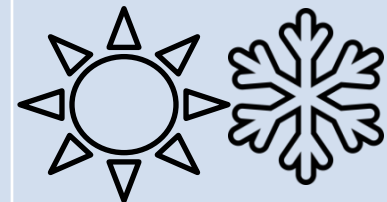
Transplant



**Plants 12 inches
apart**



**3 rows, 12 inches
apart**



**Good in all
weather**

OKRA



Likes hot summers

Popularity

Medium-Low

Price

\$3-5/pint

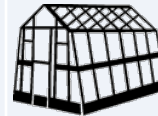
Varieties

Clemson, Burgundy (Red)

Days to Maturity

50-60

First Seeding



Inside: April 1 – April 15



Outside: May 20 – June 15

Succession

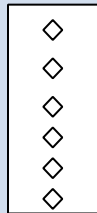
No



**Seed or
Transplant**



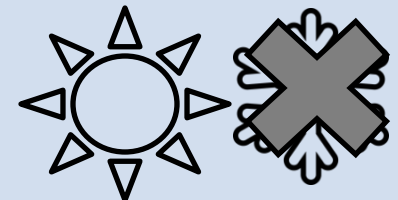
**Plants 12
inches apart**



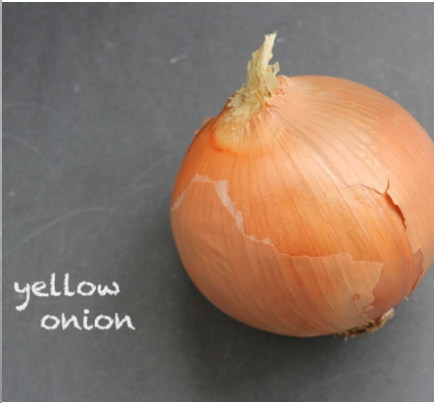
**1 row, 3
feet apart**





Black Plastic



**Likes heat.
No cold weather.**

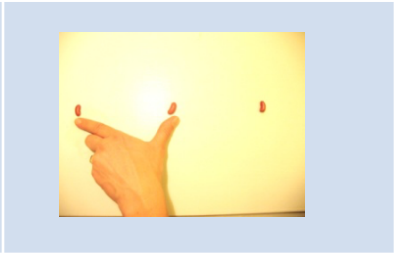


ONIONS

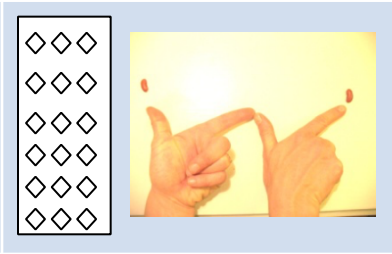
Popular, good for summer and fall sales	
<i>Popularity</i>	High
<i>Price</i>	\$2/lb
<i>Varieties</i>	Redwing, Bridger, Pontiac, Cortland
<i>Days to Maturity</i>	90-110
<i>First Seeding</i>	 Inside: March 1 – March 15  Outside: May 1 – May 15
<i>Succession</i>	No



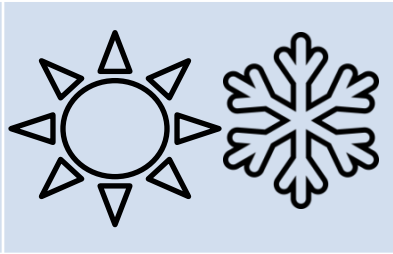
Transplant



Plants 6 inches apart



3 rows, 12 inches apart



OK in all weather.

HERBS, PARSLEY

Herb

Popularity

Medium

Price

\$2-\$3/bunch

Varieties

Giant of Italy (flat), Wega (Curly)

Days to Maturity

75

First Seeding

April 1 – May 1

Succession

2 times per year

Last Planting

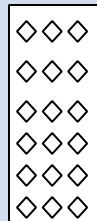
June 1 – July 1



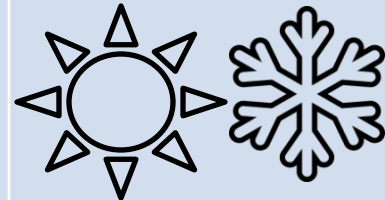
Transplant



Plants 12 inches apart



3 rows, 12 inches apart



OK in all weather.

PARSNIP

Stores well

Popularity

Medium

Price

\$3-\$4 /lb

Varieties

Javelin, Albion

Days to Maturity

120

First Seeding

May 1 – May 15

Succession

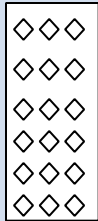
No



Seed



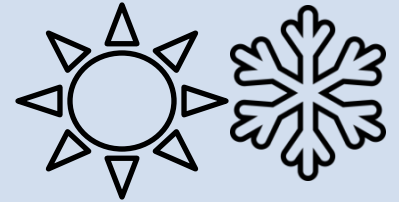
Seeds 1" apart



**3 rows, 12 inches
apart**



**Thin to 4 inches
apart**



OK in all weather.

PEPPERS

Plant sweet and chili peppers the same way.

Popularity

High

Price

\$3-\$4 /lb

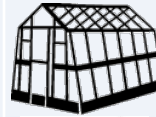
Varieties

Red Knight, King Arthur,
Gourmet (Orange)

Days to Maturity

60 Green – 80 Ripe

First Seeding



March 1 – March 15



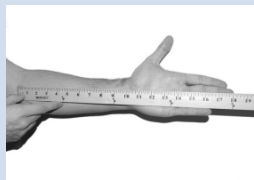
May 20 – June 15

Succession

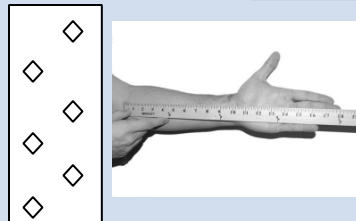
No



Transplant



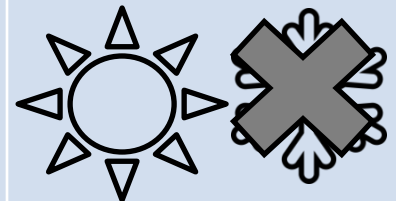
**Plants 12-18
inches apart**



**2 rows, 18 inches
apart**



Black Plastic

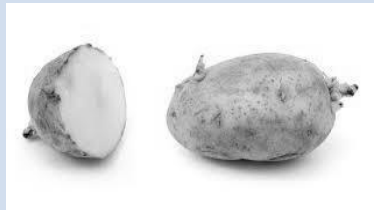
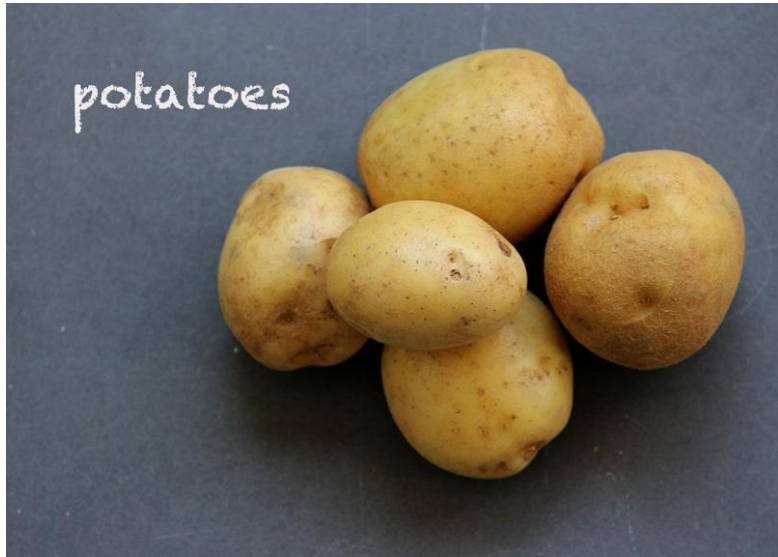


Hot weather only.

POTATOES

Need a good price to make them worth it.

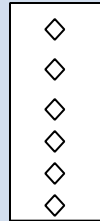
<i>Popularity</i>	High
<i>Price</i>	\$1 -\$2/lb
<i>Varieties</i>	Superior/Kennebec (White), Chieftan/Norland (Red), Yukon/Keuka (Gold)
<i>Days to Maturity</i>	70 (baby), 110 (large)
<i>First Seeding</i>	May 1 – May 30
<i>Succession</i>	No



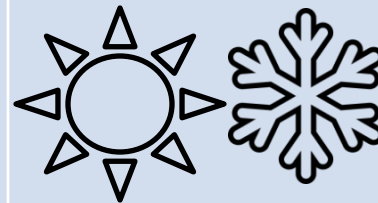
**Use sprouting
pieces of potato**



**Plants 12 inches
apart**



**1 row, 3 feet
apart**



**OK in all
weather.**

SWEET POTATOES

Need plastic or row cover for warmth

Popularity High

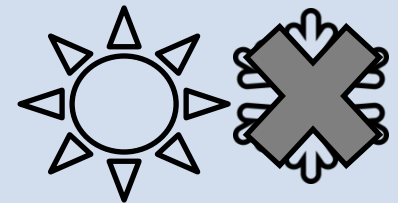
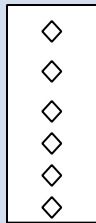
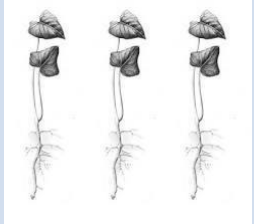
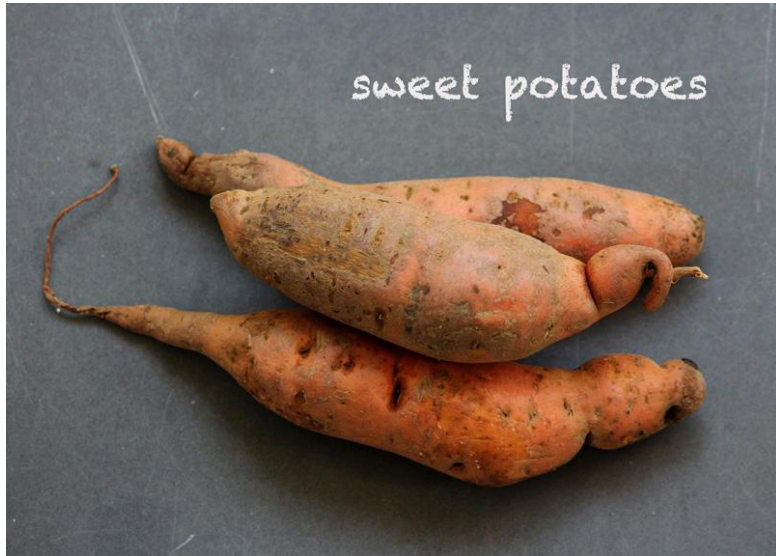
Price \$2-4/lb

Varieties Beauregard, Mahon

Days to Maturity 90

First Seeding May 20 – June 15

Succession No



Plant Slips in Soil

Plants 12-18 inches apart

1 row, 3 feet apart

Black Plastic

Likes heat.

RADISH

Fast growing for early harvests. Choose the right varieties for summer plantings.

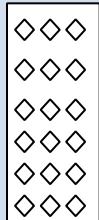
<i>Popularity</i>	Medium-Low
<i>Price</i>	\$2-\$3/bunch
<i>Varieties</i>	Rover, Cherry Belle, Raxe
<i>Days to Maturity</i>	20-30
<i>First Seeding</i>	Early April
<i>Succession</i>	Every 1-2 weeks
<i>Last Seeding</i>	Mid-August



Seed



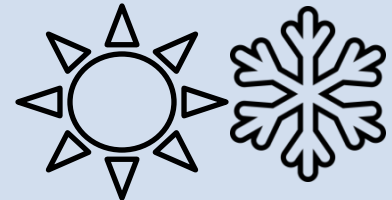
Seed every inch



3 or more rows, 6-12 inches



Row Cover





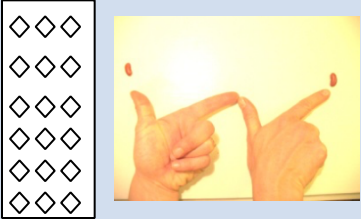
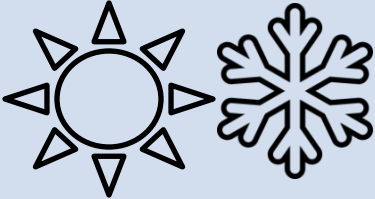
OK in all weather.

GREEN ONION/SCALLION

Fast growing for early harvests. Choose the right varieties for summer plantings.

<i>Popularity</i>	Medium
<i>Price</i>	\$2-\$3/bunch
<i>Varieties</i>	Nabechan, Evergreen Hardy White
<i>Days to Maturity</i>	60
<i>First Seeding</i>	Early April
<i>Succession</i>	Twice per year
<i>Last Seeding</i>	Late July



			
Seed or TP	Seed every inch, or Plants every 6"	3 rows, 12 inches	OK in all weather

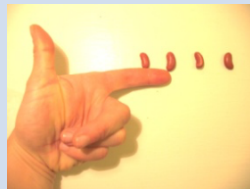
SPINACH

Can be grown year round with protection and right varieties.

<i>Popularity</i>	High
<i>Price</i>	\$9-12/lb
<i>Varieties</i>	Tyee, Space, Raccoon
<i>Days to Maturity</i>	30-40
<i>First Seeding</i>	March 15 – April 15
<i>Succession</i>	Every 2-3 weeks
<i>Last Seeding</i>	September 1



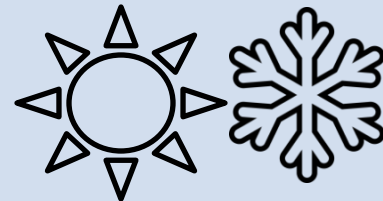
Seed



Seed every inch



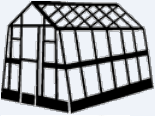

3 or more rows, 6-12 inches



**OK in all weather.
Tough in hot weather.**

SQUASH

Good for storage, popular at Thanksgiving. Same conditions for pumpkins.

<i>Popularity</i>	High
<i>Price</i>	\$1-2/lb
<i>Varieties</i>	Waltham Butternut, Delicata, Acorn, Burgess Buttercup
<i>Days to Maturity</i>	85-105
<i>Planting</i>	 Inside: April 15 – April 30  Outside: June 1 – June 15
<i>Succession</i>	No

butternut squash



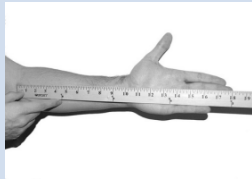
delicata squash



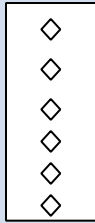
acorn squash



Seed or Transplant



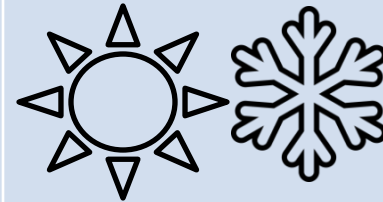
Every 18 inches to 3 feet



1 row, 6 feet apart



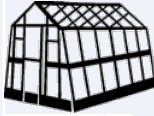

Row Cover until flowers



OK in all weather. Cannot freeze.

TOMATOES

High demand, high value. Being on time is important! Prices drop later in season.

<i>Popularity</i>	High
<i>Price</i>	\$2-4/lb
<i>Varieties</i>	Geronimo, Big Beef, Juliet, Sun Gold
<i>Days to Maturity</i>	66-75
<i>First Seeding</i>	 Inside: March 1 – April 1  Outside: May 20 – June 15
<i>Succession</i>	No



plum tomatoes



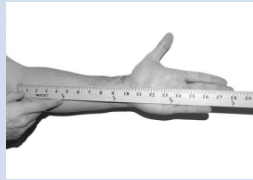
yellow
cherry
tomatoes



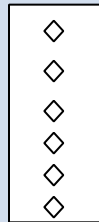
heirloom
tomatoes



Transplant



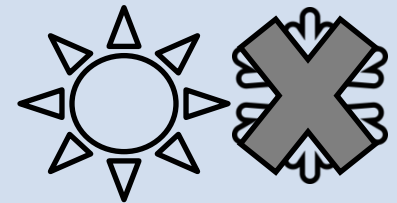
18 to 24 inches



**1 row, 3
feet apart**



Black Plastic



Hot weather only.

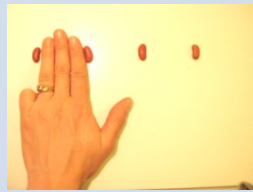
TURNIPS

Fast growing in spring and fall

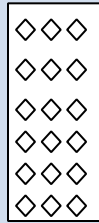
<i>Popularity</i>	Medium
<i>Price</i>	\$2-\$3/bunch
<i>Varieties</i>	Hakurei
<i>Days to Maturity</i>	50
<i>First Seeding</i>	April 15 – April 30
<i>Succession</i>	Every 2 weeks
<i>Last Seeding</i>	August 1 – August 15



Seed



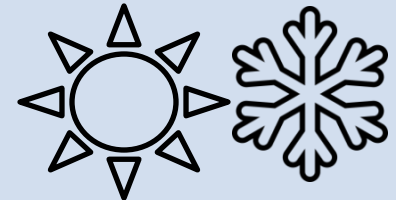
Seed every 2 inches



3 or more rows, 6-12 inches



Row Cover



OK in all weather.

ZUCCHINI

Same for Summer Squash. Best price early in season.

Popularity

Medium-High

Price

\$1-2/lb

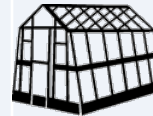
Varieties

Dunja, Success, Dark Green

Days to Maturity

50-60

First Seeding



Inside: April 15 – April 30



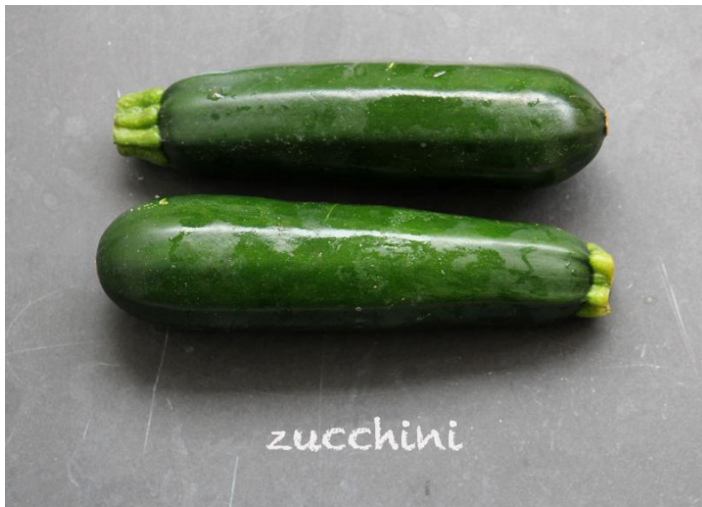
Outside: May 15 – May 30

Succession

Every month

Last Seeding

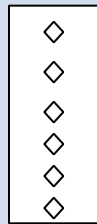
July 1 – July 20



**Seed or
Transplant**



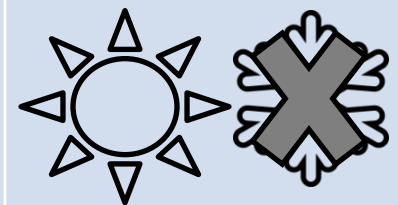
**Seed every
12 inches**



**1 row, 3
feet apart**



**Row Cover until
Flowers, Black Plastic**



**Likes hot
weather.**