

BEANS



BLUE LAKE
KENTUCKY WONDER
KIDNEY BEANS
ROYAL BURGUNDY
PINTO BEANS
BLACKEYE PEA

PLANTING TIPS

Plant after the average last frost date in your area.

Incorporate composted organic matter & fertilizer into garden area.

Seeds should be spaced 2-4 inches apart, in rows 2-3 feet apart.

Plant seeds of all varieties 1-inch deep .

Water regularly, but do not overwater (encourages root rot diseases & slow growth).

Do not over-fertilize (encourages leaf growth, but delays pod growth).

HARVESTING



Pods should be full size, have small seeds, and be firm and crisp when picked.

Pods are ready for harvest about 7-14 days after flowering. Pick regularly.

WAYS TO EAT BEANS

- Sauté with garlic & lemon
- Roast with olive oil and salt
- Toss on a cold vegetable salad
- Incorporate into a stir-fry
- Add to a vegetable casserole
- Pickle with vinegar and dill
- Add to soups or curry

DID YOU KNOW?

Beans are an excellent source of

Fiber
Vitamin A
Vitamin K
Potassium



GARLICKY GREEN BEANS

1 pound fresh green beans
1 tablespoon olive oil
2 tablespoon minced garlic

Place green beans in a microwave-safe dish with about 2 tablespoons of water. Cover with plastic wrap. Cook in the microwave on high for about 3-5 minutes until beans are steamed al dente. Heat oil in a large skillet on medium heat. Add garlic and cook 2-3 minutes until garlic is softened. Add green beans, stir to coat, and cook an additional 3 minutes.



BEETS



UTAH'S VARIETIES

- DETROIT DARK RED
- EARLY WONDER
- GREEN LEAF
- GOLDEN
- RED ACE
- CANDY STRIPED

PLANTING TIPS

Beets prefer light, sandy soil mixed with organic compost matter and fertilizer.

Plant between 2-3 weeks before the last frost date and the end of July.

Seeds should be spaced 3-4 inches apart in rows that are 12 inches apart.

Plant seeds 1/2-1 inch deep.

Water beets regularly.

Apply 1/4 c. nitrogen-based fertilizer per 10-foot row, 6 weeks after plants emerge.

HARVESTING

Beets can be picked at any size, but for best flavor, pick when beets are between the size of a golf ball and tennis ball. Young leaves can be eaten as well.

Roots grow between 60-80 days after planting.



WAYS TO EAT BEETS

- Roasted
- Pickled
- Steamed
- Sautéed
- Grated on salads
- Marinated in lemon juice & olive oil

DID YOU KNOW?

Beets are an excellent source of

- Fiber
- Folate
- Manganese
- Antioxidants



ROASTED ROOT VEGETABLES

- 4 root vegetables of choice*
- 2 carrots
- 1 onion, chopped
- 1/4 cup olive or vegetable oil
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 tablespoon Parmesan cheese
- Salt and pepper, to taste

*Potatoes, parsnips, turnips, beets, sweet potatoes, or rutabaga, etc.

Preheat oven to 350 degrees Fahrenheit. Cut vegetables into large chunks. Place in a medium bowl and pour oil over the top. Add seasonings and Parmesan and mix well. Spray a baking sheet with non-stick spray. Spread vegetables in an even layer on a baking sheet. Bake for 45-60 minutes or until tender.



BELL PEPPERS



UTAH'S VARIETIES

GREEN
RED
YELLOW
ORANGE
PURPLE

PLANTING TIPS

Peppers prefer organic, rich, well-drained, sandy soil for best growth.

Plant seeds after the last frost date.

Plant seeds 1/2 inch deep.

Plant 4-6 seeds 18 inches apart in the rows.

Water deeply & infrequently, 1-2 inches per week.

Apply 1/4 tbsp. fertilizer at 4 and 8 weeks after planting.

HARVESTING

Peppers are ready to harvest 35-45 days after flowering. Fruits should be firm, plump, and have firm skin. Pick fruits as they mature. At the end of the season, pick all fruit that has colored slightly.

Peppers will store for 1-2 weeks if held at 50 degrees Fahrenheit.



WAYS TO EAT PEPPERS

- Salad topping
- Tacos/burritos
- Sautéed with other veggies
- Diced into salsa
- Pasta salad
- Dipped in hummus
- Sandwich topping

DID YOU KNOW?

Peppers are an excellent source of

Vitamin A
Vitamin C
Fiber
Potassium



EGGS OVER PEPPER

- 1 tablespoon olive oil or canola oil
- 1 large bell pepper
- 4-5 large eggs
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1/4 cup shredded cheese, to taste
- 1/4 cup green onions, chopped

Heat oil in a large skillet over medium heat. Cut peppers into 1/2" rings. Remove the seeds and centers. Place sliced peppers in the skillet and sauté for 1-2 minutes. Crack an egg into the center of each pepper ring. Sprinkle all eggs with onion powder, garlic powder, salt, and pepper. Sauté for 3-5 minutes until egg is cooked through. Flip if needed. Top with cheese and green onions and cook until cheese is melted.



BROCCOLI



UTAH'S VARIETIES

GREEN COMET
PACKMAN
PREMIUM CROP

PLANTING TIPS

Broccoli prefers fertile soil mixed with organic compost matter and fertilizer.

Plant between 2-3 weeks before the last frost date.

Seeds should be spaced 12-18 inches apart in rows that are 2-3 inches apart.

Plant seeds 1/4 - 3/4 inch deep.

Water deeply and infrequently (about 2 inches of water per week).

Apply 1/2 c. nitrogen-based fertilizer 4 weeks after planting/transplanting and again (this time 1/4 c.) when the broccoli head is the size of a quarter.

HARVESTING

Broccoli heads should be harvested when heads are compact but flower buds have not opened. Mature heads are 6-12 inches in diameter and stems 8-10 inches long.

Broccoli can be stored for 1-2 weeks at 32 degrees.

WAYS TO EAT BROCCOLI

- Roasted
- Steamed
- Sautéed
- In salads
- In pasta dishes
- In stir-fry
- In casserole

DID YOU KNOW?

Broccoli is an excellent source of

Vitamins A, C, and K

Calcium

Fiber

Folate

Antioxidants



BROCCOLI BERRY ORZO SALAD

- 3/4 cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- 1/4 cup sunflower seeds

Lemon Poppyseed Dressing:

- 1 tablespoon lemon juice
- 2 tablespoon apple cider vinegar
- 2 tablespoon olive oil
- 1 teaspoon sugar/honey
- 1 teaspoon poppy seeds (optional)

Cook orzo pasta according to directions. Drain and rinse with cold water. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppyseed vinaigrette and toss to combine. Season with salt and pepper. Chill in refrigerator until ready to serve.



CABBAGE



UTAH'S VARIETIES

- GOLDEN ACRE**
- RUBY BALL**
- SAVORY ACE**
- DANISH BALL HEAD**

PLANTING TIPS

Cabbage prefer well-drained soil mixed with organic compost matter and fertilizer.

Plant cabbage when daily temperatures fall between 25 and 80 degrees.

Plant cabbage 12-18 inches apart in rows 2-3 feet apart.

Plant seeds 1/4 - 3/4 inches deep.

Water deeply and infrequently, 1-2 inches per week.

Apply 1/2 cup per 10 feet of row 4 weeks after transplanting or thinning to encourage plant growth.

HARVESTING

Cabbage heads should be harvested when the heads reach full size and are firm and compact. Cut the stem below the head leaving 2-3 wrapper leaves for protection.

Cabbage can be stored for 2-6 months at 32 degrees. Avoid storing next to apples, pears, or

WAYS TO EAT CABBAGE

- Fish Tacos
- Slaw
- Stir Fry Noodles
- Soup
- Roasted
- Grilled

DID YOU KNOW?

Cabbage is an excellent source of

Vitamin C
Vitamin B6



ORIENTAL BEEF STIR FRY

- 3 teaspoons cornstarch
- 2 tablespoons + 1/3 cup water, separated
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon white sugar
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 8 ounces thin sliced beef
- 1/2 cup yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 large carrot, thin sliced
- 1 cup red or green cabbage Sesame seeds

Mix cornstarch and 2 tablespoons of water in a medium bowl. Mix until smooth. Mix in the soy sauce, vinegar, sugar, and pepper. Place the beef and 2 tablespoons of sauce in a bowl. Let marinate for 15 minutes. Add 1/3 cup water to the remaining sauce. Set aside. Heat oil in a large skillet. Add the beef and garlic powder. Mix well to coat. Cook for 1 minute. Add the onion and cook for 1-2 minutes until the beef has cooked through. Add the carrots and bell peppers. Cook for 1 minute. Add the remaining sauce and mix well. Add the cabbage and cook for 1-2 minutes until all vegetables are tender and crisp. Serve alone or over a bed of rice.



CANTALOUPE



UTAH'S VARIETIES

AMBROSIA
CLASSIC HYBRID
HALES BEST
MISSION
ROCKY SWEET
SUMMIT HYBRID

PLANTING TIPS

Cantaloupe prefers fertile, sandy soil mixed with organic compost matter and fertilizer.

Plant cantaloupe after soils reach 65 degrees.

Plant 4-6 seeds in mounds, 4 feet apart. After they have leaves, thin to two plants per mound.

Plant seeds 1-2 inches deep.

Water deeply and infrequently, 1-2 inches per week. Reduce watering as fruits ripen to improve flavor.

After the vines develop runners, apply 1-2 tbsp. of fertilizer to mounds.

HARVESTING



Cantaloupes are ripe 35- 45 days after flowering. The netting will be course and rough, the stem will break away easily, and the background color of the fruit will be yellow - not green.

Cantaloupe will store for 1-2 weeks if stored at 45-50 degrees.

WAYS TO EAT CANTALOUPE

- Melon soup
- Kebab it
- Melon salsa
- Sweet salads
- Frozen into juice pop
- Smiley wedges

DID YOU KNOW?

Cantaloupe is an excellent source of

Vitamins A & C
Potassium
Fiber



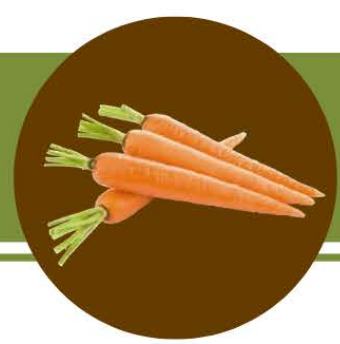
MINTY MELON SALAD

- 1/2 cantaloupe, seeded and chopped into bite-sized pieces
- 1/2 honeydew, seeded and chopped into bite-sized pieces
- 1 teaspoon dried basil
- 1/4 cup chopped mint leaves
- 3 tablespoon olive oil
- 1 1/2 tablespoon honey
- 1 tablespoon balsamic vinegar

In a small bowl, whisk the dressing by combining the olive oil, honey, and vinegar. Add all other ingredients to a bowl and drizzle the dressing over the top. Toss to combine.



CARROTS



UTAH'S VARIETIES

DANVERS
CHANTENAY
SCARLETT NANTES
IMPERATOR

PLANTING TIPS

Carrots prefer fertile, sandy soil mixed with organic compost matter and fertilizer.

Plant carrots after soils reach 40 degrees.

Seeds should be spaced 2-3 inches apart in rows that are 12-18 inches apart.

Plant seeds 1/4 inch deep, thin when plants have 3-4 leaves.

Water regularly. Established carrots need water when top 2 inches of soil are dry.

Apply 1/4 c. nitrogen fertilizer per 10 feet of row 6 weeks after emergence.

HARVESTING

Carrots can be harvested when roots begin to size. Generally roots will mature 70-100 days from seeding.

Carrots can be stored for 2-4 weeks at 32 degrees.

WAYS TO EAT CARROTS

- With a dip
- Steamed
- Sautéed
- In soup
- In stir fry
- Grated into baked goods

DID YOU KNOW?

Carrots are an excellent source of

Vitamin A
Biotin
Fiber
Antioxidants



CARROT OAT MUFFINS

- 4 cups carrots
- 1 cup old fashioned oats
- 8 eggs
- 6 teaspoon cinnamon
- 4 teaspoon baking soda
- 4 teaspoon vanilla
- 1 teaspoon nutmeg
- 4 teaspoon honey

Preheat oven to 350 degrees Fahrenheit. In a large pot, add carrots and cover with water. Bring to a boil and cook until carrots are soft, about 15 minutes. Remove from heat and drain water. Place all ingredients in a large bowl. Mix until smooth. Spray a muffin tin with non-stick cooking spray. Pour batter into muffin tin. Bake 45-50 minutes until toothpick inserted into the center of a muffin comes clean.



CAULIFLOWER



UTAH'S VARIETIES

EARLY SNOWBALL
SNOW CROWN
WHITE CONTESSA
SELF BLANCHE
RAVELLE

PLANTING TIPS

Cauliflower prefer fertile, well-drained soil mixed with organic compost matter and fertilizer.

Plant cauliflower when temperatures are below 75 degrees.

Plant cauliflower 12-18 inches apart in rows 2-3 feet apart.

Plant seeds 1/4 - 3/4 inches deep.

Water deeply and infrequently, 1-2 inches per week.

Apply 1/2 cup per 10 feet of row 4 weeks after transplanting or thinning to encourage plant growth.

HARVESTING

Keep the head shaded from the sun to prevent discoloration. Harvest heads when they are 6-12 inches in diameter. Cauliflower can be stored for 3 weeks at 32 degrees

WAYS TO EAT CAULIFLOWER

- Roasted
- Steamed & mashed
- Pizza crust
- Soup
- Curry
- Grilled
- Dipped in hummus

DID YOU KNOW?

Cauliflower is an excellent source of

Folate
Vitamin K
Vitamin C
Potassium



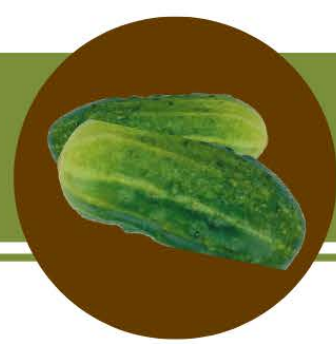
CAULIFLOWER FETTUCINE ALFREDO

5-6 cups cauliflower, steamed
3 cups low-sodium vegetable broth
1 tablespoon olive oil
4 cloves garlic, minced
1 teaspoon salt
Pinch of nutmeg
Pinch of black pepper
1/4 cup cream
Top with peas, broccoli, or green beans

Heat oil in pan and saute garlic for 1-2 minutes. In a blender, place cauliflower and broth; blend for 1 minute. Add the garlic, salt, nutmeg, and black pepper. Puree until smooth. Slowly add in more oil or broth to reach your desired consistency. Transfer back to saute pan and keep warm. Serve with fettucine noodles.



CUCUMBERS



UTAH'S VARIETIES

MARKETMORE
SPACEMASTER
SWEET SUCCESS
ARMENIAN
BOSTON PICKLING

PLANTING TIPS

Cucumbers prefer well-drained, sandy soil mixed with organic compost matter and fertilizer.

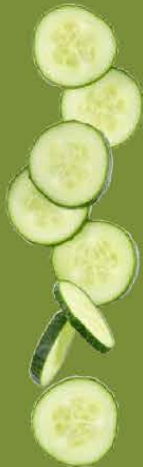
Plant cucumbers when soil is 65 degrees.

Plant 4-6 seeds 12-18 inches apart in rows 4 feet apart.

Plant seeds 1 inch deep.

Water deeply and infrequently, 1-2 inches per week.

Apply 1/4 cup per 10 feet of row before cucumber starts to flower.



HARVESTING

Cucumbers are ready to harvest 5-7 days after flowering.

Smallest fruits have the most flavor.

Store for 10-14 days at 55 degrees.

WAYS TO EAT CUCUMBERS

- Dipped in hummus
- Salads
- Diced in tuna or chicken salad
- Pickled
- Salads
- Sandwiches
- Cold pasta

DID YOU KNOW?

Cucumber is an excellent source of

Vitamin C
Vitamin B
Vitamin K
Potassium



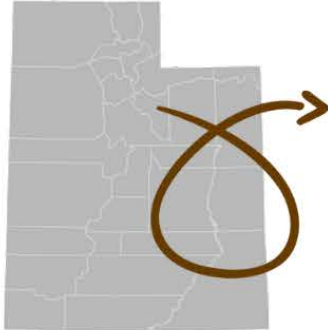
LENTIL & CUCUMBER SALAD

- 2 cups lentils
- 4 cups water
- 3 tomatoes, finely diced
- 1 onion, finely diced
- 1 handful cilantro, diced
- 1 serrano pepper, diced (optional)
- 1 cucumber, chopped
- 1 cup tomato juice cocktail
- Juice of 2 oranges
- Salt to taste (optional)

Soak the lentils in the water for 50 minutes and drain. Put the lentils in a deep bowl. Add the chopped tomatoes, chopped onions, chopped cilantro, diced pepper, chopped cucumber, tomato juice, and orange juice. Season with salt to taste. Serve with tostadas or warm tortillas.



EGGPLANT



UTAH'S VARIETIES

WHITE EGGPLANT

GLOBE EGGPLANT

ITALIAN EGGPLANT

JAPANESE EGGPLANT

INDIAN EGGPLANT

PLANTING TIPS

Eggplants prefer well-drained, sandy soil mixed with organic compost matter and fertilizer.

Plant eggplant when the soil is 60 degrees.

Plant seeds 24 inches apart in rows 24 inches apart.

Eggplants grow best from transplants.

Water deeply and infrequently, 1-2 inches per week.

Apply 1/2 tablespoon per plant at 4 and 8 weeks after planting.

HARVESTING

Pick eggplant when they are full size, have a glossy sheen, and are 6-8 inches long. Use a knife or pruning shears to cut fruit away from the plant.

Store for up to 7 days.

Eggplants cannot be canned or dried, but can be blanched & frozen.

WAYS TO EAT EGGPLANT

- Eggplant parmesan
- Add to curries, stir-fries
- Roast, peel & serve over pasta
- Eggplant pizza
- Eggplant lasagna
- Bread, bake, serve
- Kabobs

DID YOU KNOW?

Eggplant is an excellent source of

Potassium
Folate
Fiber



EGGPLANT PARMESAN

- 3 eggplants, peeled & thinly sliced
- 2 eggs, beaten
- 4 cups Italian seasoned bread crumbs
- 6 cups spaghetti squash
- 16 ounces mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon dried basil

Preheat oven to 350 degrees Fahrenheit. Dip eggplant slices in egg, then in bread crumbs. Place a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side. In a 9x13-inch baking pan, spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheese. Repeat with the remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated oven for 35 minutes, or until golden brown.



GARLIC



UTAH'S VARIETIES

HARD NECK GARLIC
SOFT NECK GARLIC
ELEPHANT GARLIC

PLANTING TIPS

Garlic prefers rich, well-drained, fertile soil mixed with organic compost matter and fertilizer.

Plant garlic between mid-September and November.

Plant the largest unpeeled cloves with the pointed end up 1-3 inches deep.

Space 1-3 inches apart in rows.

Water 18 inches deep per week.

Side-dress with 1/2 lb. nitrogen fertilizer per 100 sq. feet in late April or early May.

HARVESTING

Begin to harvest when the garlic tops begin to yellow and fall over.

Store excess garlic by drying and use the remaining best bulbs for next year's planting.



WAYS TO EAT GARLIC

- Sauces & stews
- Sautéed with vegetables
- Roasted
- Pizza
- Salad dressings
- Hummus
- Pesto

DID YOU KNOW?

Garlic is an excellent source of

Vitamin C
Vitamin B6
Selenium
Manganese



GARLIC VEGETABLE SAUTE

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 jalapeño, seeded and minced
- 2 small zucchini, quartered
- 1 yellow bell pepper, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 small yellow onion, cut into chunks
- Black pepper, to taste
- 1 pinch paprika

Heat olive oil in a large skillet; cook and stir garlic and jalapeño until softened, about 5 minutes. Add zucchini, bell peppers, and onions; continue to cook and stir until vegetables are tender, about 5 minutes. Season with pepper and paprika.



KALE



VATES BLUE
SCOTCH CURLED
RED RUSSIAN
WINTERBOR

UTAH'S VARIETIES

PLANTING TIPS

Kale prefers rich, well-drained, fertile soil mixed with organic compost matter and fertilizer.

Kale grows best when temperatures stay below 75 degrees.

Plant kale 1/4 - 3/4 inches deep.

Space 12-18 inches apart with 2-3 feet between rows.

Water deeply and infrequently, 1-2 inches deep per week. Apply 1/2 cups per 10 feet of row 4 weeks after transplanting or thinning to encourage plant growth.

HARVESTING

Harvest kale when leaves reach full size. Frosts help improve the flavor of leaves. Kale can be stored for 2-3 weeks at 32 degrees Fahrenheit and 95% humidity. Many gardeners leave kale growing in the garden through the winter.



WAYS TO EAT KALE

- Egg dishes
- Sautéed with vegetables
- Salads
- Pizza/pasta
- Green smoothies
- Roasted
- Sandwiches

DID YOU KNOW?

Kale is an excellent source of

Vitamin A
Vitamin C
Vitamin K
Folate
Calcium
Omega-3 fatty acids



MASSAGED KALE SALAD WITH MANGO & AVOCADO

- 1 bunch of kale, stripped from stalks and thinly sliced
- 1/4 cup olive oil
- 1 tablespoon lime juice
- 2 teaspoon honey
- 1 ripe mango, peeled & diced
- 1 ripe avocado, diced
- 1/4 cup toasted almond slices
- 1/4 cup toasted coconut flakes

In a large bowl, toss kale, olive oil, and a pinch of salt. Massage with hands until kale softens and wilts (2-3 minutes). In a small bowl, whisk together olive oil, lime juice, lime, honey, and salt & pepper taste

Toss massaged kale, dressing, mango, and avocado. Chill until ready to serve. Top with almonds and coconut.



KOHLRABI



UTAH'S VARIETIES

GRAND DUKE

RAPID

WHITE VIENNA

PURPLE VIENNA

PLANTING TIPS

Kohlrabi prefers fertile, well-drained soil mixed with organic compost matter and fertilizer.

Plant in the early spring or fall.

Plant seeds 1/4 - 3/4 inches deep.

Space 1 foot apart in rows.

Water frequently, 1-2 inches deep per week.

Apply 1 c. per 10 feet of row 3 weeks after transplanting or thinning to encourage plant growth.

HARVESTING

Harvest when stems are 2-3 inches in diameter. Young leaves can also be eaten like spinach or kale.

Kohlrabi can be stored for 2-3 weeks at 32 degrees F and 95% humidity. When prepared, the outer skin is peeled off and the inner flesh is eaten raw or cooked.



WAYS TO EAT KOHLRABI

- Raw
- Pureed into soup
- Roasted
- Steamed
- Grated into salads

DID YOU KNOW?

Kohlrabi is an excellent source of

Calcium
Vitamin C
Potassium
Folate



ROASTED KOHLRABI WITH PARMESAN

- 6 kohlrabi, peeled
- 2 tablespoon olive oil
- 3/4 teaspoon salt
- 1 pinch of cayenne pepper
- 3 Tablespoons parmesan
- 1 Tablespoon chopped parsley

Peel kohlrabi and cut into 1-inch wedges; toss with 2 tablespoons olive oil, 3/4 teaspoon kosher salt and a pinch of cayenne on a rimmed baking sheet. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with 3 tablespoons parmesan and 1 tablespoon chopped parsley.



LETTUCE



UTAH'S VARIETIES

GREAT LAKES

ICEBERG

SALINAS

SUMMERTIME

RED ROMAINE

ESMERELDA

PLANTING TIPS

Lettuce prefer fertile, well-drained soil mixed with organic compost matter and fertilizer.

Plant in the early spring or fall (after soil reaches above 40 degrees).

Plant seeds 1/4 - 1/2 inch deep.

Space 8-12 inches between plants, 12-18 inches between rows.

Water regularly, 1-2 inches deep per week.

Apply 1/4 c. per 10 feet of row 4 weeks after transplanting or thinning to encourage plant growth.

HARVESTING

Leaves can be harvested at any time. Pick outer leaves to encourage inner-leaf growth. Heads can be picked once they reach mature sizes.



WAYS TO EAT LETTUCE

- Sandwiches
- Salads
- Tacos
- Wraps
- Grilled

DID YOU KNOW?

Lettuce is an excellent source of

Vitamin A

Vitamin C

Folate

Magnesium Manganese

Zinc

Omega-3 fatty acids



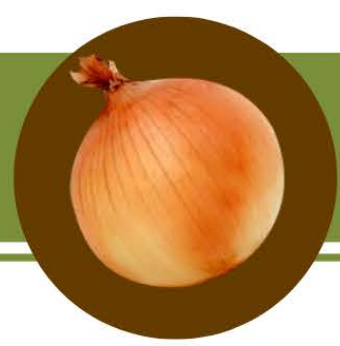
LUNCHBOX SANDWICH KABOBS

- 2 slices whole wheat bread
- 1 slice low-fat cheese
- 2 slices lean turkey
- 2 lettuce leaves

Slice up whole wheat bread, turkey, cheese, and lettuce. Push a skewer stick through, and you've got yourself a sandwich kabob! Add fruit and veggies on the side to cover all the food groups. If your kids like to dip, try adding Cottage Cheese Dip with the veggies.



ONIONS



UTAH'S VARIETIES

UTAH SWEET
SPANISH FIESTA
WALL-WALLA
SWEET SANDWICH

PLANTING TIPS

Onions prefer rich, well-drained soil mixed with organic compost matter and fertilizer.

Plant transplants in late March or early April.

Plant seeds 1/4 - 1/2 inch deep.

After seeds emerge, thin plants 3-4 inches apart in rows 8-16 inches apart.

Water regularly, 18 inches deep per week.

Apply 1/2 lb. of fertilizer per 100 square feet in May or June. Do not fertilize in July.

HARVESTING

Green onions may be harvest 50 days after planting. Bulb onions may require 100 to 120 days of maturing. Leave bulb onions in the ground until the tops fall over. Once this happens, take the bulbs out of the ground and let them dry in the garden for 2-3 weeks.



WAYS TO EAT ONION

- Sandwiches
- Salads
- Tacos
- Pizza
- Grilled
- Kabobs
- Soups

DID YOU KNOW?

Onions are an excellent source of

Vitamin A
Vitamin K
Folate
Antioxidants



SALSA IN A BLENDER

- 4 vine tomatoes, crushed and quartered
- 1 red onion, peeled and quartered
- 3 garlic cloves, minced
- 3 jalapeños, seeded
- 1/3 cup fresh cilantro
- 3 tablespoon fresh lime juice
- 1 tablespoon cumin
- 2 teaspoon sugar
- 1/2 teaspoon salt
- 15 ounce can crushed tomatoes
- 4.5 ounce can diced green chilis

Place all ingredients in a blender or food processor. Blend or pulse until all the ingredients are fine and well-blended.



PEAS



UTAH'S VARIETIES

SUGAR SNAP
LITTLE SWEETIE
PATRIOT
LINCOLN
EARLY FROSTY
OREGON SUGAR POD

PLANTING TIPS

Peas prefer fertile, well-drained soil mixed with organic compost matter and fertilizer.

Plant seeds when soil reaches 55-65 degrees F.

Plant seeds 1 inch deep.

Plant seeds 1-2 inches apart, in rows 12-24 inches apart.

Water regularly when the top of the soil dries out.

Peas do not require fertilizer.

HARVESTING

Snap peas are harvested about 5-8 days after flowering. Pods should be full size with small seeds and have firm, crisp flesh when picked. Garden peas are ready for harvesting 18-21 days after flowering. Use immediately for best quality and flavor.



WAYS TO EAT PEAS

- Fresh
- Stir-fry
- Sautéed
- Green salad
- Pasta salad

DID YOU KNOW?

Peas are an excellent source of

Vitamin C
Vitamin K
Fiber Folate
Protein



SPRING PEA SALAD

3-5 cups lettuce or spinach
3 cucumbers, thinly sliced
2 avocados, cut into wedges or cubes
3 radishes, thinly sliced
1 cup peas
1/2 cup feta cheese
Salt and pepper to taste
Salad dressing of choice

Arrange the lettuce or spinach in a large bowl. Scatter the cucumbers, avocados, radishes, peas, and feta cheese. Toss with salt, pepper, and dressing.



POTATOES



UTAH'S VARIETIES

BUTTE
GEM RUSSET
CHIPETA
YUKON GOLD
ALL BLUE
VIKING

PLANTING TIPS

Potatoes prefer organic, rich, well-drained, soil.

Plant seeds after the last frost date.

Plant seeds 4-6 inches deep.

Plant seeds 10-12 inches apart in the row, with 30-36 inches between rows.

Water deeply & infrequently, 1-2 inches per week.

Apply 1/2 lb. fertilizer per 100 sq. feet 6 weeks after potatoes emerge.

HARVESTING

Potatoes can be harvested as soon as they begin forming or as they mature. Consume new potatoes quickly. Potatoes for storage are not ready until mid-September.

Potatoes will store for 2-3 months if held at 45-50 degrees Fahrenheit.



WAYS TO EAT POTATOES

- Boiled
- Roasted with herbs
- Baked potato wedges
- Casseroles
- Mashed
- Soups
- Potato salads

DID YOU KNOW?

Potatoes are an excellent source of

Vitamin B6
Potassium
Fiber
Antioxidants



RED POTATO SALAD

1 cup yogurt, plain, fat-free
1/4 cup mayonnaise, low-fat
1 tablespoon yellow mustard
4 medium red potatoes
1/2 cup celery, chopped
1/4 cup onion, finely chopped
1/2 teaspoon salt
1/4 teaspoon pepper

Combine yogurt, mayonnaise, and mustard in a small bowl. Mix well and refrigerate. Wash potatoes and place in the pot. Cover with water about 1 inch above the potatoes. Bring water and potatoes to a boil and let simmer until potatoes are fork tender.

Drain potatoes and set aside to cool. When potatoes are cooled, cut them into bite-sized cubes. Place cut potatoes into a large bowl. Add celery, onions, salt, and pepper to the potatoes. Top with sauce and mix well.



PUMPKINS



UTAH'S VARIETIES

AUTUMN GOLD
CONNECTICUT FIELD
SPIRIT HYBRID
JACK BE LITTLE
WEE-BE-LITTLE
BABY BEAR

PLANTING TIPS

Pumpkins prefer organic, rich, well-drained, soil.
Plant seeds when soil temperatures reach 65 degrees F.
Plant four to six seeds in mounds 4 to 6 feet apart.
After plants have two leaves, thin to two plants per mound.
Water deeply & infrequently, 1-2 inches per week.
After vines develop, side dress with 1 to 2 tbsp. per mound.

HARVESTING

Pumpkins take 45 to 55 days to mature after flowering. Pumpkins are mature when they are fully colored, when the vine begins to die and turns black and the rind is unaffected by a scratch from a fingernail. Mature fruits should be harvested with the stem attached and stored where they do not freeze.



WAYS TO EAT PUMPKINS

- Toasted seeds
- Pumpkin soup
- Pumpkin pasta sauce
- Pancakes
- Muffins
- Roasted with other vegetables

DID YOU KNOW?

Pumpkins are an excellent source of

Vitamin A
Vitamin C
Potassium
Fiber



PUMPKIN PANCAKES

- 1/2 cup pumpkin puree
- 1 banana, mashed
- 3 eggs
- 2 tablespoon low-fat milk
- 1 tablespoon honey
- 1 teaspoon vanilla
- 1/2 cup whole wheat flour
- 1 teaspoon cinnamon or pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

In a large bowl, mix together the pumpkin, banana, eggs, milk, honey, and vanilla. Add the flour, vanilla, cinnamon, baking soda, and salt. Whisk until smooth. Heat a non-stick skillet over medium heat. Spray with non-stick cooking spray. Pour batter onto skillet in 1/4 c. cupfuls. Cook for about 2 minutes until pancakes start to bubble. Flip and cook 2-3 minutes on the other side. Repeat with remaining



RADISHES



UTAH'S VARIETIES

CHAMPION
CHERRY BELLE
DAIKIN LONG WHITE
ICICLE
EASTER EGG

PLANTING TIPS

Radishes prefer fertile, well-drained, sandy soil.

Plant seeds when soil temperatures reach 40 degrees F.

Plant 1/2 inch deep.

Radishes should be thinned to 1-2 inches between plants in a row with rows 10-12 inches apart.

Cooler conditions improve root flavor and quality.

Water deeply & infrequently, 1-2 inches per week.

Apply 1/4 c. fertilizer per 10 foot of row.

HARVESTING

Radishes can be picked when roots reach full size. Roots are generally mature 25-45 days from seeding depending on the variety. Pull up plants by the tops and trim off leaves. Wash and store in plastic bags in a refrigerator for 2-4 weeks.

Radishes should be harvested before heavy frosts or freezes.



WAYS TO EAT RADISHES

- Pasta salad
- Salsa
- Guacamole
- Tacos
- Slaw
- Dip
- Sliced on toast
- Roasted

DID YOU KNOW?

Radishes are an excellent source of

Vitamin C
Folate Fiber
Niacin



FRESH CORN & RADISH SALAD

- 4 ears of corn, raw
- 2 green onions, chopped
- 1 jalapeño, seeded & minced
- 3/4 cups radishes, thinly sliced
- 3 tablespoons fresh lime juice
- 3 tablespoons olive oil
- 1/4 cup cilantro, chopped
- Pepper to taste

Remove corn kernels from the cob. Mix corn, green onions, and jalapeño in a bowl. Toss with lime juice and olive oil. Add radishes and cilantro right before serving.

Yield: 4 cups



RUTABAGAS & TURNIPS



UTAH'S VARIETIES

AMERICAN PURPLE TOP
MARION
PURPLE TOP
WHITE GLOBE
JUST RIGHT HYBRID

PLANTING TIPS

Rutabagas & turnips prefer well-composted soil.
Plant seeds when soil temperatures reach 40 degrees F.
Plant 1/4-1/2 inch deep.
Seeds should be thinned when plants have 3-4 leaves.
Cooler conditions improve root flavor and quality.
Water deeply & infrequently, 1-2 inches per week.
Apply 1/4 c. fertilizer per 10 foot of row.



HARVESTING

Rutabaga and turnip leaves can be harvested anytime after they reach full size. Roots mature 60 to 80 days after seeding. Use a digging fork to loosen soil and pull up plants by the tops. Start harvesting when rutabaga roots reach 4 inches in diameter and the turnip is 2 inches. Both rutabagas and turnips are tolerable to frost. Many gardeners overwinter rutabagas and turnips under a layer of mulch.

WAYS TO EAT RUTABAGA/TURNIPS

- Roasted
- Spiraled
- Hasselback
- Pureéd into soup
- Shredded in slaw

DID YOU KNOW?

Rutabagas/turnips are an excellent source of

Vitamin C
Folate
Potassium
Magnesium



RUTABAGA & CARROT SOUP

2 tablespoon butter
1 medium rutabaga,
diced
2 large carrots, sliced
1 onion, chopped
6 cups chicken stock
Salt and pepper to taste

Melt the butter in the bottom of a large saucepan. Add the carrots, turnips and onion, stirring them well to completely coat them in butter. Cover the pot and sweat the vegetables for 10 minutes to soften them. Add the stock and season well with salt and pepper. Bring the soup to boiling point, lower the heat. then cover the pot and let the soup simmer for 30 minutes, or until the vegetables are nice and tender. Let soup cool and blend for a creamy consistency.



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SPINACH



UTAH'S VARIETIES

BLOOMSDALE

MELODY

TETON

OLYMPIA

PLANTING TIPS

Spinach prefer rich, well-drained, organic soil.

Plant seeds when soil temperatures reach 40 degrees F.

Plant 1/2 inch deep.

Spinach should be thinned when plants have 3-4 leaves.

Space seeds 3 inches apart in rows 12 inches apart.

Water deeply & infrequently, 1-2 inches per week.

Apply 1/4 c. fertilizer per 10 foot of row 4 weeks after emergence to encourage rapid plant growth.

HARVESTING



Individual spinach leaves may be picked anytime before the flower stalk forms. Older leaves are often stripped off the plants first, allowing the younger leaves to continue to grow. Spinach can be stored for 1-2 weeks after harvest.

WAYS TO EAT SPINACH

- Sautéed
- Dip
- Pasta/lasagna
- Sandwiches
- Egg dishes
- Salads
- Pizza
- Risotto

DID YOU KNOW?

Spinach is an excellent source of

Vitamin A	Folate
Vitamin B6	Potassium
Vitamin C	Iron
Vitamin E	Zinc

SPINACH & PARMESAN ORZO

1 box orzo or other whole-grain pasta
2 tablespoons olive oil
2 garlic cloves, minced
1/4 medium onion, finely diced
1 small red bell pepper, diced
2 tablespoon whole-wheat flour
1 cup low-fat milk
1/2 cup grated parmesan
3 cups fresh spinach, coarsely chopped
Salt and pepper to taste

Cook orzo according to package directions. Drain well. In a large saucepan, heat olive oil over medium heat. Add onions and garlic and cook until they begin to soften, 2-3 minutes. Add flour to the pot and stir to coat the onions and garlic. Slowly whisk the milk. When milk mixture begins to thicken, add spinach and Parmesan, stirring to melt cheese.



SQUASH



UTAH'S VARIETIES

- YELLOW SQUASH**
- ZUCCHINI**
- BANANA SQUASH**
- ACORN SQUASH**
- CROOKNECK**
- PATTY PAN**

PLANTING TIPS

All squash prefer organic, rich, well-drained, sandy soils for best growth.

Plant seeds when soil temperatures reach 65 degrees F in a sunny location.

Plant 1-2 inches deep.

Plant 4-6 seeds in mounds 4 feet apart.

After they have more than 2 leaves, thin to 2 leaves per mound.

Water deeply & infrequently, 1-2 inches per week.

After the vines develop runners, side-dress with a nitrogen fertilizer, using 1-2 tablespoons per plant or mound.

Incorporate the fertilizer at least 6 inches away from the plants.



HARVESTING

Squash are mature when fruits are fully colored, when vines begin to die back, and when the rind has hardened. Mature fruits should be harvested with the stem attached and stored in cool, dry conditions.

WAYS TO EAT SQUASH

- Stuffed
- Stir-frys
- Italian style
- Squash medley
- Vegetable spaghetti
- Squash salsa
- Squash cake

DID YOU KNOW?

Squash is an excellent source of

- Vitamin A**
- Vitamin D**
- Calcium**



- 1 tablespoon olive oil
- 1 cup onion, chopped
- 2 teaspoon garlic powder
- 2 teaspoon ground cumin
- 2 teaspoon chili powder
- 3 cups chicken cooked & shredded
- 1 (10 oz.) can red enchilada sauce
- 4 large zucchini, halved lengthwise
- 1 cup Monterey jack cheese
- 1 cup cheddar cheese, shredded
- Sour cream
- Cilantro

ZUCCHINI ENCHILADAS

Preheat oven to 375 degrees. Spray a baking dish with non-stick cooking spray. Heat oil in a large skillet. Add onion. Cook until soft, about 5 minutes. Add garlic, cumin, and chili powder. Stir to combine. Add chicken and half of enchilada sauce and mix well. Using a vegetable peeler* make thin slices of zucchini. Lay three pieces, slightly overlapping and place a spoonful of the chicken mixture on top. Roll up and transfer to a prepared baking dish. Top with remaining enchilada sauce and cheeses. Bake until melted, about 20 minutes. Serve with sour cream & cilantro.



STRAWBERRIES



JUNE-BEARING
DAY-NEUTRAL

UTAH'S VARIETIES

PLANTING TIPS

Strawberries prefer sunny garden areas full of well- drained sandy/clay soil.

Strawberries grow best from transplants.

Begin watering plants after soil has thawed completely and the ground has dried out in the top 2- 3 inches..

Fertilize before planting as well as in late summer.

HARVESTING

Fruits should be harvested every other day after fruit is ripe. To get the maximum shelf life, pick fruit in the morning, then refrigerate.



WAYS TO EAT STRAWBERRIES

- Off the vine
- Spinach salad
- Fruit salad
- Smoothies
- Topped on yogurt
- Sliced in whole- grain cereal

DID YOU KNOW?

Strawberries are an excellent source of

Vitamin C
Vitamin E
Folate
Potassium



STRAWBERRY AVOCADO WRAP

- 4 whole-wheat tortillas
- 8 slices bacon, cooked & crumbled
- 1 avocado, pitted and sliced
- 10 strawberries, sliced
- 1 large handful spinach leaves
- 1/2 tablespoon honey or maple syrup
- 1/4 teaspoon Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon balsamic vinegar
- 3 tablespoon olive oil

Whisk the honey, mustard, salt, pepper, garlic powder, vinegar, and oil together in a medium bowl. Set aside. Fill each tortilla with 1/4 of the bacon, spinach, strawberries, and spinach. Drizzle with 1 tablespoon vinaigrette mixture. Roll up and serve!



SWEET CORN



UTAH'S VARIETIES

STANDARD SWEET
SUGAR ENHANCED
SUPER SWEET

PLANTING TIPS

Corn prefer soil that is rich in organic matter, well drained, and fertile.

Plant seeds when soil temperatures reach 60 degrees F


Plant 1-2 inches deep.

Seeds should be spaced 9-12 inches apart in a row with up to 30 inches between rows.

Water regularly for best results

Side-dress sweet corn with ½ lb per 100 square feet when plants have eight to ten leaves, and with an additional ¼ lb when the first silks appear. Place the fertilizer 6 inches to the side of the row and irrigate into the soil.

HARVESTING



Sweet corn ears mature in 15-24 days from silk emergence, depending on the temperature. Ears are mature when silks are dry and brown with the husks still looking moist and green. To harvest, grasp the ear, snap downward while twisting the ear. Sweet corn can be stored for several days if refrigerated. Do not remove the husk until it is ready for use.

WAYS TO EAT CORN

- Roasted
- Boiled
- Grilled
- Topped on salads
- Mixed in burritos/tacos
- Added to soup

DID YOU KNOW?

Corn is an excellent source of

Vitamin C
Potassium
Fiber



BLACK BEAN & CORN SALSA

3 cans beans (any combination of black, kidney, white, or pinto)
2 cups corn, cut from the husk
3/4 cup chopped onion
1 garlic clove
2 cups diced cherry tomatoes
1 cup diced bell pepper
1/2 cup lemon juice
1/6 cup olive oil
1 1/2 teaspoon salt

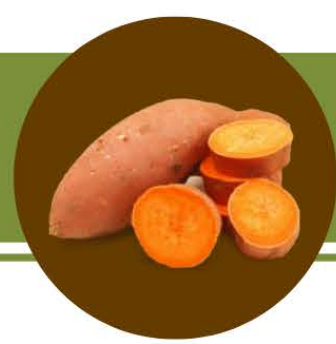
Add all ingredients together in a large bowl and gently mix together. Allow to sit for 5-6 hours before serving for best flavor results. Chill in refrigerator.

Serving suggestions:

- serve on top of tortilla chips or tortillas
- add to scrambled egg mixture
- serve as pico on taco salad



SWEET POTATOES



UTAH'S VARIETIES

BEAUREGARD

BUSH PORTO RICO

JEWEL

SUMNOR

PLANTING TIPS

Sweet potatoes prefer soil that is rich in organic matter, well drained, and fertile.

Plant slips after frost danger has past.

Plant 2 inches deep.

Plant slips in rows 36-48 inches apart, spaced 12 inches apart within the row.

Provide ample watering after planting and as the roots are establishing. Water in moderation as the plants mature.

Side-dress with 1/2 lb. of nitrogen-based fertilizer per 100 feet in July for optimal vine growth.

HARVESTING

Sweet potatoes can be harvested once the roots are 1 ½ to 2 inches thick. Most gardeners wait until the foliage starts to turn yellow or after the first frost damages the leaves, but before the soil freezes to harvest sweet potatoes. When properly cured, sweet potatoes can be stored for three to four months.



WAYS TO EAT SWEET POTATOES

- Roasted
- Grilled
- Egg skillet
- Tossed on a salad
- Baked in fries
- Layered on sandwiches
- Mashed

DID YOU KNOW?

Sweet potatoes are an excellent source of

Vitamin A

Phosphorus

Magnesium

Calcium

Potassium Fiber



SWEET POTATO CASSEROLE

- 4 pounds sweet potatoes
- 2 medium apples
- 1/2 cup water
- 1/4 cup honey or maple syrup
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 tablespoon butter
- 1/2 cup low-fat milk
- 1/2 cup chopped pecans

Chop sweet potatoes into 1 inch cubes. Peel apples and chop them into 1 inch pieces. Place both sweet potatoes and apples in a slow cooker. Add the water, honey, cinnamon, nutmeg, and salt. Cover and cook on high for 3 hours, until sweet potatoes are soft. Use a fork or potato masher to mash the sweet potato mixture to your desired consistency. Add butter and milk and mix well until combined. Sprinkle pecans on top and serve.



SWISS CHARD



UTAH'S VARIETIES

RHUBARB
BRIGHT LIGHTS
LUCULLUS
FORDHOOK GIANT

PLANTING TIPS

Swiss chard prefer soil that is rich in organic matter, well drained, and fertile.

Transplants should be planted near the last frost-free date for the growing area. Seeded Swiss chard may be planted 3-4 weeks earlier.

Seeded or transplanted Swiss chard should be spaced 6 inches between plants in the row with rows 12 inches apart.

Water swiss chard regularly, about 1-2 inches a week.

Side-dress with 1/2 c. of nitrogen-based fertilizer per 10 feet of row.

HARVESTING

Swiss chard can be harvested when the leaves reach full size or anytime after they form. Older leaves are often stripped off the plants first, allowing the young leaves to grow. A 10-foot row of Swiss chard will produce 8-12 pounds. Swiss chard can be stored for one to two weeks if refrigerated.



WAYS TO EAT SWISS CHARD

- Sauteéd with garlic and Parmesan cheese
- Stir-fry
- Salad
- Omelet
- Pasta

DID YOU KNOW?

Swiss chard is an excellent source of

Vitamin A
Vitamin C
Vitamin K
Magnesium



SWISS CHARD EGG BAKE

- 8-10 ounces Swiss chard leaves, thinly sliced
- 1-2 teaspoon olive oil
- 3/4 cup Mozzarella cheese
- 1/2 cup Feta cheese (or more mozzarella)
- 1/4 cup sliced green onion
- 8 eggs, beaten
- 1 teaspoon all-purpose seasoning
- Salt and pepper to taste

Preheat oven to 375 F. Spray a 8 x 11.5 glass casserole dish with olive oil or non-stick spray. Cut stems off the chard leaves and discard stems. Stack up the leaves in a pile and cut the chard into ribbons about 1 inch wide. (If your chard is from the garden, give it a good wash in the salad spinner and spin dry.) Heat olive oil in a heavy non-stick frying pan, add the chard ribbons all at once, and cook while stirring until the chard has all wilted and slightly softened. Layer wilted chard, Mozzarella cheese, and Feta cheese in the bottom of the casserole dish and sprinkle with green onions. Beat the eggs with the all-purpose seasoning, salt, and pepper and pour over the chard/cheese mixture. Bake about 35 minutes, or until the egg bake is set and starting to lightly brown.



TOMATILLOS



UTAH'S VARIETIES

RENDIDORA
GIGANTE
TOMAYO
TOMA VERDE
PURPLE COBAN
PURPLE DE MILPA
PURPLE HYBRID

PLANTING TIPS

Tomatillos prefer full sun locations with soil that is rich in organic matter, well-drained, and fertile. Tomatillos also do well in containers.

Tomatillos should be planted once soil temperatures reach 60°F or when frost danger has passed.

Plant seeds 4 to 6 seeds 1/2 inch deep in hills and 24-36 inches apart with rows spaced 36 inches apart.

After the seedlings have two leaves, thin to one to two plants per hill.

Water tomatillos deeply and infrequently, 1-2" of water per week.

Side dress each tomatillo plant with 1 tablespoons of (21-0-0) fertilizer, sprinkled around the plant, eight weeks after transplanting, then water in the fertilizer.

HARVESTING

Tomatillos are ripe when the fruit is firm and fills the papery husk. Purple varieties are ripe when the green fruits turn purple and fill the husk. Fruit become soft when overripe and are less flavorful. Fruit often drop off the plant before they ripen.



WAYS TO EAT TOMATILLOS

- Salsa
- Omelet
- Raw
- Grilled
- Salad
- Roasted
- On a sandwich
- Blended in salad dressing

DID YOU KNOW?

Tomatillos are an excellent source of

Vitamin A
Vitamin C
Potassium



Roasted Peach Tomatillo Salsa

6-8 tomatillos, cleaned and sliced in half

- 1 large peach (not too ripe)
- 2 garlic cloves, peeled
- 2 small jalapeños, seeds removed
- 1 tablespoons olive oil
- 1/4 teaspoon salt
- 1/2 tablespoon cilantro leaves, roughly chopped
- juice of 1/2 lime (opt)

Preheat the broiler in your oven and brush olive oil on a baking sheet. Prep the ingredients. Thoroughly wash the slime off the tomatillos and cut each one in half. Peel and slice the onion half into long wedges and separate wedges. Cut the jalapeños in half and remove all seeds. Slice the peach into 8 slices, discarding the pit. Roast the ingredients. Arrange the tomatillos, jalapeños, onion slices, peach slices, and garlic cloves on the baking sheet. Drizzle with olive oil. Roast for 7-8 minutes under the broiler. Allow to cool for 10-215 minutes, or until cool to the touch. Roughly chop all the roasted ingredients into 1/2" cubes. Mince garlic into small pieces. Add all ingredients to a bowl, avoiding adding too many juices. Add the chopped cilantro, 1/4 tsp salt. Mix well. Stir in lime juice for more tang.



TOMATOES



CHERRY
PEAR
HEIRLOOM
ROMA

UTAH'S VARIETIES

PLANTING TIPS

Tomatoes prefer sunny locations with soil that is rich in organic matter, well drained, and fertile.

Tomatoes should be planted once soil temperatures reach 60°F or when frost danger has passed.

Plant seeds 4 to 6 seeds 1/2 inch deep in soil and 24 inches apart in the row.

After the seedlings have two leaves, thin to one to two plants per clump.

Water tomatoes regularly, about 1-2 inches a week.

Side dress tomato plants with a nitrogen fertilizer, using ½ tablespoon per plant at four and eight weeks after transplanting.

HARVESTING

Tomato fruits require 25 to 35 days to mature from flowering, depending on the temperature and variety. Pick fruits when they are fully colored, but firm for the best flavor and quality. At the end of the season, harvest all fruits that are mature, green or colored slightly.



WAYS TO EAT TOMATOES

- Sliced on sandwiches
- Fresh salsa
- Tacos
- Roasted
- Grilled
- Raw
- Topped on pizza
- Omelets

DID YOU KNOW?

Tomatoes are an excellent source of

Vitamin C
Lycopene
Antioxidants
Biotin



5 tablespoons olive oil
2 teaspoons fresh lemon juice
1 clove garlic
1 tablespoon red wine vinegar 1/2
teaspoon dried oregano
1 tablespoon dried dill
2-3 medium tomatoes
1 medium red onion
2 medium zucchini
1 medium cucumber
4 ounces feta cheese

GREEK VEGGIE SALAD

Chop veggies and place them in a large bowl. In a small bowl, whisk together the remaining ingredients. Pour the dressing over the vegetables and mix well. Sprinkle feta cheese on top.



WATERMELON



UTAH'S VARIETIES

CRIMSON SWEET

MIRAGE HYBRID

MICKYLEE

MINILEE

GOLDEN CROW

YELLOW BABY

PLANTING TIPS

Watermelons prefer organic, rich, well-drained, sandy soils for best growth.

Plant seeds once soil temperatures reach 65°F or when frost danger has passed.

Plant 4-6 seeds in mounds 4 feet apart.

Once plants have two leaves, thin to 2 plants per mound.

Water regularly, about 1-2 inches a week.

Once the vines develop runners, side dress with a nitrogen fertilizer, applying 1-2 tablespoons per plant or mound.

HARVESTING



Watermelon plants take 35-45 days to mature from flowering. The curly tendril opposite the fruit should be brown and withered; the ground spot under the fruit changes from white to yellow; and the skin color changes from shiny to dull. Watermelon stores for 1-2 weeks in the refrigerator.

WAYS TO EAT WATERMELON

- Sliced
- Grilled
- Tossed in a berry salad
- Sorbet
- Smoothies
- Dipped in yogurt

DID YOU KNOW?

Watermelon is an excellent source of

Vitamin C

Vitamin A

Water

Calcium



WATERMELON SORBET

2 cups frozen watermelon, diced
1/2 cup plain, low-fat yogurt
1/4 cup sugar, to taste
1 teaspoon lime juice

Add all ingredients to a blender.
Blend until smooth. Serve immediately.

