

# **GROWING VEGETABLES: RECOMMENDED VARIETIES FOR UTAH**

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## **DOES A FAMILY GARDEN PAY?**

No piece of land on the farm will return more per acre than the space devoted to the family garden. Back yards in town may also afford an excellent location for a good garden if sufficient water is available. Some contend that it is cheaper to buy vegetables than to grow them yourself. Anyone who has tasted fresh garden peas, sweet corn or had the satisfaction of clipping just enough lettuce for the coming meal will tell you that this is not so. For a few months, at least, a family who is willing to put forth the necessary effort can by-pass the vegetable counter and enjoy attractive, flavorful, nutritiously fresh vegetables from their own garden.

## **PLANNING YOUR GARDEN**

The average needs of a family of five for any particular vegetable should be supplied by the amounts suggested in this circular. Included in the estimates are portions for canning, freezing, and storing. Increase or decrease the length of row to suit the size and preference of the family.

The vegetable garden should be in fertile soil with an ample water supply available. It should be easily accessible so that produce can be gathered with the least possible effort.

The garden should be carefully planned. Most of the space will be occupied by the family's favorite vegetables, but we strongly recommend that different new vegetables and newer varieties be tried. Utah Gardeners can grow asparagus, beans, broccoli, cauliflower, corn, eggplant, endive, kale, onion, parsley, peas, rhubarb, salsify, Swiss chard, and tomatoes. Seasoning and flavoring herbs are not listed, but they, too, grow well in Utah.

## **TIME OF PLANTING**

Actual planting dates will vary with the season and the locality. Planting each group of vegetables during the weather period suggested is the important thing. Estimated planting dates are for an average year in the warmer parts of the counties adjacent to Great Salt Lake and Utah Lake. In Utah's low altitude, "Dixie," the planting season usually will be a month or more earlier. In some of the cooler localities, only the early maturing varieties of warm season crops, such as tomatoes or the hardy and semi-hardy vegetables will produce a crop.

## **PLANTING FOR OVER-WINTERING**

In order to have some vegetables mature earlier in the spring, a good method is to plant in the fall and over-winter the young seedlings. Chances of having good winter survival depend to a great extent on the planting time in the fall. Onions, carrots, and spinach have been satisfactorily grown by this method. The following schedule of planting is recommended for the Salt Lake Valley: Carrots: September 10-15; Onions, August 1-15; and Spinach, September 15-25. In cooler climates, plant a week or 10 days earlier, and in Washington County, plant 20-25 days later.

The crops should be kept free of weeds in the fall, as well as the spring. Irrigation should not be overlooked, if needed. An early application of a 10-20-0 fertilizer, or equivalent, is helpful in stimulating growth.

## **A FEW GARDEN TIPS**

1. There is no substitute for good seed. There are many varieties on the market. Buy only the best.
2. Plant only a few feet of a row at one time if planting lettuce, peas, radishes, and other crops which rapidly become over-mature at harvest time.
3. Plant an early, semi-early, a mid-season and a late variety of sweet corn at the same time to spread the harvest period. Mid-season and late varieties are the best quality for canning and freezing.
4. Plant each variety of sweet corn in a block three or four rows wide. You will get better filled ears because of better pollination.
5. Keep space occupied. When early crops such as lettuce, peas, radish and spinach are done, make second seedings or plant vegetables such as snap beans, beets, broccoli, cabbage, carrots, cauliflower, sweet corn, kohlrabi, summer squash and Swiss chard.
6. For better tomato yields, use double-hill planting (6 inches between plants).
7. Control weeds early. An hour spent hoeing small weeds will save hours of work later when weeds are mature.
8. Control insects when they first appear. Know the control methods of different insects and apply as directed. See your county agent for detailed information.

## **FERTILIZERS**

Rapid growth of high quality vegetables requires an adequate supply of soil nutrients. Nitrogen and phosphorous are the elements most likely to be deficient in Utah soils. Apply 3 pounds of a 10-20-0 fertilizer, or equivalent, for each 100 square feet of garden. You may broadcast half of the fertilizer before plowing and work the other half into the surface 3 inches of soil after plowing. Fertilizer applied in bands 3 inches to the side of the row of seeds or 6 inches deep and 3 to 6 inches to the side of small transplanted plants will be more efficiently utilized by the plant, but is more difficult to apply. Young plants or germinating seeds will be injured if the fertilizer is placed above or directly under the furrow or closer than 3 inches to the side.

Well-rotted compost is of value in supplying nutrients and improving the texture of the soil to make the tillage operations easier. Apply 1 to 2 bushels of manure to each 100 square feet. If manure is applied each year, 2 pounds of treble super phosphate per 100 square feet may be used in place of the 10-20-0 fertilizer.

## **COMPOST**

Make a compost of grass clippings, manure, leaves, straw or waste portions of vegetables or any herbaceous crop. The compost is made by piling the organic materials in layers 6 inches thick and covering with a thin layer of soil until the pile is approximately 4 feet wide, three feet high, and as long as is needed to contain the materials available. Care should be taken to spread clippings in a thin layer.

As the pile is being made, 2 cups of 10-20-0 should be spread on each bushel of organic material. The pile should be kept moist to hasten decomposition. Less watering will be required if boards are placed around the sides of the pile and a basin is made by ridging soil around the top of the pile to retain water or so that the basin may be filled quickly by a hose.

New varieties of vegetables are released each year. A new variety would not be released if it were not superior to existing varieties in some important characteristics, such as earliness, quality or disease resistance. Some of the new varieties are outstanding in our gardens. The new all female hybrids of cucumbers produce excellent yields of cucumbers on compact plants. Many other examples might be cited, but perhaps the most convincing observation would come from the experienced gardener who grows the best new varieties available and certainly would not be content without them.



# Growing Vegetables

## RECOMMENDED VARIETIES & HOME GARDEN PLANTING CHART

### FOR FAMILY OF FIVE

### PLANT SPACING

#### Recommended Varieties (There are other good varieties for some areas)

KIND OF VEGETABLES	VARIETIES	Days to Harvest		Germination Temperature		Average Planting Date	Feet of Row	# of Seeds Per Foot of Row	Seed or Plants	Planting Depth (inches)	In rows (inches)	Between rows (inches)
				Min.	Opt.							
<b>GROUP A - HARDY. PLANT AS SOON AS SOIL DRIES OUT IN THE SPRING.</b>												
<b>ASPARAGUS</b> - Mary Washington**, Waltham Washington** <b>RHUBARB</b> - Canada Red**, Ruby**, Valentine** <b>BROCCOLI</b> - Green Comet Hybrid**, Premium Crop Hybrid**, Packman Hybrid** Green Duke**, Waltham 29** <b>CABBAGE</b> - Golden Acre 84, Emerald Cross, Stonehead, Tastie Hybrid, Market Prize, Ruby Ball, Saturn No. 45, Savoy Ace, Danish Ballhead <b>KOHLRABI</b> - Prima Hybrid, Grand Duke Hybrid, Winner Hybrid, Purple Vienna <b>ONIONS</b> - Transplants - Early Ebenezer sets, Utah Yellow Sweet Spanish Seed - Evergreen White Bunching - green onions; Crystal White Wax - pickler Walla Walla, Snow White, Utah Yellow Sweet Spanish, Fiesta, Sweet Sandwich <b>PEAS</b> - Early Frosty, Lincoln, Patriot, Banquet, Novella (Edible Podded) Oregon Sugar Pod, Little Sweetie, Mammoth Melting Sugar (Snap Pea) Sugar Ann, Sugar Snap, Sugar Daddy <b>RADISH</b> - Champion, Cherry Beauty, Ronde Rode, Easter Egg Burpee White, Snow Bells, Icicle <b>SPINACH</b> - Skookum Hybrid, Avon Hybrid Melody Hybrid, Symphonie Hybrid <b>TURNIP</b> - Just Right, Tokyo Cross, Tokyo Market Purple Top White Globe*, Golden Ball*	Perennial	50	75	Mar. 15 - May 1	100		50 plants	8	24	36 - 48		
	Perennial			Mar. 15 - May 1	20		10 plants	4-6	24	36 - 48		
	55 65	40	85	Mar. 15 - July 15	50		25 plants	4	24	30 - 36		
	65 74											
	62 63 70	40	85	Mar. 15 - May 1	30		30 plants	4	12	18 - 24		
	70 70 70											
	80 85 100											
	50 50 55	40	85	Mar. 15 - May 1	25		1 ounce	1/4 - 3/4	1 - 2	14 - 18		
	80 90	35	80	Mar. 15 - May 15	50		2 lb. (300)	1 1/4 - 2	1 - 2	14 - 18		
	60 90			Mar. 15 - May 1	25							
	100 105 110			Mar. 15 - May 1	50							
	64 67 68 68	40	75	Mar. 15 - May 15	100		1 pound	1/2 - 1	1 - 3	14 - 18		
						10-15	1 pound					
	68 68 68					6 - 7	1 pound	1 - 1 1/2	1 - 3	18 - 24		
	55 68 72						1/2 pound					
28 28 30 30	40	85	Mar. 15 - Sept. 1	50		1 packet						
25 28 30						1 packet						
38 40			Mar. 15 - May 1	60	12	1 ounce	1/2 - 3/4	2 - 4	14 - 18			
35 44												
35 35 50			Mar. 15 - May 1	25	12	1 ounce	1/2 - 3/4	1 - 2	14 - 18			
57 60												
<b>GROUP B - SEMI-HARDY. PLANT A WEEK OR TWO AFTER "A" GROUP.</b>												
<b>BEEF</b> - Earlisweet Hybrid, Pacemaker II, Golden Beet Warrior, Ruby Queen, Detroit Dark Red*, Cylindra <b>CARROT</b> - Pioneer*, Scarlet Nantes*, Short 'n Sweet, A-Plus Hybrid, Thumbelina Munchy Hybrid*, Royal Cross Hybrid*, Imperator*, Danvers Half Long <b>CAULIFLOWER</b> - Snow Crown, Early Snowball, Super Snowball Imperial, Self-Blanche, Royal Purple, Ravella <b>ENDIVE</b> - Salad King, Green Curled <b>LETTUCE</b> - (Leaf) Green Ice, Oak Leaf, Grand Rapids, Red Sails Butterhead - Buttercrunch, Prizehead, Crispy Sweet Crisp Head - Ithaca, Great Lakes, Hot Weather, Salinas Cos or Romaine - Barcarole <b>PARSLEY</b> - Paramount, Banquet <b>PARSNIP</b> - All America*, Model* <b>POTATO</b> - Red - Norland, Red Pontiac*, LaSoda* White Butte*, Russet*, Kennebec, Norgold Russet, Russet Burbank <b>SALSIFY</b> - Mammoth Sandwich Island * <b>SWISS CHARD</b> - Rhubarb + *, Lucullus + **, Fordhook Giant + **, Ruby, Rhubarb	49 55 55	40	85	Mar. 20 - July 15	50	12	1 ounce	3/4 - 1 1/4	1-2	14 - 18		
	57 60 63									14 - 18		
	67 68 68	40	85	Mar. 20 - June 15	100	12 - 18	1 ounce	1/2 - 3/4	1-2			
	70 70 75											
	50 52 58	40	80	Mar. 20 - July 1	30		20 plants	4	18	30 - 36		
	58 68 95											
	95 95	40	80	Mar. 20 - June 15	20		1 packet	1/2 - 3/4	12	14 - 18		
	45 45 43		75	Mar. 20 - May 1	50	12	1 ounce	1/4 - 1/2	6	14 - 18		
	64 64 40											
	72 78 82											
	70 76	40	80	Mar. 20 - July 1	10	12	1 packet	1/4 - 1/2	12	14 - 18		
	105 120	35	70	Mar. 20 - May 1	50	12	1/2 ounce	1/2 - 3/4	2	14 - 18		
	100 125 125			Mar. 20 - May 1	200	1	20 pounds	5-6	12	30 - 36		
	125 125 125											
			Mar. 20 - May 15	25	12	1 packet	1/2 - 3/4	6	18			
50 60 60			Mar. 20 - July 1	25	8	1 packet	3/4 - 1 1/4	6	18 - 24			

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			Min.	Opt.							
<b>GROUP C - TENDER. PLANT ON THE AVERAGE DATE OF THE LAST SPRING FROST, ABOUT WHEN FIRST APPLES BLOOM.</b>											
<b>DRY BEAN</b> - Great Northern*, Pinto* <b>SNAP BEAN</b> - Pole Types - Pole Blue Lake, Romano Pole, Kentucky Blue Bush Blue Lake Types - Bush Blue Lake 274, Oregon Trail Bush Green Types - Slenderette, Slimgreen, Tendercrop, Derby, Strike Wax Types - Gold Crop, Sungold, Kinghorn Wax <b>CELERY</b> - Utah 52-70, Summer Pascal* (Hardy, but goes to seed if planted too early) <b>SWEET CORN</b> - Standard Hybrids (su <sub>1</sub> su <sub>1</sub> ): Earlivee, Golden Earlipak**, Jubilee** Super Sweet Hybrids (sh <sub>2</sub> , sh <sub>2</sub> ) - isolate from other corn hybrids by 200 feet or 14 days in maturity or plant only this type: Party Time; Super Sweet 82**, Sweet Temptation**, Honey & Pearl, How Sweet It is Sugar Loaf**, Crisp N' Sweet**, Sunblest Super Sweet**, Illini Extra Sweet, Phenomenal, Super Sweet Jubilee Sugary Extender Types (se se): Remarkable**, Miracle**, Double Delight** (bi-color) Platinum Lady** (white), Breeders Choice, Incredible, Maple Sweet, Sugar Buns <b>CUCUMBER</b> - Pickling - Green Star, Liberty, Wisconsin SMR18, Bush Pickle, Calypso Slicing - Dasher Hybrid, Amira, Marketmore 70, Salad Bush, Sweet Slice Mild Flavored Slicers - Euro-American, Sweet Success, Jet Set Compact Plant Slicers - Burpless Bush, Pot Luck, Spacemaster <b>SPINACH</b> - Summer - New Zealand** <b>SUMMER SQUASH</b> - Yellow Dixie Hybrid, Goldbar Hybrid, Butterbar Patty Pan - St. Pat Scallop Hybrid, Peter Pan Hybrid Green - Zucchini Elite, Park's Green Whopper, Black Jack, Gold Rush, Sunburst Hybrid Other types - Scallopini, Gourmet Globe, Jersey Golden Acorn	90 100	55	75	May 5 - June 1	200	6	1 pound	1 - 1 1/2	3	18 - 24	
	63 60	55	75	May 5 - June 10	150	9	1 pound	1 - 1 1/2	3	18 - 24	
	65 55						2 pounds	1 - 1 1/2	1 1/2	18 - 24	
	53 60 61										
	54 58 58										
	125 125	40	70	May 5 - June 15	25		50 plants	3	6	18 - 24	
		50	85	May 5 - July 1	400	1	1 1/2 lbs.	1 - 1 1/2	12	30 - 36	
	63 73 82										
		67 72									
		83 86 85									
		81 85 85									
		51 54 54	60	75	May 5 - June 20	30	3	1/2 ounce	1 - 1 1/2	24	48
		63 65 67									
		45 55 59									
	42 50 60										
				May 5 - June 20	20	4	1 packet	1/2 - 3/4	12	36	
	41 50 50	60	95	May 5 - June 20	25	1	1/2 ounce	1/2 ounce	18	36 - 48	
	48 48 55										
	50 50 80										

**Dan Drost, Vegetable Specialist, Extension**

**HYBRID VS. OPEN-POLLINATED VARIETIES**

Most vegetables grown from seeds were produced from open-pollinated varieties (uncontrolled cross pollination). These open-pollinated varieties may have good disease resistance and produce acceptable yields. Recently, more hybrid seeds (controlled pollination – specific male and female parents) have been marketed. Hybrid varieties are generally more vigorous and uniform in growth, possess better disease resistance, and have greater productivity than open-pollinated varieties. However, hybrids are usually more expensive.

**DISEASE RESISTANCE**

Selection of varieties with disease resistance can reduce crop loss and minimize pesticide use in the home garden. When possible, use varieties with multiple disease resistance. This can help minimize the risk of a disease problem, especially if persistent problems have occurred in the past.

**MATURITY CHARACTERISTICS**

Early maturing vegetable should develop in most growing areas of Utah. Early maturing varieties of many vegetables do not have the quality of later maturing varieties.

**OTHER FACTORS**

Spend time planning the garden. It is best to order seed catalogs during the late fall or early winter for next year's growing season. It is not uncommon for popular varieties to be sold out during the winter. Orders placed during January or February are sure to arrive in time for planting in the spring.

KIND OF VEGETABLES	VARIETIES	Days to Harvest	Germination Temperature		Average Planting Date	Feet of Row	# of Seeds Per Foot of Row	Seed or Plants	Planting Depth (inches)	In rows (inches)	Between rows (inches)
			Min.	Opt.							
<b>GROUP D - VERY TENDER. PLANT WHEN THE SOIL IS WARM, ABOUT TWO WEEKS AFTER "C" GROUP.</b>											
<b>LIMA BEAN</b> - Fordhook 242**, Kingston**		75 65	60	75	May 20 - June 10	100	6	1 pound	1 - 1 1/2	4	18 - 24
	<b>CANTALOUPE</b> - Summer Hybrid, Harper Hybrid, Classic Hybrid, Hales Best, Mission Zenith Hybrid, Burpee Ambrosia, Saticoy Hybrid, Rocky Sweet, Summit Hybrid	78 80 80			May 20 - June 10	100		1 ounce	1 - 1 1/2	24 - 48	48 - 60
Related melons - Earlie-Dew, Honey Drip, Tam Dew Improved, Burpee Early Crenshaw, Honeyshaw, Crenshaw	80 86 90										
<b>EGGPLANT</b> - Dusky Hybrid, Early Royal Hybrid, Ichiban	75 85 90										
Black Bell, Burpee Hybrid, Classic	90 85 106										
<b>PEPPER</b> - Sweet Park's Whopper, Bell Boy Hybrid, Early Calwonder	60 61 65	60		85	May 20 - June 1	30	20 plants	4	18	24 - 30	
Valley Giant Hybrid, Big Bertha, Pip, Yolo Wonder L	68 70 76										
Yellow - Gypsy Hybrid, Sweet Banana, Roumanian Sweet	65 72 65	60			May 20 - June 1	45	30 plants	4	18	24 - 30	
Hot - Large Red Thick (& Long Red) Cayenne, Jalapeno, Hot Portugal, Anaheim Chili, MexiBell, Super Chili	70 72 75										
<b>WINTER SQUASH</b> - Buttercup*, Waltham Butternut*, Pink Banana Jumbo	62 65 65										
Sweet Mama*, Sweet Meal*, Spaghetti, Cream of the Crop, Table Ace Hybrid	75 75 75									48	
Bush types - Early Butternut, Burpee's Butterbush	100 99 115	60		95	May 20 - June 10	20	1 packet	1 - 1 1/2	24		
Bush Buttercup	85 103 110										
<b>TOMATO</b> - Cherry Types - Presto or Toy Boy, Sweet 100	85 75									36	
Medium Sized - Early Girl, Early Cascade, Roza (Curly Top resistant)	105										
Large Fruit - Moreton Hyubrid, DX 52-12, Pole King Hybrid, Celebrity, Jet Star, Long Keeper, Oregon Spring, Roma	55 55 60	50		75	May 20 - June 10	120	60 plants	4 - 6	24		
Large Firm - Pik-Red	55 65 65										
Paste Types - Square Paste, Royal Chico	65 70 75										
<b>WATERMELON</b> - Sugar Belle, Sweet Favorite, Crimson Sweet	71 74 75										
Yellow Fleshed - Yellow Baby Hybrid, Golden Crown	78 80 88	60		95	May 20 - June 10	120	60 plants	4 - 6	24	36 - 48	
Super Sweet, Cal Sweet - Seedless - Triple Sweet Seedless, Small - Mickylee	70										
	95 95 90										
<b>GROUP E - SPECIAL PLANTS FOR FALL HARVEST +</b>											
<b>BEETS</b> - Earlisweet Hybrid, Pacemaker II, Detroit Dark Red	49 55 63				July 1 - Aug. 1	50	1 ounce	3/4 - 1 1/4	2	14 - 18	
<b>CABBAGE</b> - Fall - Market Prize, Red Acre	76 76				May 1 - July 15	30	30 plants	4 - 6	18	24 - 30	
Kraut - Savoy Ace*, Storage - Danish Ballhead*	85 100										
<b>KALE</b> - Vates, Dwarf Siberian	55 85				July 2 - Aug. 15	40	1 packet	1/2 - 3/4	12	18 - 24	
(excellent greens for late fall and early spring harvest)											
<b>LETTUCE</b> - Head - Great Lakes, Over-wintering - Great Lakes	80				June 1 - Aug. 1	50	1/2 ounce	1/4 - 1/2	12	14 - 18	
<b>ONIONS</b> - Over-wintering - San Joaquin, Calred (bulb harvest next June)					Aug. 1 - Aug. 10	60	1 packet	1/2 - 1	1 - 3	14 - 18	
<b>RUTABAGA</b> - American Purple Top*, Macomber*	90 92				June 15 - July 1	60	1 packet	1/2 - 3/4	2 - 4	14 - 18	
<b>SPINACH</b> - Skookum Hybrid, Avon Hybrid, Melody Hybrid	38 40 42				July 1 - Aug. 15	60	1 ounce	1/2 - 3/4	2 - 4	14 - 18	
<b>TURNIP</b> - Purple Top White Globe*, Golden Ball*	57 60				July 1 - Aug. 1	25	1 ounce	1/2 - 3/4	1 - 3	14 - 18	

\* Suitable for common storage.

\*\* Excellent for freezing.

+ These may often be made as garden replantings (following harvest of early radishes, spinach, and peas, etc.)

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