

Grow Guide ~ August 2025

Marisha's Permaculture Plant Nursery

Broccoli (*B. oleracea*)

Broccoli is a cabbage relative grown for their succulent flower buds. It likes rich, moist soil and cool temperatures, harvest when buds are tightest, just before they open. Once it flowers, the flowers are also edible and attractive for pollinators. The large broccoli heads come from overwintering varieties (180 day) that are planted in mid-summer. Plant 80 day varieties in spring for an early summer harvest, or these early varieties can be planted in mid-summer for a fall harvest. Most broccoli varieties will offer smaller side-shoots after the main stalk and buds are harvested. Take care to provide ample calcium and nitrogen to support these young plants. Plant the short season varieties 18" apart. The long season varieties need 24" of space. Side dress with compost as your plants begin to produce their head. Broccolis tend to bolt if they get too hot. Avoid planting in a western facing microclimate and take care to give plenty of water as your plants get established.

'Early Purple Sprouting' - (200 days) Open Pollinated. This is a very old variety of overwintering broccoli. It will give you one primary head and lots of small shoots of broccoli in the springtime.

'Steve's Select' - (60-80 days) this is a resilient variety of Broccoli that comes from plant breeder Steve Peters. After producing the central head, this variety of broccoli continues to produce side shoots.

Cabbage (*B. oleracea*)

Cabbage does best in a long season of mild cool weather. Early varieties are about 80 days to maturity and good for spring planting. Longer season varieties produce larger heads and are better for overwintering. Provide 18" of space for the short season varieties. Give 24" of space for the longer season varieties. Take care to provide ample calcium and nitrogen to support these young plants. Side dress with compost when they begin to form their heads. Cabbages dislike the heat. Avoid planting in a western facing microclimate and take care to give plenty of water as your plants get established.

'Chieftan Savoy' - (90 days) A beautiful savoy type cabbage with green heads that are usually 4-6 lbs. This cabbage looks like it has its party dress on!

'Dowinda' - (100 days) A favorite cabbage for sauerkraut from Midori Farm in Quilcene, WA. This is a uniform cabbage that produces medium to large oblong cabbages. They are very cold hardy and keep well into the winter. It is sweet and crisp.

'Filderkraut' - (100-120 days) This cabbage is an "ark of taste heirloom" variety. It is a conical cabbage that is great for sauerkraut. Filderkraut has a sweet taste. Uprising Seeds compares the conical shape to a gnome's hat. It is named for the region in southern Germany where it comes from. It was documented as far back as the 1700s but fell out of favor since its unique shape was not ideal for processing. This is a long season cabbage that grows to large sizes and can be used in many ways in the kitchen.

'January King' - (100 - 120 days) This is a beautiful winter cabbage due to the purplish blush on the leaves. It is a reliable producer from January until March. The cabbages are large and tasty.

Cauliflower (*B. oleracea*)

Cauliflower is a cabbage relative grown for their succulent flower buds. It appreciates rich, moist soil and cool temperatures with regularity. Cauliflower is more delicate than Broccoli. Take care to provide ample calcium and nitrogen to support these young plants. Space 18" apart and side dress with compost when they are 8" tall. Harvest when buds are tightest, just before they open. The tiny buds are called the curd. Some varieties have been bred so the leaves naturally blanch the flower bud and prevent it from being visible to the sunlight. Like Broccoli and Cabbage, Cauliflower dislikes the heat. Avoid planting in a western facing microclimate and provide ample water on hot days.

'Prestige' – (200 days) An overwintering cauliflower that is the favorite of the seed growers at Adaptive Seeds. You can expect this variety to mature by the end of April. Prestige is a reliable and beautiful producer.

'Purple Cape' – (200 days) A beautiful open pollinated purple overwintering Cauliflower that tends to produce heads in the early spring. This is a wonderful plant to help fill the hunger gap in early spring.

'Snowball' – (55 days) This is the classic open pollinated spring cauliflower. It reliably produces heads that are 6"-7" with leaves that wrap over the curds for blanching.

Chard (*Beta vulgaris*)

Related to beets, Swiss Chard produces large leaves with tender ribbed stalks in a beautiful range of colors. It grows well in heat and cold. Swiss Chard prefers rich soil, full sun, and adequate moisture. Chard can be planted from starts or direct sown. Each seed is actually multiple seeds in a whorl. Direct sow seeds 2" apart. Thin plants to 10" spacing. If planting starts, provide for 10" spacing. Chard likes a fertile, well-drained soil in full sun. It can take part shade in the hot season. Harvest leaves as desired. Chard is often affected by leaf-miners, tiny insects that live inside the leaves. If your plants are affected, pick off these leaves and feed them to chickens, a hot compost pile, or dispose of in your yard waste bin. Chard will need a lot of space if you want to collect seeds. Thin your plants and save the best plant for seed. If you let Swiss Chard seed in your garden, it is likely to naturalize and come back each year.

Kale (*Brassica oleracea*)

Kale is a frost hardy leafy vegetable that is easy to grow. It enjoys the cool weather of the shoulder seasons and may suffer if exposed to hot sunlight in the summer. Kale can be direct sown in the garden, but I prefer to plant transplants to avoid slug damage. Provide 12" of space for each plant. Kale can be planted again in mid-summer for a fall, winter, and spring harvest. Kale is the hardiest of the cabbage relatives. It sweetens up in cold weather and is best started in the mid-summer for fall, winter, and spring harvest. Kale likes rich, well-drained soil with lots of organic matter

'Winter Red' – (55 days) This variety is similar to Russian Red Kale. We selected it for its winter hardiness and sweet flavor. This is a reliable variety for a harvest from fall until spring.

Parsley (*Petroselinum crispum*)

Parsley likes to grow in a sunny area in well-drained soil, rich in organic matter. It can also tolerate part shade. It is ideal to plant Parsley by seed. The seed can be slow to germinate. One can speed up the germination process by soaking the seed before planting.

Thin your plants as they grow until they are 10" apart. Water at least once a week to ensure that your plants have their needs met.

Squash, Summer (Cucurbita spp.)

Summer Squash includes Zucchini, Yellow Crookneck, the Cymling Squashes and other squashes grown for their premature fruit. These are bush type squashes, meaning that they like about 3 ft of space and don't sprawl along the ground like many of their winter squash relatives. Provide ample compost and amend your soil with calcium to prevent the dreaded powdery mildew that can affect these plants. If you do get powdery mildew, early removal of the leaves can prevent the fungus from destroying your plants. We like to plant a later start of zucchini in August to replace the older ones planted in the early summer when they start to show signs of age and powdery mildew.

'Rheinau Gold'– (55 days) A yellow zucchini with a nice texture and flavor. They tend to stay small, rather than growing too large like most zucchinis. Occasionally, this variety might have a green fruited plant