

# Grow Guide ~ May 2026

## Permaculture Rising Nursery

### **Borage (*Borago officinalis*)**

Borage is an easy plant to grow that is often included in gardens for its beautiful flowers and to attract pollinators. The blue star-shaped flowers are edible, often used in salads. Borage self-seeds in the garden. To save the seeds, place a sheet under your plant and gather the seeds on the sheet. Borage is not difficult to pull out if too many self-seed and you can eat the young leaves in salads.

### **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.

**'Rainbow' (30 days baby, 60 days full)** – This variety of Chard is known for the diverse colors of the petiole (veins) of the leaves from white to red to pink, to yellow to orange. Chard can be eaten raw or cooked. Beware of leaf miners which like to inhabit the inside of the leaf. Chard tends to do well if it has ample water in the summer season.

### **Cucumbers (*Cucumis sativus*)**

Cucumbers, originally from India or Western Asia, have been cultivated for at least 3000 years. Their original habitat was of a dried-up riverbed in these areas so that is useful to mimic when planting. Cucumbers prefer outdoor minimum air temperatures over 50 degrees and soil temperatures of at least 65 degrees. Cucumbers do well by transplant or sown directly in the soil. They like rich, moist, well-drained soil in full sun with good air flow to prevent powdery mildew. They can benefit from mid-afternoon shade on hot days. Vines can run up to 5 ft in length. Cucumbers benefit from trellising. It is recommended to plant Cucumbers 30" apart.

**Addis Pickle (55 days)** - dual purpose pickling and fresh eating cucumber from Adaptive Seeds, dark green with white spines, 5-7" fruit, resistant to powdery mildew, downy mildew, anthracnose, and angular leaf spot, from the south but well adapted to the Pacific Northwest

**Lemon Cucumber (65 days)** - Lemon Cucumbers are Marisha's favorite, she eats them like Apples, crisp, delicious, productive, great for snacking

**Mexican Sour Gherkin (60-70 days)** - This plant is a fast growing vine that produces a tiny 1" fruit that looks like a mini watermelon and tastes like a mini cucumber. It was first recorded in 1870. This is a fun and productive plant to grow in your garden.

**Mideast Peace (50-60 days)** - This selection has been developed by Alan Kapular for its great taste and reliability. It is a middle eastern type cucumber with a smooth mild flavor. Fruit grows to 6" – 7". It can be eaten fresh or made into pickles. You will find the light green skin to be tender and durable.

***Shintokiwa (75 days)*** – This is a new variety for Marisha, recommended by Uprising Seeds as a productive, sweet, crisp, and juicy cucumber. Cucumbers can be 9-12" long and will tend to grow straight and long, especially if trellised.

***Spacemaster 80 (60 days)*** – A great slicing cucumber for small spaces! This variety is also resistant to many cucumber diseases. Vines are about 2-3', ideal for raised beds and containers. These cucumbers are great for salads, snacking, and sandwiches. They can be pickled if harvested small.

***Sweet Marketmore (60–65 days)*** - A standard English variety of Cucumber that is eaten fresh. Fruits are 7" - 9" long. The skin is a deep green. Uprising Seeds says that this variety is more resilient and disease resistant than other Marketmore varieties.

***Vorgebirgstrauben (55-60 days)*** - pickling type cucumber that can also be eaten fresh, extremely productive, has dimpled, bumpy skin, stays crisp

### **Dill (*Anethum graveolens*)**

Dill is an annual herb from the Parsley (Umbelliferae family) that is grown in the warm season. It is a delicious culinary herb, often used for pickles and salads. It grows 1.5 – 5' tall and likes full sun and well drained soil. Harvest the leaves when young. Flowers are used in pickles. The seeds are also used in pickles and can be dried for later use. When dill flowers, it is very attractive to beneficial insects including lacewings, hoverflies, ladybugs, braconid wasps, tachinid flies, mealybug destroyers, and aphid midges. It is a great companion plant for many things in the garden.

**'Goldkrone'** – We chose to grow Goldkrone because it is a vigorous strain of dill that is also slow to bolt. All parts of this variety are delicious. It can grow up to 5' tall and the flowers are wonderful in flower arrangements.

### **Assorted Greens (*Brassica spp.*)**

This describes various types of edible greens, including the chois and mustards. They are all grown in the shoulder seasons of spring and fall. They tend to bolt in the heat of the summer. In the cool weather of the Maritime Northwest, they are easy to grow and prefer a well-drained soil with ample moisture. The best way to keep them from bolting in hot temperatures is to provide enough water and take care to avoid the western sun. Once it flowers, the flowers are also edible and attractive for pollinators.

**'China Choi'** - (*Brassica rapa*) This plant is like Bok Choi but it has a looser floret of leaves. The leaves are dark with crunchy white petioles (leaf stems).

**Mustard 'Mild Mix'** – (*Brassica juncea*) This is a beautiful blend of mild mustards that were selected by Frank Morton of Wild Garden Seed. These leaves are great in salads or as a braising mix.

**Mustard 'Pungent Mix'** – (*Brassica juncea*) This is a beautiful blend of spicy mustards that were selected by Frank Morton of Wild Garden Seed. Use the young leaves in salad or use the larger leaves in a braising mix.

**'Prize Choi'** - (*Brassica rapa*) Succulent leaves and crunchy white stems with an upright habit. This choi produces beautiful heads relatively quickly.

**'Tat Soi'** – (*Brassica rapa*) This is a quickly growing type of mustard that can be eaten raw or cooked. It has cute, rounded leaves. Harvest the leaves and let the plant continue to grow.

### **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

**'Dazzling Blue Lacinato'** – (65 days) This is a Lacinato Kale variety from Adaptive Seeds that have been selected for its vibrant colors and taste. It is more vigorous than any of the other Lacinato types. It was bred by Hank Keogh of Avoca Seed in organic conditions.

**'Lacinato'** – (55-60 days). Also known as 'Nero di Toscana' or 'Dinosaur' Kale, this variety is a favorite. Many find it to have the best flavor of all the varieties of Kale. It has deep green leaves which suggest a high nutritional value. The wrinkle in the leaves makes this variety ornamental as well as tasty. It is easily incorporated into the edible landscape.

**'Red Ursa'** – (70 days). This is our choice for a Russian Red style Kale. This award-winning variety was bred by Frank Morton from Wild Garden Seeds and combines the color of Russian Red with the curls from Siberian Kale

### **Lettuce (*Lactuca sativa*)**

Lettuce can be direct sown or also be grown from transplant. Thin to 10" of space for each plant. Lettuce prefers full sun in the shoulder seasons of spring and autumn. Summer plantings will benefit from shade from the hottest sun (west) and regular watering to keep the lettuce tender. You can harvest lettuce by picking the outer leaves as they grow or you can cut the head and it will resprout from the roots. If you want to pull out the full head of lettuce, you will not get future harvests from that plant. Lettuce rarely cross-pollinates so you can save seed from multiple varieties in your garden.

### **Marigold (*Tagetes* spp.)**

Marigolds are a wonderful companion plant to grow in the garden. They like full sun and well drained soils. Marigolds have a scent that is said to repel pests. The flowers are attractive to bees and many beneficial insects including hoverflies, ladybugs, lacewings, parasitic wasps, and butterflies.

**'India Temple'** – This is a variety that Marisha's friend Andrew brought back from India. It grows to about 2-3' tall and the flowers can be strung to make garlands. Flowers are a mix of yellow and orange.

### **Shungiku (*Chrysanthemum coronarium*)**

Shungiku, aka Chop Suey Green, is an edible chrysanthemum from China. Cut the greens when they are 4"-8" tall and use in salads, or pickles. If you want to use them in stir fry, add them when almost all of your veggies have finished cooking to preserve their delicate nature. You can eat the small orange and yellow flowers that appear later in the season. It can grow to about 24" tall. They prefer full sun and can tolerate a wee bit of light shade.

### **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.

**'Costata Romanesco' Zucchini** – 55 days. This variety continues to win Uprising Seeds blind zucchini taste test each year. It is a scalloped green and white zucchini heirloom from Italy. Don't forget to sex your flowers so you can harvest the males for stuffing.

**'Dark Star' Zucchini (50-55 days)** - A dark, smooth, long zucchini that is very productive and tolerant of dry farming. This open pollinated zucchini does well in the home garden or on a larger scale.

**'Genovese' Zucchini (55 days)** - This zucchini has a smooth light green outer skin. It is an Italian variety with wonderful flavor that remains delicious past the "baby" zucchini stage. Plants are productive and have an open bush habit.

**'Mutabile' Zucchini (50 days)** – This zucchini is very productive, producing fruits throughout the entire season and resistant to powdery mildew. It is early with deep green fruit.

### **Squash, Winter (*Cucurbita spp.*)**

Winter Squash sprawls along the ground with long vines. Provide 6' of space per plant. There are many kinds of winter squash. 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.

Based on what species of squash you grow, you can determine the best time to eat them. Most winter squashes, except for Acorn Squash, needs a 2 week period after harvest to cure. C. pepo has the shortest storage life and is best eaten before January. C. moschata is best eaten in January and February. C. maxima takes us through the end of the winter until the spring.

**Baby Butternut (*Cucurbita moschata*, 75 days)** – This variety is also known as Burpee's Butternut. It is an early maturing Butternut variety. Plants tend to have 3-4 fruits per plant that weigh 1.5 - 4 lbs. This is an old variety with moist, sweet red-orange flesh.

**Black Forest Kabocha (*Cucurbita maxima*, 95 days)** – These plants will produce fruits that are 3-4 lbs with a rich flavor, nutty, flaky, and sweet. Each plant will produce 3-4 squashes. They are wonderful in soup, gnocchi, and so many other ways. This variety of Kabocha is a great winter keeper.

**Black Futsu (*Cucurbita moschata*, 100 days)** - Black Futsu is a popular small, bumpy, ribbed squash from Japan. The flesh is fruity with a smooth texture and becomes nutty in storage. It ripens early for a moschata type. The skin is thin and edible. Vines have a moderate sprawl. The dark green fruits ripen to a buff bluish color with a thin white film known as "bloom" on the surface.

**Butternut Early Remix (*Cucurbita moschata*, 90 days)** – This is the results of a breeding project by Adaptive Seeds to create a Butternut squash that produces and matures earlier than most of the varieties in the Pacific Northwest. By having an earlier ripening variety, we are more ensured of a productive harvest. There is some variability in this mix. Most are 2-4 lbs, but occasionally there will be one as large as 6 lbs. A good squash for storage.

**Candystick Dessert Delicata (*Cucurbita pepo*, 90 days)** - This squash was bred by Carol Deppe for sweet flavor and a small seed cavity. It is a good keeper. Candystick

produces both short loaf and long boat type squashes. The fruit is tan with green stripes and a "date-like", sweet flavor that you will love.

**Gill's Golden Pippin (*Cucurbita pepo*, 85 days)** ~ A small acorn type squash with a bright orange color and deep lobes. This squash is great for a single serving. You will find it to be very flavorful. Sometimes, this squash will set 10 fruits per plant. It is a great stuffer.

**Lower Salmon River (*Cucurbita maxima*, 90 days)** – This squash is a Pacific Northwest heirloom variety that can keep for the entire winter. It has been grown for generations in the Lower Salmon River region of Idaho. The flesh is orange and sweet. It is drier and flakier than Oregon Homestead Sweet Meat. The skin is exceptionally hard and strong, which is why it is such a good keeper. Fruits can weigh 3-10 lbs. A great choice for pies and soups.

**Potimarron (*Cucurbita maxima*, 80-90 days)** – Known for its flavor resembling chestnuts, this hearty squash is great for soup due to its creamy flavor. The vines are medium sized with 4-5 fruit per vine. The fruits tend to be 2-4 lbs. This is a tasty storage squash for winter.

**Sweet Meat aka Oregon Homestead (*Cucurbita maxima* 100 -115 days)** - Sweet Meat is a northwest classic winter keeper squash. The fruit is large, weighing in at 10-20 lbs. It is a wonderful squash for stews, pies, and roasting. It improves in storage for up to 6 months. This squash has a beautiful greyish blue skin color with a rich orange inside. Take care to allow plenty of space for these vines!

**Sweetie (*Cucurbita maxima*)** – This squash is a cross between Blue Kuri, Sunshine Kabocha, Black Forest Kabocha, and other Maxima varieties. It was selected for its ability to store well and great flavor.

**Winter Luxury Pumpkin (*Cucurbita pepo*, 90-100 days)** - beautiful heirloom pie pumpkin, has netted skin, considered the best flavor and texture for pies, so sweet that you can cut back on the sugar in baking, from an 1893 introduction by Johnson & Stokes

**Zepplin Delicata (*Cucurbita pepo*, 100 days)** – An heirloom variety of Delicata squash from 1894, producing 7-10" long fruits. The flesh of this variety is smooth textured, sweet, and keeps longer than many other varieties.

### **Tomatillos (*Physalis ixocarpa*)**

Tomatillos are known as the "husk tomato". Two plants are needed for pollination. Grow these plants like tomatoes in full sun with well-drained soil. There is no need to stake Tomatillos. They grow faster from seed than tomatoes and are better adapted for colder temperatures. Often, tomatillos will self-seed and come back year after year.

**'Purple De Milpa' (70-90 days)** – Open Pollinated. This is the tomatillo that grows wild in Mexican cornfields. A 3 - 4 ft plant that produces prolific nickle sized fruit in papery husks that split when ripe.

### **Tomatoes (*Solanum lycopersicum*)**

The tomato may be the entry plant for many gardeners. There are so many types that delight. Wait until the temperatures reach 50 degrees at night before putting your tomatoes in the ground. Tomatoes like to grow in full sun in well-drained soil amended with compost. Strip off the lower leaves and plant your tomato deep in the hole to allow the stem to develop roots and enhance the anchoring of your plant in the ground. Provide extra calcium by putting a scoop of bone meal, oyster shell meal, or other calcium supplement in the hole. Take care to

let the soil dry out between waterings. As the plants grow, take off the lower leaves up to the first set of blossoms. This will prevent water from splashing on the leaves of your plant, which can cause disease. With indeterminate plants, take care to harvest your fruits often to keep your plant in production.

***Big Rainbow (80-90 days)*** - heirloom, indeterminate, large slicer; red, yellow and orange tie-dyed tomato; 1- 2 lbs, "tastes like salsa".

***Canestrino (70-75 days)*** - heirloom tomato from Portland Seedhouse, paste tomato, "they are out of this world just like from your Grandma's Italian kitchen".

***Cherokee Purple (80 days)*** - old Cherokee heirloom, indeterminate, slicer, pre 1890 variety, deep purple-red color, old time tomato flavor.

***Costoluto Genovese (85 days)*** - old Italian heirloom from the 19<sup>th</sup> century, dual purpose slicer/paste tomato, ornamental fluted shape, flattened shape with deep ribbing, wonderful for paste.

***Currant (65-75 days)*** - heirloom, Marisha's favorite cherry tomato for its vigor, taste, and ease of growing, extremely productive and disease resistant, smallest of all tomatoes, will self-seed if allowed.

***Galina (60 days)*** - heirloom, yellow cherry tomato type that Marisha thinks is better than Sungold because it won't split when the humidity increases in late summer. Beautiful, productive, and very tasty. This tomato will keep going strong until frost.

***Hungarian Heart (85 days)*** - heirloom from Budapest Hungary @ 1900, reddish pink oxheart shaped fruit, large paste tomato, a crack resistant, hardy, meaty, tomato that can be used as a paste tomato or eaten fresh with old time flavor.

***Jaune Flamme (70 – 80 days)*** - French heirloom, medium sized, indeterminate, slicer type that is known for a fruity flavor, orange, good for drying or roasting, apricot colored fruit.

***Marisha's Cherries (60 – 65 days)*** - early season, all purpose, easiest to grow, very disease resistant tasty tomato that Marisha has been saving the seed for over 10 years. This tomato produces like a cherry, but the fruit is about the size of a golf ball, a one sandwich tomato. Good for fresh eating or canning.

***Ropreco Paste (70 days)*** – This is an old Italian heirloom variety of paste tomato that Marisha is trialing this year. It is good for fresh eating, sauce, drying, and other canning projects. The good folks at Siskiyou Seeds highly recommend it for as the best paste variety from a trial of 12 varieties. Fruits are oblong, bright red, and 2-3 ounces.