

A person wearing a white shirt is shown from the chest down, planting a green plant with large, dark green leaves into a terracotta pot. The person's hands are visible, gently holding the plant and the pot. The pot sits on a light-colored, textured surface, possibly a table, which is covered with dark soil and some scattered leaves. A pair of black-handled scissors lies on the soil to the right of the pot. The background is a plain, light-colored wall.

# PLANT GROW HARVEST

*Plant, Grow, Harvest: Your Month-by-Month Guide to  
Fruit & Vegetable Gardening*

FOR DONNA STROUPE



# Cultivate Your Garden: A Month-by-Month Guide to Growing Vegetables & Fruits

## Welcome

to your monthly companion for cultivating a thriving garden of vegetables and fruits. This guide offers a practical, step-by-step overview of essential gardening tasks for each month of the year, designed to help you plan, nurture, and enjoy your garden through every season.

What You'll Discover:

- **Seasonal Planning:** Detailed monthly insights on the best times to plant, care for, and harvest your favorite vegetables and fruits.
- **Practical Tips:** Easy-to-follow advice on soil preparation, watering routines, pest management, and pruning techniques to keep your garden healthy and productive.
- **Tailored Guidance:** Guidance that adapts to the natural rhythm of the seasons, helping you optimize growth and maximize yield with minimal fuss.
- **Accessible Expertise:** Whether you're a seasoned gardener or just starting out, this guide provides clear and concise tips that blend expert knowledge with everyday practicality.

Embrace the journey of year-round gardening and let each month inspire new growth and bountiful harvests. Enjoy the process and watch your garden flourish as you put these proven strategies into practice!

*"One step at a time. You'll get there."*



# 🌱 January – New Year, Fresh Start



## Theme: Planning, Soil Prep & Winter Gardening

### ✓ Planning & Preparation:

- Reflect on last year's gardening successes and challenges.
- Research and order seeds for the upcoming growing season.
- Clean and sharpen garden tools to prepare for spring planting.
- Start planning your garden layout for companion planting.
- Check stored crops (potatoes, onions, squash) for spoilage.
- If the ground is not frozen, spread compost or organic matter on beds.



*Bonus Tip:*

*Use a gardening journal to track planting dates and progress!*



## What to Plant:

- **Indoors:** Start slow-growing crops like tomatoes, peppers, onions, eggplants under grow lights.
- **Outdoors** (mild climates): Plant garlic, shallots, winter greens, and cover crops.



## What to Harvest:

Hardy winter crops like kale, Brussels sprouts, leeks, carrots (if overwintered), and stored root vegetables.







# February – Early Prep & Seed Starting




## Theme: Preparing for Spring & Indoor Seed Starting

### ✓ Planning & Preparation:

- Start composting to create nutrient-rich soil for the growing season.
- Prepare raised beds if the soil is workable.
- Test soil pH and amend as needed (add compost, lime, or organic fertilizer).
- Organize seed trays and create a germination schedule.
- Install cold frames or cloches to protect early plantings.



 *Bonus Tip:*  
Use a heat mat and grow lights to speed up germination indoors!

## What to Plant:

- Indoors: Start tomatoes, eggplants, herbs, peppers.
- Outdoors (mild climates): Direct sow peas, spinach, radishes, cabbage, onions, and carrots.



## What to Harvest:

Microgreens, winter lettuces, and stored root crops.







# March - The Season Awakens

Theme: Outdoor Planting & Preparing Beds

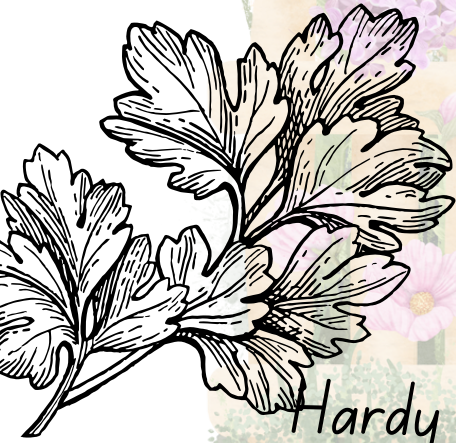
## ✓ Planning & Preparation:

- Clear out weeds and debris from raised beds and garden plots.
- Start hardening off indoor seedlings by exposing them to outdoor conditions for short periods.
- Set up trellises for peas, beans, and climbing vegetables.
- Prune fruit trees and berry bushes before they start budding.



## What to Plant:

- Direct sow carrots, beets, spinach, lettuce, kale, onions, potatoes.
- Start indoors: Cucumbers, zucchini, squash, melons.



## What to Harvest:

Hardy herbs like parsley, thyme, and chives.  
Overwintered root crops and greens.



## Bonus Tip:

Mulch around early-planted crops to protect against unexpected frosts!





# April - Spring Growth & Expansion

Theme: Active Gardening & More Outdoor Planting



## Planning & Preparation:

- Set up an irrigation system or rainwater collection barrels.
- Continue hardening off seedlings for transplanting.
- Keep an eye on pests like aphids and snails and use natural deterrents.



## What to Plant:

- Direct sow beans, corn, squash, beets, onions, turnips, and potatoes.
- Transplant early tomatoes, cabbage, and leafy greens.
- Plant strawberries and asparagus.



## What to Harvest:

First harvest of lettuce, spinach, radishes, green onions.



## Bonus Tip:

Use floating row covers to protect young plants from late frosts and pests!







# May - Full Garden Mode

Theme: Active Gardening & More Outdoor Planting

## ✓ Planning & Preparation:

- Install stakes and cages for tomatoes, beans, and climbing plants.
- Continue mulching to retain soil moisture and suppress weeds.
- Apply organic fertilizers to promote strong growth.



## What to Plant:

- Tomatoes, peppers, cucumbers, pumpkins, melons, and summer squash.
- Succession plant lettuce, carrots, and beans for continuous harvests.



## What to Harvest:

First crops of asparagus, rhubarb, peas, and spring greens.



## Bonus Tip:

Plant marigolds near vegetables to naturally repel harmful insects!







# June – Summer Growth & First Big Harvests



Theme: Watering,  
Maintenance & First  
Major Harvests



What to Plant:

## ✓ Planning & Preparation:

- Deep watering is essential, especially for fruiting plants.
- Keep weeds under control early.
- Continue pruning tomato suckers and supporting climbing plants.

- Last chance for summer crops like beans, squash, and cucumbers.
- Sow late-season root crops like carrots, beets, and radishes.

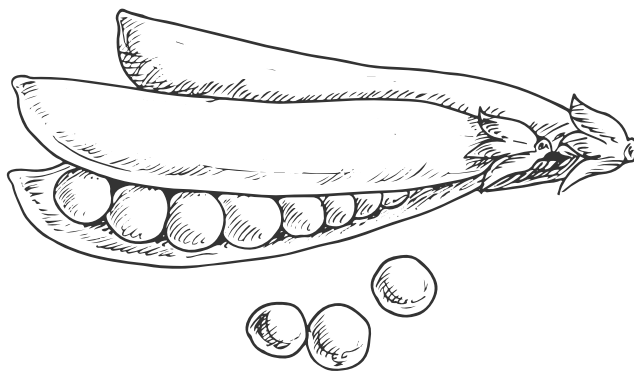


*Bonus Tip:*

*Harvest herbs in the morning when their oils are most concentrated!*

What to Harvest:

Lettuce, peas,  
radishes,  
strawberries, early  
potatoes, and first  
tomatoes.







# July – Peak Summer Growth



Theme: Heat Management  
& Mid-Season Planting

## What to Plant:

### ✓ Planning & Preparation:

- Water deeply and consistently, especially in heat waves.
- Use shade cloths to protect delicate plants.
- Continue harvesting to encourage new growth.

- Sow late-season beans, squash, kale, and carrots.
- Start fall crops like broccoli and Brussels sprouts.

What to Harvest:

Tomatoes, peppers, zucchini, cucumbers, beans, and berries.

This way  
to the  
garden →



*Bonus Tip:*

*Use companion planting (like basil with tomatoes) to improve flavor and repel pests!*





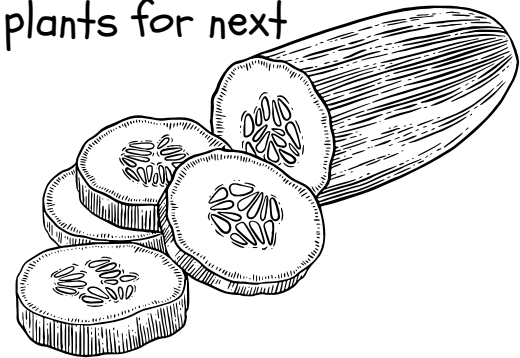
# August - Late Summer Planning & Fall Preparation

Theme: Managing Heat & Prepping for Fall Crops



## Planning & Preparation:

- Continue watering deeply, especially in hot, dry weather.
- Start preparing beds for fall planting by adding compost and mulch.
- Check for pests like aphids, squash bugs, and caterpillars, using organic solutions when necessary.
- Begin saving seeds from heirloom plants for next season.

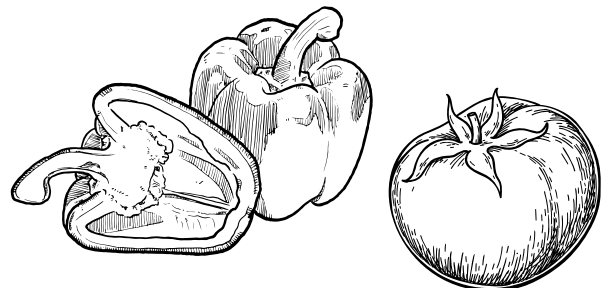


## What to Plant:

- Fall crops: Start broccoli, Brussels sprouts, cabbage, and kale indoors or in shaded areas.
- Root vegetables: Sow carrots, beets, radishes, and turnips for fall harvest.
- Herbs: Plant cilantro, dill, and parsley as they thrive in cooler weather.

## What to Harvest:

- Peak season for tomatoes, peppers, melons, corn, beans, cucumbers, and zucchini.
- Continue harvesting berries, grapes, and herbs.



*Bonus Tip:*

*Plant cover crops (like clover or rye) in empty beds to improve soil health for next year!*

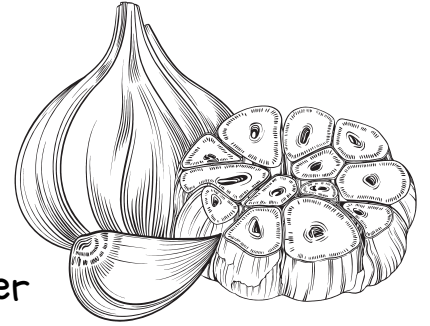


# September - Transitioning to Fall Gardening

Theme: Extending the Harvest & Preparing  
for Cooler Weather

## ✓ Planning & Preparation:

- Clear out summer crops that are no longer producing.
- Mulch garden beds to retain warmth and protect soil microbes.
- Extend the growing season with row covers or cold frames.
- Divide and transplant perennials while the soil is still warm.

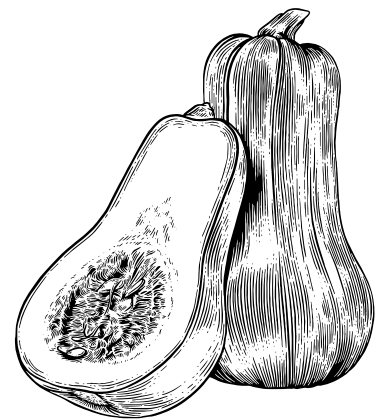


## What to Plant:

- Fall vegetables: Sow spinach, lettuce, mustard greens, and radishes.
- Garlic & onions: Begin planting garlic, shallots, and onion sets for next year's harvest

## What to Harvest:

- Late-season tomatoes, peppers, squash, and melons.
- Start harvesting fall greens, carrots, beets, and turnips.



*Bonus Tip:*

*If frost is expected, cover plants overnight to extend their growing season!*





# October – The Final Harvest & Winter Prep

Theme: Wrapping Up the Season & Protecting Perennials

## ✓ Planning & Preparation:

- Remove dead plants and add them to the compost pile.
- Test soil and add amendments for the next growing season.
- Start planting trees, shrubs, and berry bushes—fall is the best time for root establishment.
- Prepare greenhouses or cold frames for winter gardening.

## What to Plant:

- Garlic, shallots, and winter onions.
- Cover crops (clover, winter rye) to protect soil.
- Hardy greens (kale, Swiss chard, spinach) in cold frames.



## What to Harvest:

- Final harvest of pumpkins, squash, potatoes, and apples.
- Pick brussels sprouts, cabbage, kale, and carrots before heavy frosts.



### Bonus Tip:

Leave some flower seed heads (like sunflowers & echinacea) for birds to enjoy during winter!



## ❄️ November – Prepping for Winter Rest

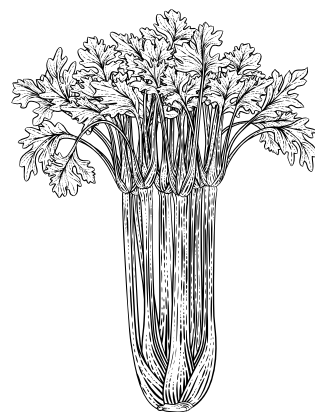
Theme: Closing the Garden & Soil Enrichment

### ✓ Planning & Preparation:

- Mulch garden beds heavily to protect soil from frost.
- Bring potted herbs and tender plants indoors.
- Drain irrigation systems to prevent freezing.
- Continue adding organic materials to your compost pile.

### What to Plant:

- Garlic, shallots, and perennial herbs in mild climates.
- Bare-root fruit trees and shrubs before the ground freezes.



### What to Harvest:

- Last of the root crops (carrots, beets, turnips) before deep frost.
- Continue harvesting Brussels sprouts, cabbage, and kale, as they tolerate cold well.



*Bonus Tip:*

*Use row covers or insulated plant blankets to extend harvesting time for greens!*





# December - Rest, Reflect, & Plan Ahead

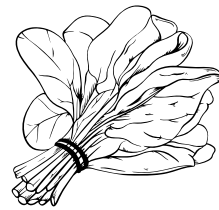
Theme: Preparing for the Next Growing Season

## ✓ Planning & Preparation:

- Review what worked and what didn't in this year's garden.
- Research and plan next year's crop rotations and seed orders.
- Organize gardening tools, pots, and supplies.
- Start indoor herbs like basil, rosemary, and chives on a sunny windowsill.

## What to Plant:

- Indoor microgreens and herbs for fresh greens in winter.
- In mild climates, lettuce, spinach, and winter greens under row covers.




## What to Harvest:

- Any remaining cold-hardy greens and root vegetables.
- Stored potatoes, onions, garlic, and winter squash from earlier harvests.



*Bonus Tip:*

*Create a gardening vision board or journal for inspiration in the coming year!*



Gardening is more than just planting seeds and harvesting crops—it's a journey of patience, growth, and connection with nature. Every season brings new lessons, challenges, and rewards, and no two gardens will ever be the same. Some years will be abundant, others will be a learning experience, but every step you take in your garden is a step toward a deeper understanding of nature and yourself.

Remember, gardening is a process, not a race. There's no such thing as a perfect garden—only one that reflects the care, effort, and love you put into it. Whether you're sowing your first seed or harvesting the fruits of your labor, trust that every moment spent nurturing your garden is a step toward something beautiful.

So take your time, embrace the process, and enjoy the magic of watching life grow right before your eyes.

Happy gardening! 🌿❤️



For the best results we advise the purchase of the:  
**Medicinal Garden Kit**