



## **Vegetables to Grow (by Season)**

Here's a guide to some of the vegetables you can grow with us. These are popular seasonal options, but not limited to what's shown — if you want to try something different, you can! Each item includes growth time, benefits, and difficulty, though we manage everything for you.

*Items not limited to what's shown here.*

### **Spring Vegetables**

#### **Lettuce**

- Growth Time: 45–60 day
- Benefits: High in fiber, vitamins A & K, supports digestion
- Difficulty: Easy

#### **Spinach**

- Growth Time: 40–50 days
- Benefits: Rich in iron, calcium, and antioxidants
- Difficulty: Easy

#### **Kale**

- Growth Time: 55–75 days
- Benefits: Packed with vitamins A, C, K, supports heart and bone health
- Difficulty: Moderate

#### **Broccoli**

- Growth Time: 60–100 days
- Benefits: High in vitamin C, fiber, and cancer-fighting compounds
- Difficulty: Moderate

#### **Cauliflower**

- Growth Time: 60–100 days
- Benefits: Vitamin C, fiber, antioxidant-rich

- Difficulty: Moderate

### **Cabbage**

- Growth Time: 65–100 days
- Benefits: High in vitamin K and C, supports digestion and immunity
- Difficulty: Easy

### **Beets**

- Growth Time: 50–70 days
- Benefits: Rich in folate, iron, supports heart health
- Difficulty: Easy

### **Carrots**

- Growth Time: 70–80 days
- Benefits: High in beta-carotene, vitamin A, supports vision and immunity
- Difficulty: Easy

### **Peas**

- Growth Time: 60–70 days
- Benefits: High in protein, fiber, and vitamins C & K
- Difficulty: Easy

### **Radishes**

- Growth Time: 25–30 days
- Benefits: Good source of vitamin C, aids digestion
- Difficulty: Very Easy

### **Turnips**

- Growth Time: 50–60 days
- Benefits: Low-calorie, vitamin C, fiber, supports digestion
- Difficulty: Easy

### **Onions (green/spring)**

- Growth Time: 50–60 days
- Benefits: Supports heart health, contains antioxidants
- Difficulty: Easy

### **Swiss Chard**

- Growth Time: 50–60 days
- Benefits: Rich in vitamins A, C, K, supports bone health
- Difficulty: Easy

### **Arugula**

- Growth Time: 30–40 days
- Benefits: High in calcium and antioxidants
- Difficulty: Very Easy

### **Celery**

- Growth Time: 85–120 days
- Benefits: Low-calorie, vitamin K, supports digestion
- Difficulty: Moderate

### **Bok Choy**

- Growth Time: 45–60 days
- Benefits: Vitamin A & C, calcium-rich, supports immunity
- Difficulty: Easy

### **Collards**

- Growth Time: 60–75 days
  - Benefits: High in vitamins K, A, C, supports bone and heart health
  - Difficulty: Moderate
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## **Summer Vegetables**

### **Tomatoes**

- Growth Time: 60–85 days
- Benefits: High in vitamins C & K, lycopene for heart health
- Difficulty: Moderate

### **Peppers (bell, jalapeño, chili)**

- Growth Time: 60–90 days
- Benefits: Rich in vitamin C, antioxidants, supports metabolism
- Difficulty: Moderate

### **Cucumbers**

- Growth Time: 50–70 days
- Benefits: Hydrating, low-calorie, contains vitamin K
- Difficulty: Easy

### **Squash (yellow, zucchini)**

- Growth Time: 50–60 days

- Benefits: High in vitamin C, fiber, supports digestion
- Difficulty: Easy

### **Corn** 🌽

- Growth Time: 60–100 days
- Benefits: Good source of fiber, B vitamins, antioxidants
- Difficulty: Moderate

### **Okra**

- Growth Time: 50–65 days
- Benefits: High in fiber, vitamin C, supports digestion
- Difficulty: Easy

### **Eggplant** 🍆

- Growth Time: 70–85 days
- Benefits: Rich in antioxidants, supports heart health
- Difficulty: Moderate

### **Green Beans**

- Growth Time: 50–60 days
- Benefits: High in fiber, vitamins A, C, K
- Difficulty: Easy

### **Sweet Potatoes**

- Growth Time: 90–120 days
- Benefits: High in beta-carotene, fiber, supports immunity
- Difficulty: Moderate

### **Pumpkins** 🎃 (planted late summer for fall)

- Growth Time: 90–120 days
- Benefits: Rich in vitamin A, fiber, antioxidants
- Difficulty: Moderate

### **Southern Peas (cowpeas, black-eyed peas)**

- Growth Time: 60–90 days
- Benefits: High in protein, fiber, supports heart health
- Difficulty: Easy

### **Lima Beans**

- Growth Time: 65–75 days
- Benefits: Good source of protein, fiber, iron
- Difficulty: Moderate

### **Yardlong Beans**

- Growth Time: 60–75 days
- Benefits: High in fiber, protein, vitamins A & C
- Difficulty: Moderate

### **Bitter Melon (optional unique crop)**

- Growth Time: 55–70 days
  - Benefits: Supports blood sugar regulation, rich in vitamins
  - Difficulty: Moderate
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## **Fall Vegetables**

### **Collard Greens**

- Growth Time: 45–65 days
- Benefits: High in vitamins A, C & K, supports bone health
- Difficulty: Easy

### **Mustard Greens**

- Growth Time: 40–55 days
- Benefits: Rich in antioxidants, vitamins A & C, supports immune system
- Difficulty: Easy

### **Kale**

- Growth Time: 50–75 days
- Benefits: Packed with vitamins A, C, K, supports heart and bone health
- Difficulty: Moderate

### **Spinach**

- Growth Time: 35–50 days
- Benefits: High in iron, vitamins A & C, supports eye health
- Difficulty: Easy

### **Beets**

- Growth Time: 50–70 days
- Benefits: Rich in folate, fiber, supports blood pressure regulation
- Difficulty: Moderate

### **Carrots**

- Growth Time: 70–80 days
- Benefits: High in beta-carotene, supports eye health and immunity
- Difficulty: Easy

### **Radishes**

- Growth Time: 25–35 days
- Benefits: Rich in vitamin C, aids digestion
- Difficulty: Easy

### **Broccoli**

- Growth Time: 60–100 days
- Benefits: High in vitamins C & K, supports immunity and bone health
- Difficulty: Moderate

### **Cauliflower**

- Growth Time: 55–100 days
- Benefits: High in fiber & vitamins C & K, supports digestion
- Difficulty: Moderate

### **Cabbage**

- Growth Time: 65–120 days
- Benefits: Rich in vitamin C, supports heart health and digestion
- Difficulty: Moderate

### **Brussels Sprouts**

- Growth Time: 80–100 days
- Benefits: High in vitamins C & K, supports bone and immune health
- Difficulty: Moderate

### **Garlic**

- Growth Time: 90–120 days
- Benefits: Supports heart health, contains antioxidants, immune booster
- Difficulty: Moderate

### **Leeks**

- Growth Time: 120–150 days
- Benefits: Supports heart health, rich in vitamins A & K, aids digestion
- Difficulty: Moderate

### **Lettuce**

- Growth Time: 30–70 days (depending on variety)
- Benefits: Low-calorie, rich in vitamins A & K, supports hydration

- Difficulty: Easy

### **Rutabagas**

- Growth Time: 90–120 days
- Benefits: High in fiber & vitamin C, supports digestion and immunity
- Difficulty: Moderate

### **Turnips**

- Growth Time: 50–60 days
- Benefits: Rich in vitamin C & fiber, supports digestion and bone health
- Difficulty: Easy

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## **Winter Vegetables**

### **Kale**

- Growth Time: 50–75 days
- Benefits: Packed with vitamins A, C & K, supports heart and bone health
- Difficulty: Moderate

### **Collards**

- Growth Time: 45–65 days
- Benefits: High in vitamins A, C & K, supports bone health
- Difficulty: Easy

### **Spinach**

- Growth Time: 35–50 days
- Benefits: High in iron, vitamins A & C, supports eye health
- Difficulty: Easy

### **Swiss Chard**

- Growth Time: 50–65 days
- Benefits: High in vitamins A, C & K, promotes blood and heart health
- Difficulty: Easy

### **Turnips**

- Growth Time: 50–60 days

- Benefits: Rich in vitamin C & fiber, supports digestion and bone health
- Difficulty: Easy

### **Carrots**

- Growth Time: 70–80 days
- Benefits: High in beta-carotene, supports eye health and immunity
- Difficulty: Easy

### **Onions**

- Growth Time: 90–120 days
- Benefits: Contains antioxidants, supports heart health and immunity
- Difficulty: Moderate

### **Garlic**

- Growth Time: 90–120 days
- Benefits: Supports heart health, immune booster, antioxidant-rich
- Difficulty: Moderate

### **Cabbage**

- Growth Time: 65–120 days
- Benefits: Rich in vitamin C, supports heart health and digestion
- Difficulty: Moderate

### **Mustard Greens**

- Growth Time: 40–55 days
- Benefits: Rich in antioxidants, vitamins A & C, supports immune system
- Difficulty: Easy

### **Parsnips**

- Growth Time: 100–130 days
- Benefits: High in fiber, folate & vitamin C, supports digestion and immunity
- Difficulty: Moderate

### **Beets**

- Growth Time: 50–70 days
- Benefits: Rich in folate & fiber, supports blood pressure regulation
- Difficulty: Moderate

### **Endive**

- Growth Time: 45–60 days
- Benefits: Low-calorie, rich in fiber & vitamins A & K, supports digestion
- Difficulty: Moderate



**Radicchio**

- Growth Time: 60–80 days
  - Benefits: High in antioxidants, supports digestion and heart health
  - Difficulty: Moderate
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