



Top Vegetables For Cape Cod

- 1. Tomatoes** – try hybrids for reliability, Mountain Magic for disease resistance. It's always fun to try new heirloom varieties every year. Spray with an organic fungicide regularly to suppress early blight.
- 2. Summer Squash** – Most summer and winter squash do well on the Cape. Spray regularly with an organic fungicide to suppress powdery mildew.
- 3. Chard** – Plant from seed or plants in May. In a rainy summer, spray regularly with an organic fungicide to suppress leaf-spot. Spinach substitute.
- 4. Tuscan Kale**– Plant from seeds or plants. Harvest older leaves off the plants to extend harvest into January.
- 5. Green Beans** – Bush or vine varieties do well. Pick the beans every other day for a long harvest; if you don't pick frequently the plants stop producing.
- 6. Broccoli** - grow from plants or seeds. After harvesting the first head continue to cut smaller side sprouts as they develop. Spray with spinosad or Bt to protect from cabbage moth larvae damage. Dust with diatomaceous earth when young to protect from slug damage.
- 7. Garlic** – plant in late October, harvest in late June or early July.
- 8. Beets & Carrots**– plant as seeds, spaced 4-6 inches apart.
- 9. Peas** – plant in April, harvest until July. You can plant cucumbers next to your pea support in mid-June, and the cukes will bear once peas finish.
- 10. Cucumbers** – note that cucumbers can succumb to cucumber wilt, which is spread by the striped cucumber beetle. The wilt is bacterial so there is no great means of protection or treatment.
- 11. Lettuce/Salad Greens/Arugula/Mustard Greens** – plant from seeds or plants. If growing seeds, sprinkle them right on top of the soil or just barely cover. Sow seeds every three weeks for new fresh crops all summer and fall.
- 12. Potatoes** –Plant from seed potatoes cut up into four pieces. Bury 6" down and mulch well, or use Smart Pots. Harvest when plants yellow and die back.
- 13. Basil** – start from seeds or plants. Look for Amazel or the Rutgers hybrids for resistance to basil downy mildew.
- 14. Peppers** – if growing from seed, start them in late February under lights. Plant them once night temperatures are above 50° - peppers love heat.
- 15. Eggplant** – grow from seed indoors or purchase plants. Place in the garden in late-May or early June when nights are above 50°.