growing food IN THE CITY

Gardening in Western Washington

在西华盛顿州种植蔬果

Seattle's climate is cool and wet, with cool dry summers. So heat-loving crops from hotter climates, like tomatoes, corn and peppers, are harder to grow here. But our mild spring, fall, and winter weather allows us to grow cool-loving Asian greens, kale, collards, spinach, and onions year 'round.

Starting Your Garden

Learn in this guide how to:

Choose a place to garden

- You need at least 6 hours of sun – without shade from trees or buildings. Make sure a water supply is close.
- Consider sharing garden space with neighbors, or join a P-Patch or other community garden.

Prepare your soil for planting

- Dig compost into the soil, or bury plant and food scraps.
- Mound up soil into raised beds.

Choose the right seeds to plant

- Grow what your family likes to eat, but choose vegetables that will grow well in our cool weather.
- Plant seeds at the depth and spacing on the seed packet.
- Plant when the soil is warm enough Select seeds that say "80 days" or less to harvest on the seed packet.

➔ **See calendar on back.**

Wait until May 15 to seed or transplant heat-loving plants.

- Tomatoes, peppers and eggplant should be started in a greenhouse, then transplanted to beds in May.

Water and weed your garden

- Seedlings need water daily. Water mature plants 2-3 times a week if it hasn't rained.

Harvest, and prepare garden for winter

- Ask other gardeners when to harvest, or read seed packet.
- Cover beds before winter with mulch, or plant winter cover crops.

西雅图的气候凉爽潮湿，但夏季凉爽干燥。因此，来自较热气候的喜热作物如西红柿、玉米和椒类比较难在这里生长。但我们温和的春季、秋季、冬季的气候让我们可以一年四季种植喜爱凉爽气候的亚洲蔬菜、羽衣甘蓝、甘蓝、菠菜和洋葱。

开辟您的蔬果园

从本指南了解如何：

选择一个种植蔬果的地方

- 您需要至少 6 个小时的日照 - 没有树木或建筑物遮荫。 **確保附近有供水**。
- 考虑和邻居一起共享蔬果园，或者加入社区园圃或其他社区蔬果园。

备妥您的土壤，以便种植

- 将堆肥埋入土壤，或者埋入植物和食物残渣。
- 将土壤堆成高位栽培床。

選擇合適的種子栽種

- 种植您家人喜欢吃的蔬菜，选择能在凉爽气候生长良好的蔬菜。
- 按照种子包装上说明的深度和间距栽种。
- 在土壤够温暖时栽种。 选择种子包上注明"80 天"或 "80 天以下"收成的种子。

➔ **见背面的日历。**

等到 5 月 15 日再播种或移植喜热植物。

- 西红柿、椒类、茄子应在温室中开始种植，然后在五月时移植到栽培床.

为蔬果园浇水和除杂草

- 幼苗需要每天浇水。如果不下雨，成熟植物每周浇水 2 至 3 次。

收成并为蔬果园准备过冬

- 询问其他园丁何时收成，或者阅读种子包装的指示。
- 在冬天到来之前，以护根覆盖物覆盖栽培床，或栽种冬季覆盖作物。

Questions? Garden Hotline (206) 633-0224 有问题吗？请致电园艺热线

City of Seattle Available in alternate formats on request: (206) 633-0224 TTY: (206) 233-7241

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Choose a Place to Garden

Where is there sun?

Most vegetables need at least six hours of direct sunlight a day to grow well. Watch where the sun shines on your yard, and pick the sunniest spots to garden. Trees or buildings can block the sun, especially in spring or fall. A south-facing wall will warm quickly in the spring, and be good for heat-loving plants like tomatoes and peppers in summer.

Where can you grow?

Turn sunny lawn areas into garden by removing and composting the sod. Or to kill the lawn by covering it with 12 inches (30 cm) of wet fall leaves in November. Cover the leaves with cardboard or black plastic. Wait until May to dig up the area and start planting.

Build raised beds. Mix soil with compost. Mound the soil up into a raised bed to help the soil warm in spring. Plan paths between beds so you never walk on your loose, compost-amended soil. You can add sides to your raised beds made from concrete blocks, broken concrete, wood or plastic lumber. Don't use chemically treated wood.

Try gardening in containers. You can use large pots or half-barrels to grow tomatoes, peppers, greens, even berries.

Grow vertically on a sunny wall or in a window. Climbing plants like beans, tomatoes and cucumbers will grow if you provide good soil and poles for support.

Share with a neighbor, or join a community garden! Seattle's P-Patch program can help you find a community garden near where you live. They are great places to grow food, learn, and meet other gardeners.

为蔬果园选择一个地方

那里有太阳吗？

大多数蔬菜每天至少需要 6 个小时的阳光直射，才能生长良好。注意看阳光照射在您院子的哪个地方，选择阳光最充足的地点种植蔬果。树木或建筑物可能会遮住阳光，尤其是在春秋之际。朝南的墙壁在春天会很快暖和起来，适合夏天的西红柿和椒类等喜热植物。

可以在哪里种植呢？

将阳光普照的草坪变成蔬果园
经由移除草皮及制做堆肥。 或者在 11 月以 12 英寸（30 厘米）高的秋天湿叶覆盖草坪，破坏草坪。用硬纸板或黑色的塑料布覆盖叶子。等到五月再挖掘本区，并开始种植。

筑起高位栽培床。将土壤混入堆肥。将土壤堆高成为凸起的栽培床，以帮助土壤在春天保持温暖。在栽培床与栽培床之间规划路径，让您不至于走在堆肥补强的松软土壤上。您可以在高位栽培床两旁加上由混凝土块、碎混凝土、木材或塑料板制成的侧边。不要使用经过化学处理的木材。

尝试在容器中种植蔬果。您可以使用大花盆或半个桶种植西红柿、椒类、蔬菜甚至浆果。

垂直生长在一面阳光充足的墙上或在窗上。爬藤植物如豆类、西红柿和黄瓜可以生长，只要您提供肥沃的土壤和支撑杆。

与邻居共享，或加入社区蔬果园！Seattle's P-Patch Community Gardening Program（西雅图的 P-Patch 社区园艺计划部）可以帮您在您居住地附近找到一个社区蔬果园。这些是种植食物、学习并与其他园丁会面的好地方。

Testing your soil for lead or other contamination
Soil near old houses with peeling paint, or next to streets or in industrial areas may have lead, arsenic, or other contamination.

Call the Garden Hotline to find out where to get your soil tested, or to get a copy of WSU's *Gardening on Contaminated Soils*. If you suspect that your soil is contaminated, build a raised bed and add 8 inches (20 cm) of fresh soil with compost.

测试您土壤的铅或其他污染
靠近油漆脱落的老房子的土壤或邻近街道或工业区的土壤可能有铅、砷或其他污染。

请致电蔬果园热线，查询在何处可以测试土壤，或索取一份 WSU "*Gardening on Contaminated Soils*"

《在污染的土壤上从事园艺》（只有英文版）。如果您怀疑您的土壤受到污染，堆起一个高位栽培床，并加入 8 英寸（20 厘米）的带堆肥新生土壤。

Prepare Soil for Planting

Compost is decomposed plants (leaves, grass, dead plants) and food waste. Compost helps soil holds nutrients and water to grow healthy plants. You can make your own compost from grass clippings, leaves, sod, weeds, plants and food wastes, or you can buy compost. You can also bury food waste in the garden, or chop and drop plants.

Mulch is any material you spread on top of the soil, to conserve water, control weeds, and slowly feed the soil as it decomposes. Good mulches for gardens include fall leaves, plant and grass clippings, straw, coffee hulls, or compost.

Mix compost into your garden soil.

Dig to loosen the soil 8 to 12 inches deep (20-30 cm) with a shovel or garden fork. Spread compost 2 or 3 inches deep (5-8cm). Then mix the compost into the soil.

Or bury food and plant waste at least 6 inches (15 cm) deep to compost.

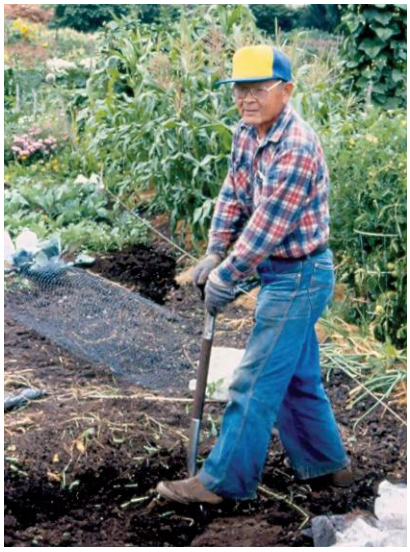
Soil for container growing

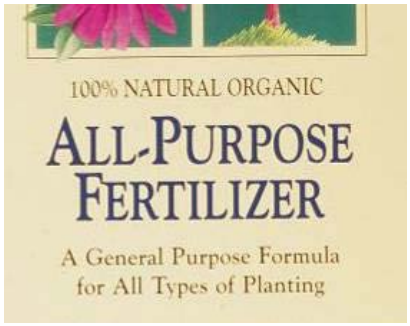
Mix one part compost with two parts sandy soil. Drainage in containers can be improved by adding a larger material like pea gravel or medium bark. You can also buy pre-mixed "potting soil." If you have old potting soil in containers, you can add about 1/4 compost to freshen it for a new growing season.

Buying fertilizer? Look for "organic".

While vegetables get most of the nutrients they need from compost, a complete "organic" (from natural sources) fertilizer can speed their growth. Look for "organic vegetable fertilizer" or fish fertilizer at your garden store.

Get a soil test to discover other nutrient needs. Washington soils may need lime every few years, which adds calcium and reduces acidity. Mix about 4 pounds (1.5 kg) of lime into soil per 100 square feet (9.3 square meters). Ask the Garden Hotline where you can send your





准备土壤，以利种植

堆肥是分解的植物（叶、草、枯死的植物）和厨余。堆肥有助于土壤保持养分健康，而浇水则可以培育出健康的植物。您可以用剪下的草、树叶、草皮、杂草、植物和厨余自制堆肥，或者您可以购买堆肥。您也可以将厨余埋在蔬果园里，或砍下植物枝叶，弃置园中。

护根覆盖物是铺在土壤表面的任何材料，用来保持水分、控制杂草，并在它分解时慢慢为土壤施肥。好的护根覆盖物包括秋天的树叶、剪下的植物和草、草秆、咖啡壳或堆肥。

将堆肥混入您蔬果园的土壤中。

用铲子或蔬果园叉**将土挖松**，向下挖 8 至 12 英寸深（20-30 厘米）。将堆肥铺平成 2 或 3 英寸的高度（5-8 厘米）。然后将堆肥混入土壤。

或将厨余和植物性废弃物向下埋至少 6 英寸（15 厘米）深，以制成堆肥。

容器种植所需的土壤

将一份堆肥混入两份沙质土壤。加入如小卵石豆或中号树皮等较大的材料，可以改善容器的排水。您也可以买预先混合的盆栽土壤。 如果您容器中有旧的盆栽土壤，您可以加入约 1/4 的堆肥，以为新的生长季节带来新活力。

购买肥料？选用"有机" 。

完整的「有机」肥料（来自天然来源），不仅让蔬菜从堆肥获得所需的大部分营养素，同时还可加速蔬菜的成长。到您的园艺店去找"有机蔬菜肥"或鱼肥。

测试土壤以发掘其他营养素的需求。华盛顿的土壤每隔几年可能就需要石灰，因为它增加钙质，并降低酸度。将大约 4 磅（1.5 公斤）的石灰混如每 100 平方英尺（9.3 平方米）的土壤中。致电蔬果园热线，询问您可以把您的土壤样本送往何处测试，以得知石灰和其他营养素需要。

Plant the Right Seeds, at the Right Time

Choose plants that grow well in our cool climate.

Grow what your family likes to eat, but choose varieties of vegetables that will grow well in our cool, wet spring weather and cool, dry summers.

When to plant

Seeds need soil warm enough to sprout – typically at least 50-60°F (10-16°C). You can wait until the soil warms in May, or use a plastic cover to warm it more quickly.

Read seed packets for planting dates, and choose ones that say "80 days" or less to harvest. Peas and potatoes can be planted in March, but leafy greens should wait until April, and heat-loving crops like corn until late May.

Or buy seedling plants of heat-loving, long-season tomatoes, peppers, and eggplant, to transplant into the garden in late May. You can also grow them yourself from seeds planted indoors in March, in containers in a sunny window.

➔ **See the Calendar on back page.**

Planting seeds

Read the seed packet for planting depth and time. Tiny seeds like lettuce, carrots, and collards can be scattered on the prepared soil surface, then covered with a thin layer of compost or soil. Don't plant these tiny seeds too deep! Larger seeds like peas, corn, and squash can be pushed with your finger one at a time into the prepared soil, at the depth and spacing described on the packet. Then water slowly to deeply moisten the soil.

Transplant heat-loving plants from greenhouse to garden in late May.

Make a hole as wide the seedling's roots. Add compost or a sprinkle of fertilizer. Spread roots out, and gently push soil in around the roots. Water well. Plant at the same depth as the plant was in the pot at the greenhouse.

Water young seedlings regularly. Cover and protect seedling plants from extreme heat or cold until they are strong.

在合适的时间栽种合适的种子

选择在我们凉爽的气候中生长良好的植物。

种植您家人喜欢吃的蔬果，但选择在我们凉爽、潮湿的春季气候和凉爽、干燥的夏季生长良好的各式蔬果。

何时种植

种子需要够温暖的土壤才能萌芽 - 通常至少在华氏 50-60°度之间 (摄氏 10-16°度)。您可以等到五月土壤变暖，或用塑料布覆盖，让土壤更快变暖。

阅读种子包装说明，确定播种日期，选择"80 天"或更短的收成时间。豌豆和马铃薯可以在三月种植，但绿叶蔬菜应等到四月，喜热作物如玉米要等到五月下旬。

或者在五月下旬购买喜热、长季节植物如西红柿、椒类、茄子的幼苗移植到蔬果园。您还可以在三月时自己在室内阳光充足的窗口将种子种植在容器中培养成幼苗。

➔ **请参阅背页的日历。**

播种

阅读种子包装说明，了解栽种深度和时间。如生菜、胡萝卜、甘蓝等微小的种子可以撒在准备好的土壤表面，然后再覆盖一层薄薄的堆肥或土壤。不要将这些微小的种子种植得太深了！可以用手指将较大的种子如豌豆、玉米、义大利瓜等，以包装说明指示的深度和间距，一个一个推进入准备好的土壤中。然后慢慢浇水，深深滋润土壤。

在五月下旬从温室将喜热植物移植到蔬果园。

挖一个和幼苗根一样大的洞。加上堆肥或洒一把肥料。让根部散开来，轻轻将根部周围的土壤压紧。充分浇水。栽种深度和温室容器中的深度相同。

定期为幼苗浇水。覆盖保护植物幼苗，不要太热或太冷，直到它们够强壮为止。

Thin and space plants – give them room to grow.

Follow the spacing directions on the seed packet. After seeds sprout and have a few leaves, thin (remove) seedlings to that spacing. You can also transplant seedlings from crowded areas to areas that aren't full. This will ensure that plants have enough room to grow, and give you a bigger harvest. You can eat the little plants you pull as salad.

Succession planting

Plant more seeds every few weeks as long as the weather is warm, so that your harvest will continue into the fall. But don't plant cool-loving crops like peas and spinach in hot July weather. Plant fall cool crops in August to early September.

Rotate crops

Some crops get diseases that stay in the soil for a year or more. And some crops use up soil nutrients quickly. **To avoid problems, rotate (move) crop families to a different bed each year.** ➔

让植物保持适当间距 - 给他们成长的空间。

按照种子包装上指示的间距。当种子发芽且有几片叶子后，将幼苗分散开（移开），使其保持间距。您也可以从拥挤的地方将幼苗移植到不太满的地区。这将确保植物有足够的成长空间，并给您带来更大的丰收。拔出来的小植物可以作为沙拉食用。

轮栽种植

每只要天气暖和，隔几个星期就栽种更多的种子，让您的收成可以一直持续到秋季。但是，不要在炎热的七月天栽种喜寒作物如豌豆和菠菜。在八月至九月上旬栽种喜寒作物。

轮耕作物

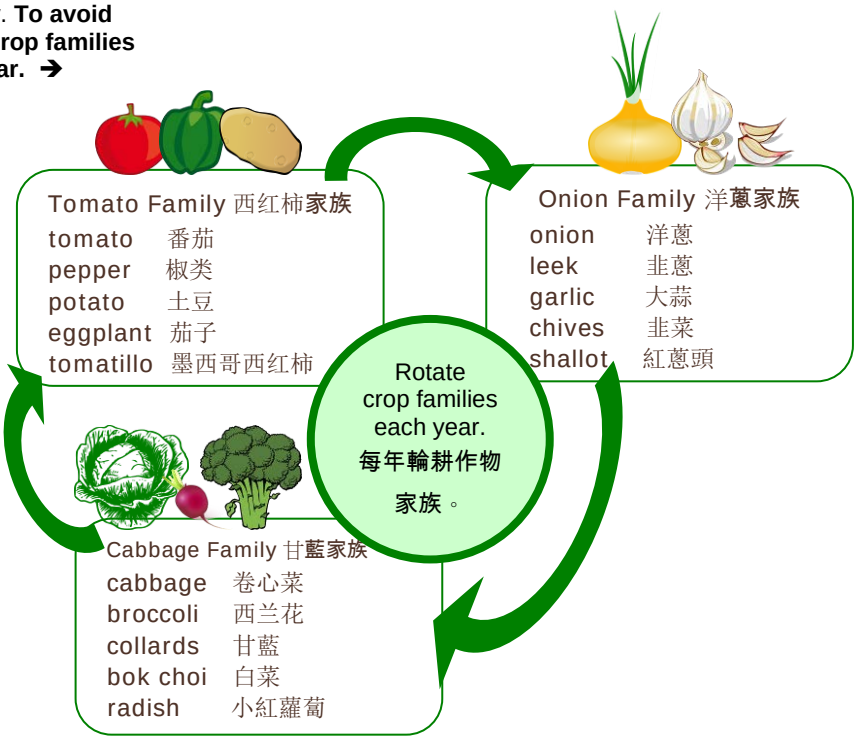
一些留在土壤中一年或更长时间的作物会生病。一些作物会迅速用掉土壤中的养分。**为了避免出现问题，每年将作物家族轮耕（移动）到不同的栽培床。** ➔

Example

1st Year:
- Bed A Tomato
- Bed B Onion
- Bed C Cabbage

2nd Year:
- Bed A Cabbage
- Bed B Tomato
- Bed C Onion

3rd Year:
- Bed A Onion
- Bed B Cabbage
- Bed C Tomato



例子

第一年：
- A 栽培床 西红柿
- B 栽培床 洋葱
- C 栽培床 卷心菜

第二年：
- A 栽培床 卷心菜
- B 栽培床 西红柿
- C 栽培床 洋葱

第三年：
- A 栽培床 洋葱
- B 栽培床 卷心菜
- C 栽培床 西红柿

Other vegetable families that benefit from changing locations each year:

cilantro carrot parsley
beet chard spinach
corn wheat teff
cucumber melon squash
lettuce radicchio endive
pea bean clover

These families can all be planted together with the tomato, cabbage, and onion families.

其他受益于改变位置的蔬菜家族：

香菜 胡萝卜 荷兰芹
甜菜 瑞士甜菜 菠菜
玉米 小麦 画眉草
黄瓜 甜瓜 意大利瓜
生菜 红菊苣 菊苣
豌豆 豆类 三叶草

这些家族都可以和西红柿、卷心菜、洋葱家族种在一起。

Water your garden

Check your garden daily in hot summer weather. Water before vegetables droop, or when the soil feels dry 2 inches (5 cm) down. In cooler, rainy spring and fall you'll only need to water young seedlings. Direct water to the plant roots. Use a watering wand, or in flat areas lay out a soaker hose between rows and cover it with mulch. Water enough to moisten the whole root zone – dig a few inches down to see if the soil is moist. Plants in containers dry out more quickly than in the garden. Always water in the evening or early morning, to avoid evaporation waste and prevent wet plant damage from the mid-day sun.

给您的蔬果园浇水

在天气炎热的夏季，每天查看您的蔬果园。在蔬菜下垂前或土壤 2 英寸（5 厘米）深度感觉干燥时浇水。在凉爽多雨的春季和秋季，您只需要为幼苗浇水。对准植物的根部浇水。使用喷壶棒，或在平坦区的行与行之间摆一根渗水管，并用护根覆盖物加以覆盖。浇足够的水，以滋润整个根部区 - 向下挖几英寸，查看土壤是否湿润。在容器中的植物比在蔬果园里的植物干得快。永远在傍晚或清晨浇水，以避免蒸发浪费，并预防潮湿的植物受到日正当中的阳光伤害。

Control weeds and pests

Spread mulch (leaves, grass clippings) **and pull weeds** before they go to seed.

Most bugs are good bugs that help control pests. Learn which bugs are problems, and how to control them.

Don't use chemical pesticides. They can poison your family and birds, pets, and fish. Call the Garden Hotline to identify pest or weed problems, and learn about non-toxic solutions.

控制杂草和病虫害

铺撒护根覆盖物（树叶、剪下的草等） **并在杂草结实成籽前将其拔除。**

大多数的虫都是益虫，可帮助控制虫害。了解哪些虫子是问题，以及如何控制它们。

请勿使用化学农药。
他们可能会毒害您的家人和鸟类、宠物和鱼。请致电蔬果园热线，学会识别害虫或杂草问题，并了解无毒的解决方案。

Garden All Year

Our climate is cool and wet in spring and fall, and usually above freezing in winter. So heat-loving plants like corn are hard to grow, but cool-loving plants are easy.

Extend your season with cold-hardy crops. Bok choi, kale, collards, broccoli, carrots, leeks, and garlic can be planted in late summer or early fall to grow for harvest all winter or in spring.

➔ See the Calendar on back page.

Grow under cover. Start spring plants in a greenhouse or "cold frame," or extend fall growth with a plastic cover.

一年四季的蔬果园

我们的气候是春秋凉爽潮湿，而且通常在冬季是在零度以上。因此，如玉米等喜热植物是很难生长的，但很喜寒植物却很容易生长。

以耐寒作物延长您的季节。白菜、羽衣甘蓝、甘蓝、绿菜花，胡萝卜、韭葱、大蒜可以在夏末或初秋栽种，以便在整个冬季或春季收成。

➔ 请参阅背页的日历。

在遮荫下种植。在温室或苗床罩子中开始种植春季植物，或用塑料罩延长秋天的成长期。

Plant berries and other plants that grow for many years Add these plants to your landscape wherever there's sun: blueberries and strawberries, artichokes, asparagus, even dwarf fruit trees or grapes. Ask the Garden Hotline about best varieties for our climate.

种植多年生的浆果和其他植物 将这些植物加入有日照处的景观：蓝莓和草莓、朝鲜蓟、芦笋，甚至矮种果树或葡萄。致电蔬果园热线询问我们气候的最佳品种。

Harvest and Share!

Harvest vegetables before they go to seed. See seed packets for “days to maturity” and photos of ready-to-harvest plants, or ask gardeners at your local community garden about when to harvest.

Share your harvest. If you have more than you can eat, share with neighbors or call the Garden Hotline or see the P-Patch and Lettuce Link websites on back to learn about where to donate food.

Saving seeds is easy with most green leafy plants. Just hang the mature seed stalk to dry. Fruiting plants like tomatoes and squash often cross-breed, so saved seed may not produce good fruit. Call the Garden Hotline to learn more about saving seed, or any garden question.

收成和分享！

在蔬菜结实成籽前收成蔬菜。查看种子包装上的“成熟天数”以及准备收成的植物照片，或询问您当地社区蔬果园的园丁何时可以收成。

分享您的收成。如果您有吃不完的蔬果，与邻居分享，或致电蔬果园热线或查看背面的社区园圃和生菜网站链接，了解何处可捐赠食物。

大多数绿叶植物的种子都很容易保存。只要将成熟的种子梗柄悬挂干燥即可。如西红柿和义大利瓜等结果植物通常是跨品种的，保存种子可能没法结出好的果子。请致电蔬果园热线，了解更多关于保存种子或任何蔬果园问题。

Prepare Gardens for Winter

Fall is time to clean up the garden, compost dead plants, and protect your garden from winter weeds and from rainfall washing soil away.

Cover crops are usually legumes like clover, planted in October to grow through the winter. They protect the soil, and provide nutrients when you dig them into the soil before planting in spring.

Winter mulches should cover any soil areas not planted with overwintering crops or cover crops. Collect fall leaves and spread them 2-3 inches deep to cover exposed soil. You can also chop dead plants and spread them on the soil.

为蔬果园过冬做准备

秋天是清理蔬果园、将死亡的植物制成堆肥，及保护您蔬果园不受冬季杂草侵害和降雨冲刷泥土。

覆盖作物是如三叶草一样的豆科植物，在十月栽种，整个冬季都一直成长。它们保护土壤，而且当您在春季播种前将它们埋入土壤时，它们能提供营养素。

冬季护根覆盖物应覆盖没有种植越冬作物或覆盖作物的土壤地区。收集秋天树叶并铺撒 2-3 英寸深，以覆盖裸露的土壤。您也可以砍下死去的植物，并将其覆盖在土壤上。

Composting returns nutrients back to the soil. Chop up old garden plants, along with grass clippings and fall leaves, to build your compost pile. Choose a shady spot, and moisten materials as you build your pile.

Or bury food scraps (to keep animals away) under garden beds all winter to improve the soil.

You can also learn how to compost kitchen scraps in a rodent-resistant worm bin. Weeds and diseased plants, along with dairy or meat scraps from the kitchen, should go into the City’s yard-and-food-waste collection for hot composting.

In spring, you can use your compost or buy compost to enrich your soil for another year of growing.

堆肥 将营养素回归到土壤中。砍下旧的蔬果园植物，连同剪下的草和落叶，制做您的堆肥堆。选择一个阴凉的地方，在您制做堆肥堆时润湿材料。

或整个冬天都在蔬果园栽培床埋入食物残渣（以便让动物远离），以改善土壤。

您还可以了解如何在防囓齿类动物的耐虫箱中制做厨余堆肥 。杂草和病株，以及厨房的乳品或肉品厨余，应放进本市的庭院废弃物和厨余垃圾箱，以便制做热堆肥。

在春天，您可以使用您的堆肥或购买堆肥，让您的土壤更肥沃，迎接新一年的成长。

Easy Crops for Beginner Gardeners 新手園丁入門作物

plant seed = **P** = 播種 transplant seedlings = **T** =移苗 harvest = **H** = 收成

	Jan 一月	Feb 二月	March 三月	April 四月	May 五月	June 六月	July 七月	August 八月	Sept 九月	Oct 十月	Nov 十一月	Dec 十二月
Cool hardy 耐寒				P Peas		H→			P 豌豆	H→		.
				T	P Lettuce, Spinach			H→	P 生菜, 菠菜			.
				P Potatoes			土豆			H		
			T Onions	P		H→		葱	P		H→	.
				P Bok Choi			白菜			H→		.
Heat Lovers 喜熱					P Beans	P		豆類		H→		.
					T Tomatoes			西红柿		H→		.
					P Squash, Cucumber			义大利瓜、黄瓜		H→		.
					P Cilantro			香菜		H→		.
					P Corn			玉米		H		
Over-Wintering 越冬	→			H	P	Beets		H	P	甜菜		→
	→	H		P	Kale, Collards, Chard		H→	.	P	羽衣甘蓝、甘蓝、瑞士甜菜	H	→
	→	H		P	Cabbage		H→	.	P	卷心菜	H	→
	→		Garlic			大蒜		H			P	→
	→		Leeks			韭蔥	H				P	→

Learn More about Gardening

了解更多蔬果种植信息

Questions? Call The Garden Hotline (Seattle Public Utilities) free brochures on soil, composting, watering, pest control, and more. Language interpretation available.	**206-633-0224** 电子邮件 *help@gardenhotline.org* www.gardenhotline.org	**有问题吗？请致电蔬果园热线**有关土壤、堆肥、浇水、病虫害防治等的免费小册子。可提供翻译。请先说明需要的口语、然后等待讲英语电话接待员连接适宜的翻译员。
P-Patch Program of Seattle's Department of Neighborhoods provides community garden spaces in many neighborhoods, at low or no cost. Translated classes. Everyone is welcome.	206-684-0264 电子邮件 *p-patch.don@seattle.gov* www.seattle.gov/neighborhoods/ppatch	Seattle Department of Neighborhoods(西雅圖市鄰里部門)裡的 P-Patch Program(P-Patch 社區園藝計劃部)在许多邻里以低成本或免费提供社区园圃空间。课程翻译。欢迎大家参加。
Seattle Parks classes, community gardens	www.seattle.gov/parks/pufs	**Seattle Parks(西雅图市公园)**提供课程、社区蔬果园。
City of Seattle's Food website	www.seattle.gov/food	西雅图市 - 食物
Find a garden space to share	www.urbangardenshare.org	分享蔬果园空间
Urban farming news and resources	www.urbanfarmhub.org	农场新闻与资源
WSU Extension Master Gardeners	http://gardening.wsu.edu	**WSU Extension** 大师园丁
Lettuce Link information on gardening, sharing harvests, and *Gardening for Good Nutrition*	www.solid-ground.org/programs/nutrition/lettuce	**Lettuce Link 提供**園藝、共享收成和 "*Gardening for Good Nutrition*"(《为良好食物营养从事园艺》 – 英文版)的信息。
Seattle Tilth provides classes, demonstration gardens, volunteer opportunities, and *The Maritime Northwest Garden Guide*	www.seattletilth.org	**Seattle Tilth 提供课程、示范蔬果园、义工机会和 "The Maritime Northwest Garden Guide" (《西北沿海区园艺指南》-英文版)。**

City of Seattle

Local Hazardous Waste Management Program in King County, WA

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