growing food IN THE CITY

Gardening in Western Washington

在西華盛頓州種植蔬果

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.

西雅圖的氣候涼爽潮濕，但夏季涼爽乾燥。因此，來自較熱氣候的喜熱作物如蕃茄、玉米和椒類比較難在這裡生長。但我們溫和的春季、秋季、冬季的氣候讓我們可以一年四季種植喜愛涼爽氣候的亞洲蔬菜、羽衣甘藍、甘藍、菠菜和洋蔥。

開闢您的蔬果園

從本指南了解如何：

選擇一個種植蔬果的地方

- 您需要至少 6 個小時的日照 - 沒有樹木或建築物遮蔭。 確保附近有供水。
- 考慮和鄰居一起共享蔬果園，或者加入社區園圃或其他社區蔬果園。

備妥您的土壤，以便種植

- 將堆肥埋入土壤，或者埋入植物和食物殘渣。
- 將土壤堆成高位栽培床。

選擇合適的種子栽種

- 種植您家人喜歡吃的蔬菜，選擇能在涼爽氣候生長良好的蔬菜。
- 按照種子包裝上說明的深度和間距栽種。
- 在土壤夠溫暖時栽種。 選擇種子包上註明「80 天」或「80 天以下」收成的種子。

➔ **見背面的日曆。**

等到 5 月 15 日再播種或移植喜熱植物。

- 蕃茄、椒類、茄子應在溫室中開始種植，然後在五月時移植到栽培床。

為蔬果園澆水和除雜草

- 幼苗需要每天澆水。如果不下雨，成熟植物每週澆水 2 至 3 次。

收成並為蔬果園準備過冬

- 詢問其他園丁何時收成，或者閱讀種子包裝的指示。
- 在冬天到來之前，以護根覆蓋物覆蓋栽培床，或栽種冬季覆蓋作物。

Questions? Garden Hotline (206) 633-0224 有問題嗎?請致電園藝熱線.

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 Community Gardening Program can help you find a community garden near where you live. They are great places to grow food, learn, and meet other gardeners.

為蔬果園選擇一個地方

那裡有太陽嗎？

大多數蔬菜每天至少需要 6 個小時的陽光直射，才能生長良好。注意看陽光照射在您院子的哪個地方，選擇陽光最充足的地點種植蔬果。樹木或建築物可能會遮住陽光，尤其是在春秋之際。朝南的牆壁在春天會很快暖和起來，適合夏天的蕃茄和椒類等喜熱植物。

可以在哪裡種植呢？

將陽光普照的草坪變成蔬果園

經由移除草皮及製做堆肥。 或者在 11 月以 12 英寸（30 厘米）高的秋天濕葉覆蓋草坪，破壞草坪。用硬紙板或黑色的塑膠布覆蓋葉子。等到五月再挖掘本區，並開始種植。

築起高位栽培床。將土壤混入堆肥。將土壤堆高成為凸起的栽培床，以幫助土壤在春天保持溫暖。在栽培床與栽培床之間規劃路徑，讓您不至於走在堆肥補強的鬆軟土壤上。您可以在高位栽培床兩旁加上由混凝土塊、碎混凝土、木材或塑膠板製成的側邊。不要使用經過化學處理的木材。

嘗試在容器中種植蔬果。您可以使用大花盆或半個桶種植蕃茄、椒類、蔬菜甚至漿果。

垂直生長在一面陽光充足的牆上或在窗上。爬藤植物如豆類、蕃茄和黃瓜可以生長，只要您提供肥沃的土壤和支撐桿。

與鄰居共享，或加入社區蔬果園！Seattle's P-Patch Community Gardening Program(西雅圖的 P-Patch 社區園藝計劃部)可以幫您在您居住地附近找到一個社區蔬果園。這些是種植食物、學習並與其他園丁會面的好地方。

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.

測試您土壤的鉛或其他污染

靠近油漆脫落的老房子的土壤或鄰近街道或工業區的土壤可能有鉛、砷或其他污染。

請致電蔬果園熱線，查詢在何處可以測試土壤，或索取一份 WSU 的 "*Gardening on Contaminated Soils*"

《在污染的土壤上從事園藝》(只有英文版)。如果您懷疑您的土壤受到污染，堆起一個高位栽培床，並加入 8 英寸（20 厘米）的帶堆肥新生土壤。

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.

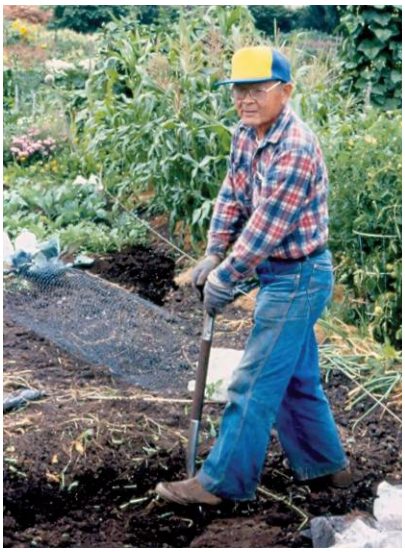
Soil for container growing

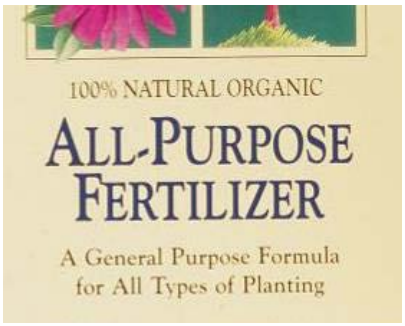
Mix one part compost with two parts sandy soil. Drainage in containers can be improved by adding a larger material like pea gravel or medium bark. You can also buy pre-mixed “potting soil.” If you have old potting soil in containers, you can add about 1/4 compost to freshen it for a new growing season.

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





準備土壤，以利種植

堆肥是分解的植物（葉、草、枯死的植物）和廚餘。堆肥有助於土壤保持養分健康，而澆水則可以培育出健康的植物。您可以用剪下的草、樹葉、草皮、雜草、植物和廚餘自製堆肥，或者您可以購買堆肥。您也可以將廚餘埋在蔬果園裡，或砍下植物枝葉，棄置園中。

護根覆蓋物是鋪在土壤表面的任何材料，用來保持水分、控制雜草，並在它分解時慢慢為土壤施肥。好的護根覆蓋物包括秋天的樹葉、剪下的植物和草、草稈、咖啡殼或堆肥。

將堆肥混入您蔬果園的土壤中。

用鏟子或蔬果園叉**將土挖鬆**，向下挖 8 至 12 英寸深（20-30 厘米）。將堆肥鋪平成 2 或 3 英寸的高度（5-8 厘米）。然後將堆肥混入土壤。

或將廚餘和植物性廢棄物向下埋至少 6 英寸（15 厘米）深，以製成堆肥。

容器種植所需的土壤

將一份堆肥混入兩份沙質土壤。加入如小卵石豆或中號樹皮等較大的材料，可以改善容器的排水。您也可以買預先混合的盆栽土壤。 如果您容器中有舊的盆栽土壤，您可以加入約 1/4 的堆肥，以為新的生長季節帶來新活力。

購買肥料？選用「有機」 。

完整的「有機」肥料（來自天然來源），不僅讓蔬菜從堆肥獲得所需的大部分營養素，同時還可加速蔬菜的成長。到您的園藝店去找「有機蔬菜肥」或魚肥。

測試土壤以發掘其他營養素的需求。 華盛頓的土壤每隔幾年可能就需要石灰，因為它增加鈣質，並降低酸度。將大約 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。致電蔬果園熱線，詢問您可以把您的土壤樣本送往何處測試，以得知石灰和其他營養素需要。

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.

在合適的時間栽種合適的種子

選擇在我們涼爽的氣候中生長良好的植物。

種植您家人喜歡吃的蔬果，但選擇在我們涼爽、潮濕的春季氣候和涼爽、乾燥的夏季生長良好的各式蔬果。

何時種植

種子需要夠溫暖的土壤才能萌芽 - 通常至少在華氏 50-60°度之間 (攝氏 10-16°度)。您可以等到五月土壤變暖，或用塑膠布覆蓋，讓土壤更快變暖。

閱讀種子包裝說明，確定播種日期，選擇「 80 天」或更短的收成時間。豌豆和馬鈴薯可以在三月種植，但綠葉蔬菜應等到四月，喜熱作物如玉米要等到五月下旬。

或者在五月下旬購買喜熱、長季節植物如蕃茄、椒類、茄子的幼苗移植到蔬果園。您還可以在三月時自己在室內陽光充足的窗口將種子種植在容器中培養成幼苗。

➔ **請參閱背頁的日曆。**

播種

閱讀種子包裝說明，了解栽種深度和時間。如生菜、胡蘿蔔、甘藍等微小的種子可以撒在準備好的土壤表面，然後再覆蓋一層薄薄的堆肥或土壤。不要將這些微小的種子種植得太深了！可以用手指將較大的種子如豌豆、玉米、義大利瓜等，以包裝說明指示的深度和間距，一個一個推進入準備好的土壤中。然後慢慢澆水，深深滋潤土壤。

在五月下旬從溫室將喜熱植物移植到蔬果園。

挖一個和幼苗根一樣大的洞。加上堆肥或灑一把肥料。讓根部散開來，輕輕將根部周圍的土壤壓緊。充分澆水。栽種深度和溫室容器中的深度相同。

定期為幼苗澆水。覆蓋保護植物幼苗，不要太熱或太冷，直到它們夠強壯為止。

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.** ➔

讓植物保持適當間距 - 給他們成長的空間。

按照種子包裝上指示的間距。當種子發芽且有幾片葉子後，將幼苗分散開（移開），使其保持間距。您也可以從擁擠的地方將幼苗移植到不太滿的地區。這將確保植物有足夠的成長空間，並給您帶來更大的豐收。拔出來的小植物可以作為沙拉食用。

輪栽種植

每只要天氣暖和，隔幾個星期就栽種更多的種子，讓您的收成可以一直持續到秋季。但是，不要在炎熱的七月天栽種喜寒作物如豌豆和菠菜。在八月至九月上旬栽種喜寒作物。

輪耕作物

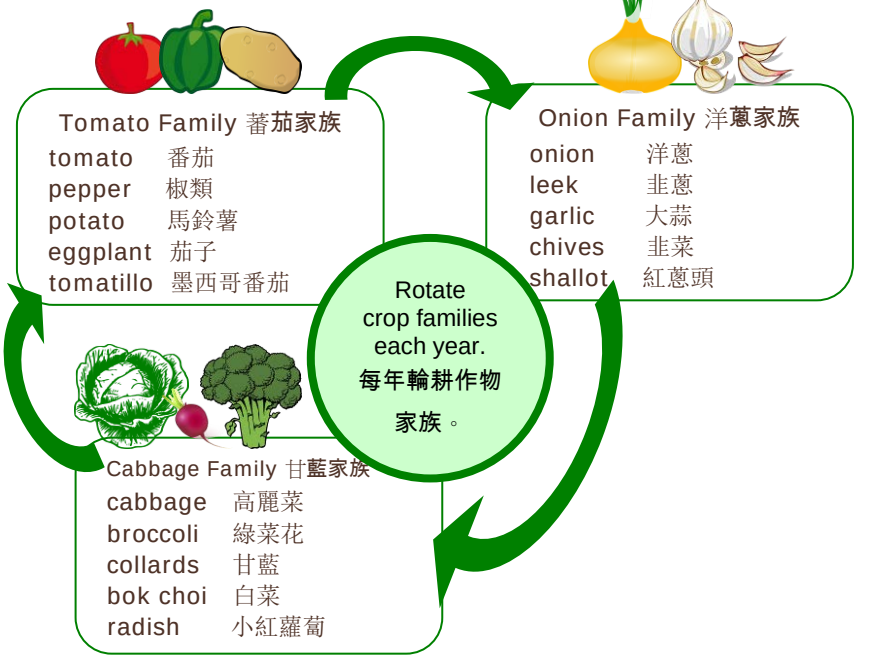
一些留在土壤中一年或更長時間的作物會生病。一些作物會迅速用掉土壤中的養分。**為了避免出現問題，每年將作物家族輪耕（移動）到不同的栽培床。** ➔

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 蕃茄
- B 栽培床 洋蔥
- C 栽培床 高麗菜

第二年：
- A 栽培床 高麗菜
- B 栽培床 蕃茄
- C 栽培床 洋蔥

第三年：
- A 栽培床 洋蔥
- B 栽培床 高麗菜
- C 栽培床 蕃茄

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.

其他受益於改變位置的蔬菜家族：

香菜 胡蘿蔔 荷蘭芹
甜菜 瑞士甜菜 菠菜
玉米 小麥 畫眉草
黃瓜 甜瓜 義大利瓜
生菜 紅菊苣 菊苣
豌豆 豆類 三葉草

這些家族都可以和蕃茄、高麗菜、洋蔥家族種在一起。

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.

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.

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.

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.

給您的蔬果園澆水

在天氣炎熱的夏季，每天查看您的蔬果園。在蔬菜下垂前或土壤 2 英寸（5 厘米）深度感覺乾燥時澆水。在涼爽多雨的春季和秋季，您只需要為幼苗澆水。對準植物的根部澆水。使用噴壺棒，或在平坦區的行與行之間擺一根滲水管，並用護根覆蓋物加以覆蓋。澆足夠的水，以滋潤整個根部區 - 向下挖幾英寸，查看土壤是否濕潤。在容器中的植物比在蔬果園裡的植物乾得快。永遠在傍晚或清晨澆水，以避免蒸發浪費，並預防潮濕的植物受到日正當中的陽光傷害。

控制雜草和病蟲害

鋪撒護根覆蓋物（樹葉、剪下的草等）**並在雜草結實成籽前將其拔除。**

大多數的蟲都是益蟲，可幫助控制蟲害。了解哪些蟲子是問題，以及如何控制它們。

請勿使用化學農藥。
他們可能會毒害您的家人和鳥類、寵物和魚。請致電蔬果園熱線，學會識別害蟲或雜草問題，並了解無毒的解決方案。

一年四季的蔬果園

我們的氣候是春秋涼爽潮濕，而且通常在冬季是在零度以上。因此，如玉米等喜熱植物是很難生長的，但很喜寒植物卻很容易生長。

以耐寒作物延長您的季節。白菜、羽衣甘藍、甘藍、綠菜花，胡蘿蔔、韭蔥、大蒜可以在夏末或初秋栽種，以便在整個冬季或春季收成。

➔ 請參閱背頁的日曆。

在遮蔭下種植。在溫室或苗床罩子中開始種植春季植物，或用塑膠罩延長秋天的成長期。

種植多年生的漿果和其他植物 將這些植物加入有日照處的景觀：藍莓和草莓、朝鮮薊、蘆筍，甚至矮種果樹或葡萄。致電蔬果園熱線詢問我們氣候的最佳品種。

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！

在蔬菜結實成籽前收成蔬菜。查看種子包裝上的「成熟天數」以及準備收成的植物照片，或詢問您當地社區蔬果園的園丁何時可以收成。

分享您的收成。如果您有吃不完的蔬果，與鄰居分享，或致電蔬果園熱線或查看背面的社區園圃和生菜網站鏈接，了解何處可捐贈食物。

大多數綠葉植物的種子都很容易保存。只要將成熟的種子梗柄懸掛乾燥即可。如蕃茄和義大利瓜等結果植物通常是跨品種的，保存種子可能沒法結出好的果子。請致電蔬果園熱線，了解更多關於保存種子或任何蔬果園問題。

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.

為蔬果園過冬做準備

秋天是清理蔬果園、將死亡的植物製成堆肥，及保護您蔬果園不受冬季雜草侵害和降雨沖刷泥土的季節。

覆蓋作物是如三葉草一樣的豆科植物，在十月栽種，整個冬季都一直成長。它們保護土壤，而且當您在春季播種前將它們埋入土壤時，它們能提供營養素。

冬季護根覆蓋物應覆蓋沒有種植越冬作物或覆蓋作物的土壤地區。收集秋天樹葉並鋪撒 2-3 英寸深，以覆蓋裸露的土壤。您也可以砍下死去的植物，並將其覆蓋在土壤上。

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 將營養素回歸到土壤中。砍下舊的蔬果園植物，連同剪下的草和落葉，製做您的堆肥堆。選擇一個陰涼的地方，在您製做堆肥堆時潤濕材料。

或整個冬天都在蔬果園栽培床埋入食物殘渣（以便讓動物遠離），以改善土壤。

您還可以了解如何在防囓齒類動物的耐蟲箱中製做廚餘堆肥。雜草和病株，以及廚房的乳品或肉品廚餘，應放進本市的庭院廢棄物和廚餘垃圾箱，以便製做熱堆肥。

在春天，您可以使用您的堆肥或購買堆肥，讓您的土壤更肥沃，迎接新一年的成長。

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			馬鈴薯				H	
				T Onions P		H→		蔥	P		H→	.
				P Bok Choi			白菜			H→		.
Heat Lovers 喜熱					P Beans P		豆類		H→		.	
					T Tomatoes		蕃茄		H→		.	
					P Squash, Cucumber		義大利瓜、黃瓜		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 羽衣甘藍、甘藍、瑞士甜菜		H	→
	→	H		P Cabbage		H→	.		P 高麗菜		H	→
	→		Garlic		大蒜		H			P		→
	→		Leeks		韭蔥	H				P		→

Learn More about Gardening 了解更多蔬果種植相關資訊

Questions? Call The Garden Hotline (Seattle Public Utilities) free brochures on soil, composting, watering, pest control, and more. Language interpretation available.	**206-633-0224** 電子郵件 *help@gardenhotline.org* www.gardenhotline.org	**有問題嗎？請致電蔬果園熱線**有關土壤、堆肥、澆水、病蟲害防治等的免費小冊子。可提供翻譯。請先說明需要的口語、然後等待講英語電話接待員連接適宜的翻譯員。
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 電子郵件 *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)在許多鄰里以低成本或免費提供社區園圃空間。課程翻譯。歡迎大家參加。
Seattle Parks classes, community gardens	www.seattle.gov/parks/pufs	**Seattle Parks(**西雅圖市公園**)** 提供課程、社區蔬果園。
City of Seattle's Food website	www.seattle.gov/food	西雅圖市 - 食物
Find a garden space to share	www.urbangardenshare.org	分享蔬果園空間
Urban farming news and resources	www.urbanfarmhub.org	農場新聞與資源
WSU Extension Master Gardeners	http://gardening.wsu.edu	**WSU Extension** 大師園丁
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*"(《為良好食物營養從事園藝》 - 英文版)的資訊。
Seattle Tilth provides classes, demonstration gardens, volunteer opportunities, and *The Maritime Northwest Garden Guide*	www.seattletilth.org	**Seattle Tilth 提供**課程、示範蔬果園、義工機會和"*The Maritime Northwest Garden Guide*" (《西北沿海區園藝指南》-英文版)。

City of Seattle

Local Hazardous Waste Management Program in King County, WA

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