growing food IN THE CITY

Gardening in Western Washington

တၢ်သူဉ်တၢ်ဖျးတၢ် ဖဝဉ်ရှဉ်တၢဉ်မ့ၢ်နၢ်ဉ် (Western Washington)

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.

Seattle တၢ်ဆၢကတိၢ်နၢ်ခုဉ်ဒီးစုဉ်စိဉ်, ဒီးမ့ၢ်တၢ်ခုဉ်ယ့ထိတၢ်ကိၢ်ဓါအ**ဆၢကတိၢ်နၢ်လီၤ.** အယိ တၢ်မ့ၢ်တၢ်ဘိလၢအဆဲဉ်တၢ်ကိၢ် လၢအဟဲလၢတၢ်ဆၢကတိၢ်လၢအကိၢ်နၢ်ဒီးအအံၤတဖဉ်, ဒ်အမ့ၢ် တကီၤဆံဉ်သဉ်, ဘုခ့သဉ်ဒီးမိၢ်ဂ်သဉ်တဖဉ်နၢ်ကိၢ်ခဲဝဲလၢတၢ်ကသူဉ်အီၤဖဲအံၤနၢ်ဉ်လီၤ. ဘဉ်ဆဉ်တၢ်ကိၢ် ဘဉ်ဒးအကတိၢ်, သ့ဉ်လဉ်လီၤဆူအဆၢကတိၢ်, တၢ်ဂိၢ်ဓါအဆၢကတိၢ်တဖဉ် အပူၤ ပသူဉ်အ့ရၢ်ဉ်တၢ်ဒီးတၢ်လဉ်လါလၢ အဆဲဉ်တၢ်ခုဉ်တဖဉ်, သဘဉ်လါဟ့ (kale), သဘဉ်လါတက်ခိဉ်, မ့ၢတလိဒီး, ဒီးပသၢသဉ်တဖဉ်ဒီတနံ်ဉ် သ့ဝဲဒဉ်နၢ်ဉ်လီၤ.

စးထိဉ်သူဉ်တၢ်လၢနကရၢ်

မၤလိနၢ်တၢ်လၢတၢ်နဲဉ်ကျဲအံၤအပူၤလၢနက –

ယုထၢတၢ်လီၢ်လၢနကသူဉ်လီၤဖျးလီၤ

- နလိဉ်ဘဉ်မ့ၢ်အတၢ်ကပီၤအစ့ၤကတၢ်၊ ၆ နဉ်ရံဉ် – လၢတအိဉ်ဒီးသ့ဉ်ထူဉ် မ့တမ့ၢ် တၢ်သူဉ်ထိဉ်လီၤကနုတဖဉ်နၢ်ဉ်လီၤ. မၤလီၤတၢ်လၢတၢ်ဟ့ဉ်ထံအပီးအလီတဖဉ်အိဉ်ဘူးဘူးဒီးနသူဉ်တၢ်အလိၢ်နၢ်ဉ်တက့ၢ်.
- ဆိကမိဉ်လၢနကမၤသကိးတၢ်သူဉ်တၢ်ဖျးကရၢ်ဒီးပှၤလၢနဟဉ်ခိဉ်ယီ ယၤၤတဖဉ်, မ့တမ့ၢ် မၤသကိးဒီး P-Patch မ့တမ့ၢ် ပှၤတဝၢတၢ် သူဉ်တၢ်ဖျးကရၢ်အဂၤနၢ်ဉ်တက့ၢ်.

ကတဲာ်ကတီၤနဟိဉ်ခိဉ်လၢနကသူဉ်လီၤဖျးလီၤတၢ်အဂီၢ်

- ရူဉ်ထၢနၢ်ဉ်လီၤတၢ်အုဉ်တၢ်ကျဉ်လၢနဟိဉ်ခိဉ်အပူၤ, မ့တမ့ၢ် ယိတၢ်မ့ၢ် တၢ်ဘိဒီးတၢ်အိဉ်အလ့ဉ်အန့တဖဉ်.
- ဟ်ပူထိဉ်ဟိဉ်ခိဉ်ဆူတၢ်သူဉ်တၢ်ဖျးစိၤခိဉ်အကျိၤတဖဉ်အပူၤ.

ယုထၢတၢ်အချံအသဉ်အကြၢးအဘဉ်လၢနကသူဉ်လီၤဖျးလီၤအဂီၢ်

- သူဉ်လီၤတၢ်လၢနဟဉ်ဖိယိဖိအဲဉ်ဒီးအိဉ်, ဘဉ်ဆဉ် ယုထၢတၢ်ဒီးတၢ်လဉ်လၢကမဲထိဉ်ဂ့ၤဂ့ၤလၢပတၢ်ခုဉ်အဆၢကတိၢ်အဂီၢ်တက့ၢ်.
- သူဉ်လီၤတၢ်အချံအသဉ်တဖဉ်ဒ်တၢ်ဟ့ဉ်ဟ်တၢ်နဲဉ်ကျဲလၢတၢ်ချံအဘိဉ်အဖိခိဉ်အသိး လၢနကဘဉ်သူဉ်လီၤအယိဉ်အလဲ်အဘၢဉ်စၢၤထဲလဲဉ်နၢ်ဉ်တက့ၢ်.
- သူဉ်လီၤအံၤဖဲဟိဉ်ခိဉ်လၢၤလၢၤအဆၢကတိၢ်, ယုထၢတၢ်ချံလၢအတဲာ်ဝဲဒဉ်လၢနကူးက့ၤအိၤသ့လၢ "၈၀ သိ" မ့တမ့ၢ် စ့ၤန့ၢ်အနၢ်ဉ်လၢတၢ်ချံအဘိဉ်လီၤအသိးနၢ်ဉ်တက့ၢ်.

➔ **ကွၢ်လံာ်နံ့ဉ်လံာ်လါလၢလံာ်က့အံၤအလီၢ် ခံတကပၤနၢ်ဉ်တက့ၢ်.**

ခ်ိးတုၤလၢ လါမ့ၤ ၁၅ သီ မ့တမ့ၢ် ထဲးသူဉ် တၢ်မ့ၢ်တၢ်ဘိလၢအဆဲဉ်တၢ်ကိၢ်တဖဉ်နၢ်ဉ်တက့ၢ်.

- တကီၤဆံဉ်သဉ်, မိၢ်ဂ်ဖိသဉ်ဒီးတကီၤသဉ်တဖဉ် တၢ်ကြၢးစးထိဉ်သူဉ်လီၤအိၤလၢဟ်ဉ်ခဲာ်ထံကလၢအပူၤ, ဝံၤဒီးထဲးသူဉ်လီၤက့ၤအိၤလၢစိၤခိဉ်အလိၤဖဲလါမ့ၤအပူၤနၢ်ဉ်တက့ၢ်.

လူထံဒီးမၤပျိုနတၢ်သူဉ်တၢ်ဖျးအလိၢ်နၢ်ဉ်တက့ၢ်.

- တၢ်ချံလၢတၢ်သူဉ်လီၤအိၤတဖဉ်လိဉ်ဘဉ်ထံတနံၤတဘျိကိးနံၤဒဲးနၢ်ဉ်လီၤ. တၢ်မ့ၢ်တစူၤဘဉ်နၢ်ဉ်, လူနၢ်တၢ်မ့ၢ်တၢ်ဘိအဒိဉ်ထိဉ်တဖဉ်ဒီးထံတန်ဉ် ၂ –၃ ဘျိနၢ်ဉ်တက့ၢ်.

ကူးထၢဖိုဉ်က့ၤတၢ်, ဒီးကတဲာ်ကတီၤတၢ်သူဉ်တၢ်ဖျးအလိၢ်လၢတၢ်ဂိၢ်ဓါအဂီၢ်နၢ်ဉ်တက့ၢ်.

- သံကွၢ်ပှၤသူဉ်တၢ်ဖိအဂၤလၢ နကဘဉ်ကူးက့ၤအခါဖဲလဲဉ်, မ့တမ့ၢ်ဖးကွၢ်တၢ်ခံအဘိဉ်နၢ်ဉ်တက့ၢ်.
- ကျၢ်ဘၢတၢ်သူဉ်တၢ်ဖျးစိၤခိဉ်ဒီးတၢ်ဒီးတၢ်လဉ်အအုဉ်အကျဉ်, မ့တမ့ၢ် တၢ်မ့ၢ်တၢ်ဘိလၢအတူၢ်တၢ်ဂိၢ်နၢ်ဉ်တဖဉ်နၢ်ဉ်တက့ၢ်.

Questions? Garden Hotline (206) 633-0224 တၢ်သံကွၢ်အိဉ်ဓါ. တၢ်သူဉ်တၢ်ဖျးကရၢ်လီတဲာ်စိကျိၤ (Garden Hotline)

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 rd, 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.

ယုထ၊တၢ်လီၢ်လၢနကသူၣ်လီၤဖျးလီၤတၢ်အဂီၢ်

မ့ၢ်အိၣ်ဖဲလဲၣ်.

တနံၤန့ၣ် တၢ်ဒီးတၢ်လၣ်အါတက့ၢ်လိၣ်ဘၣ်ဝဒၣ် မ့ၢ်တၢ်ကပီၤလိၤလိၤအစ့ၤကတၢ်ယုနၣ်ရံၣ်လၢကဒိၣ်ထိၣ်ဂ့ၤဂ့ၤအဂီၢ်နၣ်လိၤ. လၢနကရၢ်အဖိခိၣ် ကွၢ်မ့ၢ်အတၢ်ကပီၤဟဲလိၤဖဲလဲၣ် ဒီးသူၣ်လိၤဖျးလိၤတၢ်ဖဲမ့ၢ်ဆဲးလိၤအလီၢ်နၣ်တက့ၢ်. သ့ၣ်ထူၣ်ဒီးတၢ်သူၣ်ထိၣ်တဖၣ်နၣ်မၤသဒီမ့ၢ်သ့, လိၤဆိဒၣ်တၢ်ဖဲတၢ်ကိၢ်ထိၣ်သိကတိၢ် မ့တမ့ၢ် သ့ၣ်လၣ်လိၤဆူအကတိၢ်အပူၤနၣ်လိၤ. ကလဲၤထံးတၢ်ဒူၣ်ပၤနၣ် ကလၢၤထိၣ်ဝဲချ, သဒံးဖဲတၢ်ကိၢ်ထိၣ်သိအကတိၢ်, ဒီးဂ့ၤဝဲလၢတၢ်မ့ၢ်တၢ်ဘိလၢအဲၣ်တၢ်ကိၢ်ဒ်အမ့ၢ်တကိၤဆံၣ်သၣ်ဒီးမိၢ်ဂ်ဖိဖဲတၢ်ကိၢ်ခါအဆၢကတိၢ်အပူၤနၣ်လိၤ.

နသူၣ်လီၤသ့လၢတၢ်ဖဲလဲၣ်.

မၤကဲထိၣ်တပ်ၢ်ပျီလီၢ်ကဝိၤတဖၣ်ဆူတၢ်သူၣ်တၢ်ဖျးအလီၢ်ခိဖျိတၢ်ဆိတလဲကွံၣ်ဒီးမၤဂ့ၤထိၣ်ကၢ့ၤဟိၣ်ခိၣ်လၢအိၣ်ဒီးတပ်ၢ်နၣ်တက့ၢ်. မ့တမ့ၢ် မၤသံတပ်ၢ်ခိဖျိမၤဘၢအိၤဒီးသ့ၣ်လၣ်လိၤဆူအဘၣ်စိၣ် လၢအတိၣ်အိၣ် ၁၂ စုမ့ၢ်ဒိၣ် (၃၀ စဲထံမံထၢၣ်) ဖဲလါနိၣ်ဝ့ဘၢၣ်အပူၤနၣ်တက့ၢ်. ကျၢ်ဘၢၤသ့ၣ်လၣ်တဖၣ်ဒီးတၢ်ဘ့ၣ်ဘၣ်အက့ မ့တမ့ၢ် ဖျးစတံးသူသူတဖၣ်နၣ်တက့ၢ်. ခိုးအိၤတုၤလၢလါမ့ၤလၢနကဖျးကဖိတၢ်လီၢ်ကဝိၤတဖၣ်ဒီးစးထိၣ်သူၣ်လိၤတၢ်နၣ်တက့ၢ်.

ဘ့ီထိၣ်တၢ်သူၣ်တၢ်ဖျးအကျိၤတဖၣ်တက့ၢ်. ယါယှၣ်ဟိၣ်ခိၣ်ဒီးတၢ်အုၣ်တၢ်ကျၣ်တဖၣ်နၣ်တက့ၢ်. ဟ်ပူထိၣ်ဟိၣ်ခိၣ်ညၣ်ထ့ၣ်တဖၣ်ဆူတၢ်သူၣ်တၢ်ဖျးစိၤခိၣ်အကျိၤအပူၤ လၢကမၤစၢၤဟိၣ်ခိၣ်ညၣ်တဖၣ်ကအိၣ်ကလၢၤကလၢၤဖဲတၢ်ကိၢ်ထိၣ်သိအခါနၣ်တက့ၢ်. မၤကျဲလၢစိၤခိၣ်အကျိၤတဖၣ်အဘၢၣ်စၢၤဒ်သိးနသ့တဟးထိၣ်ဟးလိၤဒီးယိၢ်ဘၣ်ဟိၣ်ခိၣ်ညၣ်ထ့ၣ်လၢနကျဲၣ်ကျိယါယှၣ်ဟ်အိၤတဖၣ်အလိၤနၣ်တဂ့ၤအဂိၢ်နၣ်တက့ၢ်. နထိထိၣ်တၢ်သူၣ်ထိၣ်စိၤခိၣ်အကျိၤအကပၤသ့ခိပၤပၤဒီးအူးခဲဘျိုး(ခ). ဘျိုး(ခ)အက့အခိတဖၣ်, သ့ၣ်ကျိၣ်တဖၣ် မ့တမ့ၢ်ဖျးစတ့ုးက့ခိတဖၣ်သ့နၣ်လိၤ. တဘၣ်စူးကါသ့ၣ်လၢတၢ်မၤအိၤဒီးဂ်တၢ်ဖိတၢ်လံၤတဖၣ်နၣ်တဂ့ၤ.

သူၣ်ကွၢ်လၢတၢ်ဒၢတဖၣ်အပူၤတက့ၢ်. နစူးကါသပၢၤဖးဒိၣ် မ့တမ့ၢ် တၢ်ဒၢဖးဒိၣ် လၢအအိၣ်တတ်တဖၣ် လၢနကသူၣ် တကိၤဆံၣ်သၣ်, ခိၢ်ဂ်ဖိသၣ်, တၢ်ဒီးတၢ်လၣ်အလါတဖၣ်, ဒီးဘဲရံၣ်သၣ်တဖၣ်ဒၣ်လဲၣ်သ့နၣ်လိၤ.

သူၣ်လီၤထိထၢၣ်အိၤလၢမ့ၢ်ဆဲးလိၤတၢ်ဒူၣ်ပၤအလိၤ မ့တမ့ၢ် လၢဝဲတြိဖိအပူၤနၣ်တက့ၢ်. နမ့ၢ်ဟ့ၣ်ဟိၣ်ခိၣ်ညၣ်ထ့ၣ်လၢအဂ့ၤဒီးတၢ်အထူၣ်တဖၣ်လၢကမၤစၢၤအိၤနၣ် တၢ်မ့ၢ်တၢ်ဘိလၢအစ့ါထိၣ်ဆူတၢ်ဖိခိၣ်တဖၣ် ဒ်အမ့ၢ်, ပထီးသၣ်,တကိၤဆံၣ်သၣ် ဒီးဒံသၣ်တဖၣ် လၢကဒိၣ်ထိၣ်ဝဲဒၣ်နၣ်လိၤ.

ဟ့ၣ်ခီဟ့ၣ်နီၤလီၤဒီးနဟ်ၣ်ခိၣ်ဃီဃၢၤ, မ့တမ့ၢ် မၤသကိးပှၤတဝၢအတၢ်သူၣ်တၢ်ဖျးလီၢ်တဖၣ်နၣ်တက့ၢ်.! Seattle's P-Patch တၢ်တိ$ကျဲၤမၤစၢၤနၤလၢနကယုကွၢ် ပှၤတဝၢတၢ်သူၣ်တၢ်ဖျးအလီၢ်လၢအဘူးဒီးတၢ်လီၢ်လၢနအိၣ်ဆိးတဖၣ်သ့ဝဲနၣ်လိၤ. တၢ်သ့ၣ်တဖၣ်နၣ်မ့ၢ်ဝဲတၢ်လီၢ်လၢအဂ့ၤဒိၣ်မးလၢ နကသူၣ် တၢ်အိၣ်, မၤလီ, ဒီးထံၣ်လိ$သးဒီးပှၤသူၣ်တၢ်ဖိအဂၤတဖၣ်နၣ်လိၤ.

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.

သမံသမိးကွၢ်နဟိၣ်ခိၣ်ညၣ်ထ့ၣ်လၢဟ့ၣ်တဖၣ် မ့တမ့ၢ် တၢ်ဘၣ်အၢဘၣ်သီနၣ်တက့ၢ်.
ဟိၣ်ခိၣ်လၢအဘူးဒီးဟ်ၣ်လိၢ်လံၤဖိယးတဖၣ်လၢအိၣ်ဒီးတၢ်ခဲၣ်အလ့ၢ်လၢအလီၤတအိးတဖၣ်, မ့တမ့ၢ် ဘူးဒီးကျဲ မ့တမ့ၢ် ပနံၣ်စဲးဖိကဟ့ၣ်အလိၢ်ကဝိၤတဖၣ် ကအိၣ်ဒီးစၢၢ်ဟ့ၣ်တဖၣ်, ယုၢ်ကသံၣ်ဘုၣ်တဖၣ်, မ့တမ့ၢ် တၢ်ဘၣ်အၢဘၣ်သီအဂၤတဖၣ်နၣ်လိၤ.

ကိ: Garden Hotline လၢနကယုကွၢ်တၢ်လၢမ့ၢ်နကမၤနၣ်, နတၢ်သမံသမိးဟိၣ်ခိၣ်အပီးအလိတဖၣ်, မ့တမ့ၢ် လၢနကမၤနၣ် WSU အ *Gardening on Contaminated Soils* အဂီၢ်နၣ်တက့ၢ်. နမ့ၢ်သးဒ့ဒီလၢနဟိၣ်ခိၣ်ဘၣ်ကျဲကျိဘၣ်အၢဘၣ်သီအယိနၣ်, ဘ့ီထိၣ်တၢ်သူၣ်တၢ်ဖျးအစိၤခိၣ်ဒီးထၢနၣ်လိၤ ဟိၣ်ခိၣ်အသီလၢအိၣ်ဒီးတၢ်အုၣ်တၢ်ကျၣ် ၈ စုမ့ၢ်ဒိၣ် (၂၀ စဲထံမံထၢၣ်) နၣ်တက့ၢ်.

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.

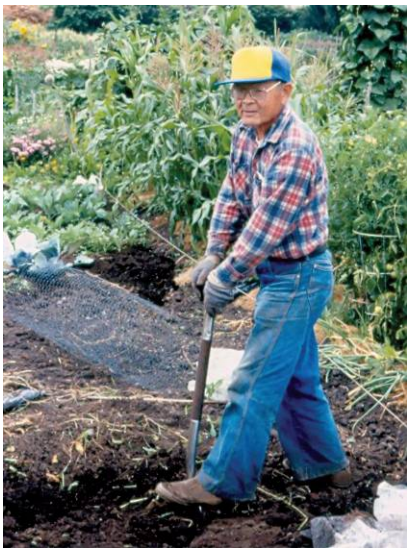
Soil for container growing

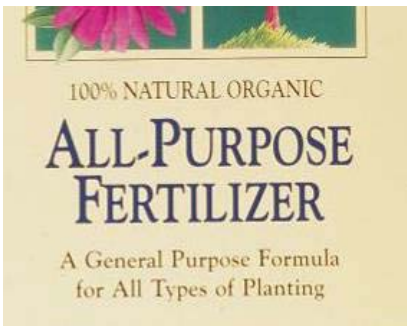
Mix one part compost with two parts sandy soil. Drainage in containers can be improved by adding a larger material like pea gravel or medium bark. You can also buy pre-mixed "potting soil." If you have old potting soil in containers, you can add about 1/4 compost to freshen it for a new growing season.

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 soil sample for a test that will tell you about lime and other nutrient needs.





တၢ်ကတဲာ်ကတီၤဟီၢ်ခိၢ်လၢတၢ်သူၢ်တၢ်ဖျးအဂီၢ်

တၢ်မၤဟီၢ်စိ နၢ်မ့ၢ်ဝဲ တၢ်မၤအုၢ်လီၤတၢ်မ့ၢ်တၢ်ဖိ (သ့ၢ်လၢ်ဝၢ်လၢ်, တပၢ်တမါ, တၢ်မ့ၢ်တၢ်ဘိလၢအသံတဖၣ်) ဒီးတၢ်အိၢ်တၢ်အီလၢတၢ်စူးကွံၢ်အီၤတဖၣ်နၢ်လီၤ. ဟီၢ်စိနၢ် မၤစၢၤဟီၢ်ခိၢ်လၢကဖိၢ်ဂၢ်တၢ်အိၢ်နၢ်ဂ်ၢ်နၢ်ဘါဒီးထံလၢတၢ်ကသူၢ်တၢ်မ့ၢ်တၢ်ဘိလၢအဂၤအဂီၢ်နၢ်လီၤ. နမၤနကစၢ်အဟီၢ်စိသ့ခိဖျိလၢ တပၢ်တမါ, သ့ၢ်လၢ်ဝၢ်လၢ်တဖၣ်, ဟီၢ်ခိၢ်ကထၢလၢအိၢ်ဒီးတပၢ်, နိၢ်ဓိၤမံၤဓိၤ, တၢ်မ့ၢ်တၢ်ဘိတဖၣ်ဒီးတၢ်အိၢ်တၢ်အီလၢတၢ်ကွံၢ်တ့ၢ်အီၤတဖၣ်, မ့တမ့ၢ် နပှၤနၢ်ဟီၢ်စိသ့စ့ၢ်ကိုးနၢ်လီၤ. နခူၢ်လီၤတၢ်အိၢ်တၢ်အီလၢတၢ်ကွံၢ်တ့ၢ်အီၤတဖၣ်လၢ ဟီၢ်ခိၢ်ပူၤ, မ့တမ့ၢ် ကူးတဲာ်ဒိၢ်တဲာ်တၢ်မ့ၢ်တၢ်ဘိတဖၣ်သ့စ့ၢ်ကိုးလီၤ.

သ့ၢ်ဒီးဝၢ်လၢ်အုၢ်ကျၣ် နၢ်မ့ၢ်ဝဲ တၢ်တမံၤဂ့ၤတမံၤဂ့ၤလၢ နကဖ့ၣ်လီၤလၢ ဟီၢ်ခိၢ်ဖိခိၢ်–လၢကကတီၤထံ, ကွၢ်ထွဲနိၢ်ခိၤမံၤဓိၤတဖၣ်, ဒီးဟ့ၣ်အိၢ်ဟိၢ်ခိၢ်တၢ်အိၢ်တၢ်အီဖဲအကစၢ်အုၢ်လီၤကျၣ်လီၤအခါလီၤ. သ့ၢ်ဒီးဝၢ်လၢ်အုၢ်ကျၣ်လၢ အဂ့ၤလၢတၢ်သူၢ်တၢ်ဖျးအကရၢ်တဖၣ် ပၣ်ယှာ်ဒီးတၢ်ဒီးတၢ်လၢ်တဖၣ်, တၢ်မ့ၢ်တၢ်ဘိဒီးနိၢ်ဖိမံၤဖိတဖၣ်, လိၢ်ဘိတဖၣ်, ခိဖံၣ်အဖံးတဖၣ်, မ့တမ့ၢ် ဟီၢ်စိတဖၣ် နၢ်လီၤ.

ကျၢ်ကျိနဟီၢ်စိတဖၣ်ဆူ နတၢ်သူၢ်တၢ်ဖျးကရၢ အဟီၢ်ခိၢ်အကျါနၢ်တက့ၢ်.

ရူၢ်ဟီၢ်ခိၢ်လၢကမၤကဖီထိၢ်ဟီၢ်ခိၢ် အယာ်ာ ၈ တုၤ ၁၂ စုမ့ၢ်ဒိၢ် (၂၀–၃၀ ဓဲးထံၣ်မံထၢၣ်) ဒီးဘိတြၣ် မ့တမ့ၢ် ကရၢ်နိၢ်တြၢ်တဖၣ်တက့ၢ်. ရၤလီၤဟီၢ်စိတဖၣ်လၢ အယာ်ကအိၢ် ၂ မ့တမ့ၢ် ၃ စုမ့ၢ်ဒိၢ် (၅–၈ ဓဲးထံၣ်မံထၢၣ်) နၢ်တက့ၢ်. ဝံၤကျၢ်ကျိဟီၢ်စိတဖၣ်ဆူ ဟီၢ်ခိၢ်အပူၤနၢ်တက့ၢ်.

မ့တမ့ၢ် ရူၢ်လီၤတၢ်အိၢ်တၢ်အီဒီးတၢ်မ့ၢ်တၢ်ဘိလၢတၢ်စူးကွံၢ်အီၤတဖၣ် အစုၤကတၢ်ဆူဟီၢ်ခိၢ်ပူၤ ၆ စုမ့ၢ်ဒိၢ် (၁၅ ဓဲးထံၣ်မံထၢၣ်) လၢကမၤကဲထိၢ်ဟီၢ်စိနၢ်တက့ၢ်.

ဟီၢ်ခိၢ်လၢတၢ်ကသူၢ်ဖျးတၢ်လၢတၢ်ပူၤတၢ်တ့ၤအပူၤအဂီၢ်

ကျၢ်ကျိၣ်ဟီၢ်စိတပူဒီး ဟီၢ်ခိၢ်လၢအအိၢ်ဒီးမဲးခံပူတက့ၢ်. တၢ်မၤဂ့ၤထိၢ် ထံယွၤလီၤအလီၢ်လၢ တၢ်ပူၤတၢ်တ့ၤတဖၣ်အပူၤသ့ခိဖျိ တၢ်ထၢနၢ်လီၤ တၢ်ပီးတၢ်လီလၢအဒိၢ်တဖၣ်အပူၤဒ် လၢ်ဖိပြ်တဖၣ်ဒီးသ့ၢ်ဖံးဝၢ်ဖံးတဖၣ်နၢ်လီၤ. နပှၤ "ဟီၢ်ခိၢ်လၢတၢ်သူၢ်တၢ်လၢတၢ်ဒၢပူၤအဂီၢ်" လၢတၢ်ကျၢ်ကျိဟ်ယာ်အီၤနၢ်လီၤ. နမ့ၢ်အိၢ်ဒီးဟီၢ်ခိၢ်လၢတၢ်သူၢ်တၢ်လၢ တၢ်ဒၢပူၤအယီ, နဟ်ဖိၣ်အါထိၢ် ဟီၢ်စိ ၁/၄ ပူတပူၤလၢကမၤသိထိၢ်ကဒါက့ၤဟီၢ်ခိၢ်လၢ တၢ်သူၢ်ကဒီးတၢ်စ့ၤဘျိအဂီၢ်နၢ်လီၤ.

နကပ္ၤဟီၢ်စိလၢအကမၤဂ့ၤထိၢ်ဟီၢ်ခိၢ်ဓါ. ကွၢ်လၢအိၢ်ဒီး "အီကဲနး"နၢ်တက့ၢ်.

တၢ်မ့ၢ်တၢ်ဘိတဖၣ်မၤနၢ် တၢ်အိၢ်နၢ်ဂ်ၢ်နၢ်ဘါတဖၣ်ခိဖျိ ဟီၢ်စိ, လၢအမ့ၢ် "အီကဲနး" ဟီၢ်ခိၢ်ညၣ်ထုၣ်လၢလၢပဲ့ၤပဲ့ၤ (လၢတၢ်မၤနၢ်အီၤလၢ နၢ်ဆၢ်တၢ်အိၢ်ယၢၤ) နၢ် မၤချ့ထိၢ်အဝဲသ့ၢ်အတၢ်ဒိၢ်ထိၢ်သ့နၢ်လီၤ. ကွၢ်ယုနၢ် "တၢ်မ့ၢ်တၢ်ဘိအဟီၢ်စိလၢအမ့ၢ်အီကဲနး" မ့တမ့ၢ် ညၣ်အဟီၢ်စိလၢအအိၢ်လၢ နကရၢ်စတိ အပူၤနၢ်တက့ၢ်.

မၤကွၢ်ဟီၢ်ခိၢ်လၢ နကသ့ၢ်ညါ တၢ်အိၢ်နၢ်ဂ်ၢ်နၢ်ဘါအဂၤလၢ တၢ်လိၢ်ဘၣ်အီၤတဖၣ်နၢ်တက့ၢ်. ဝၣ်ရ့ၣ်တၢ်အဟီၢ်ခိၢ်ခိၢ်တဖၣ် ကလိၢ်ဘၣ်ထုၣ်ဝါလၢစ့ၤနံၣ် အပူၤကွံၢ်ဝံၤအလီၢ်ခံ, တၢ်ကဘၣ်ထၢနၢ်လီၤအါထိၢ် ခဲလစံၣ်ယၢၣ်ဒီးမၤစ့ၤလီၤအဲးစ့ၤတဖၣ်နၢ်လီၤ. ကျၢ်ကျိထုၣ်ဝါ ၄ ပီၣ် (၁.၅ ကြဲမ) လၢဟီၢ်ခိၢ် ၁၀၀ စကွဲခိၢ်ယီၢ်အပူၤ (၉.၃ စကွဲယါမံထၢၣ်) နၢ်လီၤ. သံကွၢ် Garden Hotline ဖဲနဆ့ၢ်ယီၤနဟီၢ်ခိၢ်အဒိလၢ တၢ်ကသမံသမိးကွၢ်အဂီၢ်သ့ဒီး အဝဲသ့ၢ်ကတဲာ်ဘၣ်နၤလၢ နလိၢ်ဘၣ်ထုၣ်ဝါဒီးတၢ်အိၢ်နၢ်ဂ်ၢ်နၢ်ဘါမနၤတဖၣ်လဲၣ် နၢ်လီၤ.

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.

သူ့ဘ်လီၤ တါ့ချံတါ့သဉ်လၢအဘဉ်, လၢတါ့ဆၢကတီၢ်လၢ အဘဉ်တက့ၢ်.

ဃုထၢတါ်မ့ၢ်တါ်ဘိလၢ အမဲထိဉ်ဂ့ၤလၢ တါ်ခုဉ်အကတီၢ်နှဉ်တက့ၢ်.

သူ့ဘ်တါ်လၢနဟ်ဉ်ဖိယိဖိအိဉ်ဘဲ, ဘဉ်ဆဉ်စူးကါတါ်မ့ၢ်တါ်ဘိအါကလုာ်လၢ အကဒိဉ်ဂ့ၤလၢ တါ်ကိၢ်ထိဉ်သိအကတီၢ်လၢအခုဉ်ဒီးအဘဉ်စိဉ်ဒီးတါ်ကိၢ်ကတီၢ်လၢအခုဉ်ဒီးအယုထိအဂိၢ်နှဉ်တက့ၢ်.

ကဘဉ်သူ့ဉ်တါ်အခါဖဲလဲဉ်

တါ်ချံတါ်သဉ်တဖဉ်လိဉ်ဘဉ် ဟီဉ်ခိဉ်လၢအလၢၤဖဲအကြၢးလၢကမဲထီဉ်အဂိၢ်နှဉ်လီၤ– လီၤဆီၤဉ်တါ်အခ့ၤကတၢၢ် ၅၀–၆၀ ဒံၢ်ကရံဉ် ဖဉ်ရှဉ်ဟဲး (၁၀–၁၆ ဒံၢ်ကရံဉ်စဲတံဉ်ကြၢး) နှဉ်လီၤ. နအိဉ်ခိုးတ့ၤဟီဉ်ခိဉ်လၢၤထိဉ်ဖဲလါမ်ၤ, မ့တမ့ၢ် စူးကါ ဖျုးစတံးအခိဉ်နူလၢ ကမၤကိၢ်ထိဉ်အီၤချ့ချ့နှဉ်တက့ၢ်.

ဖးကွၢ်တါ်ချံဘိဉ်လၢ နကထံဉ်ဘဉ်တါ်ကဘဉ်သူ့ဉ်အီၤအမ့ၢ်နံၤမ့ၢ်သိ, ဒီးယုထၢတါ်လၢအတဲဝဲ "၈၀ သိ" မ့တမ့ၢ် စ့ၤန့ၢ်အနှဉ် လၢတါ်ကထၢဖြိုဉ်ဘဉ်တါ်ဒီးတါ်လဉ်တါ်သူတါ်သဉ်တဖဉ်အဂိၢ်နှဉ်လီၤ. ဘီဘဉ်သဉ်ဒီးအဉ်လူတဖဉ်နှဉ်တါ်သူ့ဉ်အီၤလၢလါမ်ၢ့ၤအပူၤသ့, တါ်ဒီးတါ်လဉ်လၢအလဉ်လါဟ့တဖဉ်နှဉ် တါ်ကဘဉ်ခိုးအီၤတ့ၤလၢ လါအ့ဖြၢ်.
ဒီးတါ်မ့ၢ်တါ်ဘိလၢအအဲဉ်တါ်ကိၢ်တဖဉ် ဒ်အမ့ၢ်ဘုခ့တဖဉ်တခီတါ်ကဘဉ်ခိုးအီၤတ့ၤလါမ့ၤလၢာ်ယဉ်ယဉ်နှဉ်လီၤ.

မ့တမ့ၢ် ပ့ၤတါ်မ့ၢ်ဖိတဖဉ် လၢအအဲဉ်တါ်ကိၢ်, တကိၤဆံဉ်လၢအသးသမ့ကူ့ၢ်ယံာ်, မိၢ်ဂ်ာသဉ်တဖဉ်, ဒီးတကိၤသဉ်တဖဉ်လၢ တါ်ကသူ့ဉ်ကဒါက့ၤအီၤလၢ ကရ၊ၢ်ပူၤဖဲလါမ့ၤကလၢာ်ယဉ်ယဉ်နှဉ်တက့ၢ်. နသူ့ဉ်အီၤလၢနကစ၊်သ့ခီဖျိ သူ့ဉ်လီၤတါ်ချံလၢဟံဉ်ပူၤတါ်ကဒုဖိလာ် ဖဲလါမ်ၢ့ၤအကတီၢ်ပူၤ, လၢတါ်ဒၢအပူၤဖဲဝဲတြိဖိလၢမ့ၢ်ဆဲးလီၤဘဉ်အကပၤသ့နှဉ်လီၤ.

➔ **ကွၢ်လံာ်နံဉ်လံာ်လါလၢလံာ်က့အံၤအလီၢ်ခံတကပၤနှဉ်တက့ၢ်.**

တါ်သူ့ဉ်လီၤတါ်ချံတါ်သဉ်တဖဉ်

ဖးတါ်အချံအသဉ်အဘိဉ်တဖဉ်လၢ နကသ့ဉ်ညါ နကဘဉ်သူ့ဉ်လီၤအယိာ်ထဲလဲဉ်ဒီးတါ်ဆၢကတီၢ်ဖဲလဲဉ်နှဉ်လီၤ. တါ်ချံဆံးဆံးဖိုဒ်အမ့ၢ် သဘဉ်တကံခိဉ်, သဘဉ်ဂီၤဒီးသဘဉ်လါဟ့တဖဉ်နှဉ် တါ်ဖ့ၢ်လီၤအီၤဆူ ဟီဉ်ခိဉ်လၢတါ်ကတဲာ်ကတီၤဟ်စၢၤအီၤ, ဝံၤအလိၢ်ခံ ကဘဉ်မၤဘၢအီၤဒီး ဟီဉ်စီ မ့တမ့ၢ် ဟီဉ်ခိဉ်ဘူ့ဘူ့ဖိနှဉ်လီၤ. တဘဉ်သူ့ဉ်လီၤတါ်ချံဆံးဆံးဖိတဖဉ်အံၤယိာ်တလၢနှဉ်တဂ့ၤ. တါ်ချံလၢအခိဉ်ထိဉ်တဖဲးဒ်အမ့ၢ်ဘီဘဉ်သဉ်တဖဉ်, ဘုခ့သဉ်, ဒီးလူၤသဉ်တဖဉ်တခီ နသ့ဒိနှာ်အီၤလၢ နစုမ့ၢ်သ့တဖျၢ်ဉ်ဘဉ်တဖျၢ်ဉ်လၢ ဟိဉ်ခိဉ်လၢတါ်ကတဲာ်ကတီၤယာ်အီၤအပူၤ, လၢအယိာ်ဒီးအစိၤစုၤလိာ်အသး
ဒ် တါ်ဟ့ဉ်ကူ့ဉ်ဟ်အီၤလၢ တါ၊ၢဖိခိဉ်သ့နှဉ်လီၤ. ဝံၤအလိၢ်ခံ လူလီၤထံကယိကယိလၢ ကမၤဘဉ်စိဉ်ဟိဉ်ခိဉ်ယိာ်ယိာ်အဂိၢ်နှဉ်တက့ၢ်.

ထဲးသူ့ဉ်ကဒါက့ၤတါ်မ့ၢ်တါ်ဘိလၢအအဲဉ်တါ်ကိၢ်တဖဉ်ဖဲ ဟံဉ်မဲာ်ထံကလၢၤအပူၤဆူ ကရၢ်အပူၤဖဲလါမ့ၤဘူးကလၢာ်နှဉ်တက့ၢ်.

မၤတါ်ပူၤဒိဉ်ထဲသိးတါ်မ့ၢ်အဂ်ၢ်တဖဉ်နှဉ်တက့ၢ်. ထၢနှာ်လီၤဟိဉ်စီ မ့တမ့ၢ် ဖ့ၢ်လီၤဟိဉ်စီနှဉ်တက့ၢ်. ရၤလီၤအဂ်ၢ်တဖဉ်, ဒီးဆိဉ်တ်ၢ်လီၤဟိဉ်ခိဉ်တဖဉ်လၢ တါ်အဂ်ၢ်တဖဉ်အကပၤဝံးဝံးနှဉ်တက့ၢ်. လူအီၤလၢထံဂ့ၤဂ့ၤနှဉ်တက့ၢ်. သူ့ဉ်လီၤအီၤအယိာ်ထဲသိးသိးဒီးဖဲတါ်မ့ၢ်တါ်ဘိအိဉ်လၢ ဟံဉ်မဲာ်ထံကလၢ အတါ်သူ့ဉ်တါ်မ့ၢ်တါ်ဘိအကိပူၤအခါနှဉ်တက့ၢ်.

လူတါ်မ့ၢ်ဖိတဖဉ်လၢထံထိဘိနှဉ်တက့ၢ်. မၤဘၢဒီးဒီသ၊ၢအီၤဒ်သိးတါ်ကိၢ် မ့တမ့ၢ် တါ်ခုဉ်သုတဆူဉ်တလၢလၢ တါ်မ့ၢ်ဖိတဖဉ်အဂိၢ် ဒီးတ့ၤလၢ အဝဲသ့ဉ် အဂ်ၢ် အဘါအိဉ်ထိဉ် ဒီးဆ့ဉ်ထိဉ်ကဒါက့ၤတစုနှဉ်လီၤ.

Thin and space plants – give them room to grow.

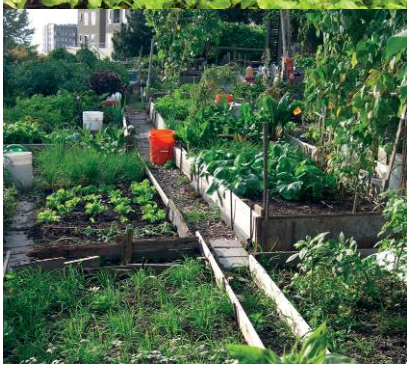
Follow the spacing directions on the seed packet. After seeds sprout and have a few leaves, thin (remove) seedlings to that spacing. You can also transplant seedlings from crowded areas to areas that aren't full. This will ensure that plants have enough room to grow, and give you a bigger harvest. You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



ထဲးဘူလီ၊ဒီးမ၊ဟိထိဉ်တၢ်မှၢ်ဘိအလိၢ်တဖဉ်– ဟှဉ်အီ၊တၢ်လိၢ်တၢ်ကျဲလ၊ကဒိဉ်ထိဉ်အဂီၢ်

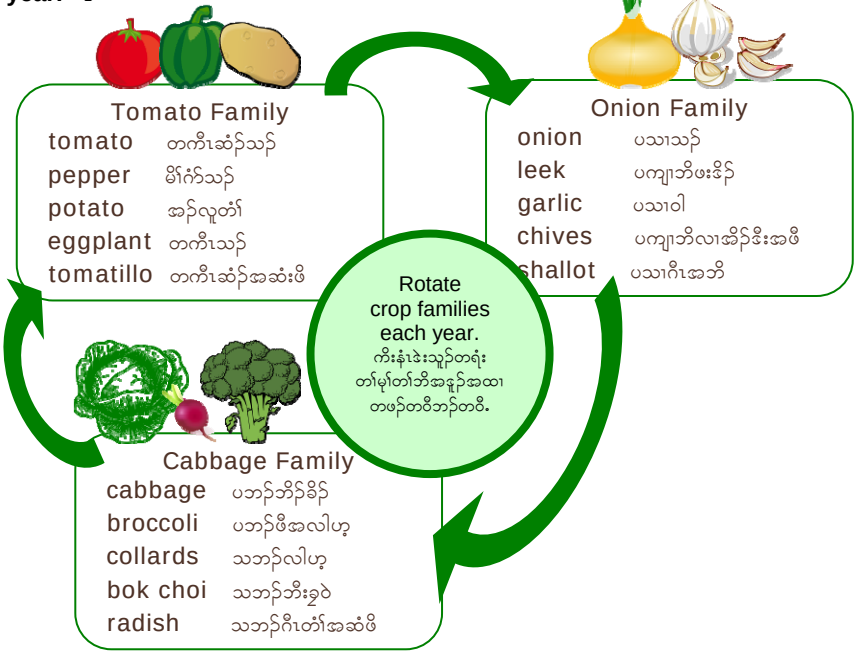
ဟိတ်ထွဲတၢ်ဟ်ဟိတၢ်မှၢ်အထူဉ်လ၊ အအိဉ်လ၊တၢ်ချဲအဒ၊အဖိခိဉ်နှဉ်တက့ၢ်.ဖဲတၢ်ချဲ ဟဲမဲထိဉ်ဒီး အလဉ်အိဉ်ခှ၊ဘ့ဉ်လဲနှဉ်. ထဲးကွံာ်တၢ်မှၢ်ဖိဝဲနှဉ်လ၊တၢ်လိၢ်ဝဲနှဉ် တက့ၢ်. နထဲးသူဉ်ကဒါကှ၊တၢ်မှၢ်တၢ်ဘိလ၊အိဉ်လ၊တၢ်လိၢ် အတိဉ်တဖဉ်ဆူ တၢ်လိၢ်လ၊အလိ၊ဟိတဖဉ်သ့နှဉ်လီ၊. တၢ်အံ၊မ၊လီ၊တၢ် လ၊တၢ်မှၢ်တၢ်ဘိတဖဉ်ကအိဉ်ဒီးတၢ်လိၢ်ပှဲ၊ပှဲ၊လ၊ ကဒိဉ်ထိဉ်အဂီၢ်. ဒီးဟှဉ် နၤအဖိအသဉ်အမှၢ်အဘိအါအါဂီၢ်ဂီၢ်နှဉ်လီ၊. နအိဉ်တၢ်မှၢ်ဆံးဆံးဖိတဖဉ် ဒ်တၢ်ဒီးတၢ်လဉ်စၢ်ယါအသိးသ့နှဉ်လီ၊.

တၢ်သူဉ်ဟ်ထွဲထိဉ်အခံတဆှီတုၢ်တဆှီတုၢ်

တၢ်ဆ၊ကတိၢ်မ့ၢ်လ၊ထိဉ်အယိ သူဉ်အါထိဉ်တၢ်ချဲတၢ်သဉ်လ၊ စု၊နွံအတိၢ်ပူ၊ ဝံ၊အလိၢ်ခံ ကိ၊ဘျီဒဲ၊ ဒ်သိ၊နကကူ၊ဘဉ်ကှ၊အသူအသဉ်ဖဲ သ့ဉ်လဉ်လီ၊ဆူ ကတိၢ်နှဉ်လီ၊. ဘဉ်ဆဉ်တဘဉ် သူဉ်တၢ်မှၢ်တၢ်ဘိလ၊အဆဲဉ်တၢ်ခုဉ်ဒ်အမ့ၢ် ဘီဘဉ် သဉ်တဖဉ်ဒီးမ့၊သလိဒီးတဖဉ်ဖဲ လါယူ၊လံတၢ်ကိၢ်အဆ၊ကတိၢ်နှဉ်တဂ့၊. သူဉ်သ့ ဉ်လဉ်လီ၊ဆူကတိၢ်အတၢ်မှၢ်တၢ်ဘိအခုဉ်တဖဉ်ဖဲ အီကား(စ) ဒီးတုၢ်ဆူ လါစဲးပတ့ ဘၢ်ထိဉ်သိနှဉ်တက့ၢ်.

တၢ်သူဉ်တရံးတၢ်မှၢ်တၢ်ဘိတဝီဘဉ်တဝီ

တၢ်မှၢ်တၢ်ဘိတနိ၊မ၊နှၢ် တၢ်ဆါယၢ်လ၊ အအိဉ်လ၊ ဟိဉ်ခိဉ်ပူ၊လ၊အအါနှၢ် တနံဉ် မ့တမ့ၢ် အါနှၢ်အနှဉ်လီ၊. ဒီးတၢ်မှၢ်တၢ်ဘိတနိ၊ စူးကါကွံာ်ဟိဉ်ခိဉ် ညဉ်ထုဉ်တဖဉ်ချ,သဒ်းနှဉ်လီ၊. **လ၊တၢ်ကဟားဆဲ့းတၢ်ကီတၢ်ခဲတဖဉ်အဂီၢ် သူဉ်တရံး (သုးအလိၢ်) တၢ်မှၢ်တၢ်ဘိအနှဉ်ဖိထ၊ဖိတဖဉ်လ၊ တၢ်သူဉ်တၢ်ဖျး လိၢ်လ၊အလီ၊ဆီလိ$^{\prime}$သးအလိၢ်ကိ$^{\prime}$းနံ$^{\prime}$ဉ်ဒဲ$^{\prime}$းနှဉ်တက့ၢ်.** ➔



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

အနီ

၁ တနံဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ က တကီ၊ဆံဉ်သဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ ခ ပသ၊သဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ ဂ သဘဉ်ဘိဉ်ခိဉ်

၂ နံဉ်တနံဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ က သဘဉ်ဘိဉ်ခိဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ ခ တကီ၊ဆံဉ်သဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ ဂ ပသ၊သဉ်

၃ နံဉ်တနံဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ က ပသ၊သဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ ခ သဘဉ်ဘိဉ်ခိဉ်
- တၢ်သူဉ်တၢ်ဖျးလိ$^{\prime}$ ဂ တကီ၊ဆံဉ်သဉ်

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.

တၢ်မှၢ်တၢ်ဘိအနှဉ်ဖိထ၊ဖိအဂ၊တဖဉ်လ၊ အနှၢ်ဘျူ၊လ၊တၢ်ဆီတလဲအလိၢ်အကျဲကိ$^{\prime}$းနံ$^{\prime}$ဉ်ဒဲ$^{\prime}$း–

တၢ်နၤမ့ၢ်ဒီး သဘဉ်ဂ၊တံ$^{\prime}$ ကိ၊လ၊တၢ်နၤမ့ၢ်ဒီး
သဘဉ်ဆ၊တံ$^{\prime}$ သဘဉ်လါဘိဂီ၊ မ့၊သလိဒီး
ဘုခ့ၢ်သဉ် ဘုကျ့ဉ် ထဲး(ဖ)
ဒ်သဉ် ဒ်မ့ၢ်သဉ် လူ၊သဉ်
သဘဉ်သ့ၢ်း သဘဉ်ဘိဉ်ခိဉ်အဂီ၊ သဘဉ်ဝါ
ဘီဘဉ်သဉ် ပထိ၊သဘ့ဉ် ချိ$^{\prime}$းဘၢ်ဉ် (clover)
တၢ်ဒီ$^{\prime}$းတၢ်လဉ်ကရ့ၢ်တဖဉ်အံ၊ တၢ်သူဉ်ယိ၊အီ၊တပူ၊ယိ၊သ့ၢ်ဒီ$^{\prime}$း တကီ၊ဆံဉ်သဉ်, သဘဉ်ဘိဉ် ခိဉ်ဒီ$^{\prime}$းပသ၊ဒ$^{\prime}$ဉ်ဖိထ၊ဖိအကရ့ၢ်နှဉ်လီ၊.

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.

လူနတ်မှ၊တ်ဘိကရု၊်အထ

ဖဲတ်ကြိ၊်ခါအဆ၊ကတိ၊်နှ၏ သမ်သမီးကွ၊်နကရု၊်ကြီးနံ၊ဒဲးတကှ၊်. လူထံတ ချူးတ၊်မှ၊်တ၊်ဘိအခ၊ိဉ်လီ၊ဖျး, မ့တမ့၊် ဖဲဟိဉ်ခ၊ိဉ်ညဉ် ယ့ထိ ၂ စုမ့၊်ဒ၊ိဉ် (၅) ဓဲးထံ ဉ်မ်ထၢဉ်) နှ၏တကှ၊်. ဖဲတ်ဆ၊ကတိ၊်လ၊ အခုဉ်ဒ၊ိဉ်, တ၊်ကိ၊်ထိဉ်သီကတိ၊် တ၊်စူး၊ခါဒီးသ့ဉ်လဉ်လီ၊ဆူအကတိ၊်တဖဉ်နှ၏, နလိဉ်ဘဉ်ထဲဒဉ် နကလူတ၊် မ့၊်တ၊်ဘိလ၊အဆံးဖိတဖဉ်အထံနှ၏လီ၊. လူ၊ထံလီ၊လီ၊ဆူ တ၊်မ့၊်တ၊်လိအဂ၊် တဖဉ်အိဉ်တ၊်အလိ၊်တကှ၊်. စူးကါထံဖိုးဘိ, မ့တမ့၊် လ၊တ၊်လိ၊်ပ၊၊တဖဉ်နှ၏ ဟ်လီ၊ထံပ၊ဘိလ၊ထံဟဲ့ဖ့ှ၊်ထိဉ်တဖဉ်လ၊ တ၊်သ့ဉ်တ၊်ဖျး အကျိ၊တဖဉ်အဘ၊ဉ်စ၊၊ဒီးမ၊ဘ၊အိ၊ဒီး သ့ဉ်လဉ်ဝဉ်လဉ်တဖဉ်တကှ၊်. လူထံတ့၊လ၊ ကမ၊ ဘဉ်စိဉ်ထိဉ်တ၊်မ့၊်တ၊်ဘိအဂ၊်လိ၊်ကဝိ၊တကှ၊်– ခ့ဉ်လီ၊တ၊်ပူ၊စ့၊စုမ့၊်ဒ၊ိဉ်ဒီး ကွ၊်မ့ ၊်ဟိဉ်ခ၊ိဉ်ညဉ်ထ့ဉ်တဖဉ် စ့ဉ်စိဉ်နှ၏ခါတကှ၊်. တ၊်မ့၊်တ၊်ဘိလ၊တ၊်ဒ၊ပူ၊ နှ၏ယ့ထိချ့နှ၊်ဒ်း တ၊်မ့၊်တ၊်ဘိလ၊ကရု၊်အပူ၊နှ၏လီ၊. ထိလိ လူထံလ၊ဟၢလီ၊ခါ မ့ တမ့၊် လ၊ဂ၊်ခါဂ၊်ဂ၊. လ၊ကဟးဆ့ဲ: ထံသဝ်ထိဉ်ကဒါကှ၊ဒီး: ဒီသဒ၊တ၊် မ့၊်တ၊်ဘိလ၊အဘဉ်စိဉ်တဖဉ်အသုတဟးဂ၊ကွဲဉ်လ၊ မ့၊်ဆါခါမ့၊်အတ၊်ကိ၊်နှ၏ တဂ့၊.

ကွ၊်ထွဲတပ်၊်တမါတဖဉ်ဒီးတ၊်ဖိယ၊်လ၊အမ၊ဟးဂ၊ီ၊တ၊်တဖဉ်

ဖ့ှ်လီ၊သ့ဉ်လဉ်ဝဉ်လဉ်အုဉ်တဖဉ် (သ့ဉ်လဉ်ဝဉ်လဉ်, တပ်၊်တမါလ၊တ၊်တံ်ဘ် အိ၊တဖဉ်) ဒီ**းထဲးကွ၊်**နိဉ်တဖဉ်ဖဲ တချူးအချ့ထိဉ်အခါနှ၏တကှ၊်.

တ၊်ဖိယ၊်အါတကှ၊်နှ၏ မ့၊်တ၊်ဖိတ၊်လံ၊ဖိယ၊်အဂ့၊လ၊ အမ၊စ၊၊ကွ၊်ထွဲ တ၊်ဖိယ၊် လ၊အမ၊ဟးဂ၊ီ၊တ၊်တဖဉ်နှ၏လီ၊. ယုမ၊လိနှ၊် မ့၊်တ၊်ဖိယ၊်ဖဲလဲဉ်တခါ ကဲထိဉ်တ၊် ကိတ၊်ခဲဒီး တ၊်ကဘဉ်ကွ၊်ထွဲအီ၊ဒ်လဲဉ်နှ၏တကှ၊်.

တဘဉ်စူးကါက်ကသံဉ်မ၊သံတ၊်ဖိယ၊်တဖဉ်နှ၏တဂ့၊.
အဝဲသ့ဉ်ဒုးကဲထိဉ်တ၊်စုဉ်တ၊်ပျ၊်လ၊နဟ်ဉ်ဖိယိဖိဒီးထိဉ်တဖဉ်အဂ၊်, ဆဉ်ဖ ကိ၊်ဖိလ၊နဘဉ်အီ၊, ဒီးညဉ်တဖဉ်အဂ၊်သ့လီ၊. ကိ: Garden Hotline လ၊နကယုသ့ဉ်ညါ တ၊်ဖိလ၊်ဖိယ၊်လ၊အမ၊ဟးဂ၊ီ၊တ၊် မ့တမ့၊် နိဉ်ဓီ၊မ်၊ဓီ၊ အတ၊် ကိတ၊်ခဲတဖဉ်သ့, ဒီးမ၊လိဘဉ်ယ: တ၊်အထံလ၊တအိဉ်ဒီးအစုဉ်တဖဉ် ဘဉ်နှ၏လီ၊.

တ၊်သ့ဉ်တ၊်ဖျးအကရု၊်လ၊ဒီနံ့ဉ်အတ၊်ပူ၊

ပတ၊်ဆ၊ကတိ၊်နှ၏တ၊်ခ့ဉ်ဒီး၊တ၊်ဘဉ်စိဉ်ဘဉ်သ့ဖဲ တ၊်ကိ၊်ထိဉ်သီကတိ၊်ဒီ၊သ့ဉ် လဉ်လီ၊ဆူကတိ၊်အခါ, ဒီ၊ညီနှ၊်ဖဲတ၊ဂ၊်ခါအဆ၊ကတိ၊်နှ၏ အိဉ်လ၊ထံခ့ဉ်က ကိ၊်လိဉ်အပတိ၊်အဖိခ၊ိဉ်နှ၏လီ၊. အယိ ကိလ၊တ၊်ကသ့ဉ်တ၊်မ့၊်တ၊်ဘိလ၊ အဆဲဉ် တ၊်ကိ၊်တဖဉ်နှ၏လီ၊.

သ့ဉ်အါထိဉ်နတ၊်သ့ဉ်တ၊်ဖျးအဆ၊ကတိ၊်ခီမျိ တ၊်သ့ဉ်အါထိဉ် တ၊်မ့၊်တ၊်ဘိလ၊အ တူ၊်တ၊်ခ့ဉ်နှ၏တဖဉ်တကှ၊်. သဘဉ်ဘီ၊ခ့ဲ, သဘဉ်လဉ်တကံခ၊ိဉ်, သဘဉ်လါဟ့, သဘဉ်ဘိဉ်ခ၊ိဉ်အလါ, သဘဉ်ဂ၊်တံ၊်, ပကျ၊ဘိ, ဒီ၊ပသ၊ဝါတဖဉ်နှ၏တ၊်သ့ဉ်အီ၊ သ့ဖဲတ၊်ကိ၊်ခါလါဘူ၊ကလ၊် မ့တမ့၊် တ၊ဂ၊်ထိဉ်သီအကတိ၊်လ၊တ၊်ကသ့ဉ်အီ၊ လ၊ တ၊်ကကူ၊ဖ့ှ်ဉ်ထ၊ဖ့ှ်ဉ်အီ၊လ၊ တ၊ဂ၊်ခါဒီတလါအဂ၊် မ့တမ့၊် လ၊တ၊်ကိ၊်ထိဉ်သီကတိ၊်အဂ၊်သ့လီ၊.

➔ ကွ၊်လံ၊်နံ့ဉ်လံ၊်လါလ၊လံ၊်ကှ,အံ၊အလိ၊်ခံတကပ၊နှ၏တကှ၊်.

သ့ဉ်တ၊်လ၊တ၊်ခ၊ိဉ်ဒူးအဖီလ၊်. စ:ထိဉ်သ့ဉ်တ၊ဂ၊်ထိဉ်သီကတိ၊်တ၊်မ့၊်တ၊်ဘိ တဖဉ်လ၊ဟ်ဉ်ဓဲ၊်ထံကလ၊ မ့တမ့၊် "တ၊်ခ့ဉ်အဒ့ဉ်." မ့တမ့၊် မ၊အါထိဉ် တ၊်မ့၊် တ၊်ဘိလ၊သ့ဉ်လဉ်လီ၊ဆ့ှကတိ၊်လ၊ ဖျးစဟ်:အခ၊ိဉ်ဒူးအဖီလ၊်နှ၏တကှ၊်.

သ့ဉ်ဘဉ်ရံ၊ဉ်တဖဉ်ဒီ:တ၊်မ့၊်တ၊်ဘိအဂ၊ဟတဖဉ်လ၊ အသဉ်ထိဉ် တဘျူ:နံ့ဉ် မ၊အါ ထိဉ်တ၊်မ့၊်တ၊်ဘိတဖဉ်အံ၊်လ၊ နဟိဉ်ခ၊ိဉ်လီ၊်ကဝိ၊ဖဲမ့၊်လီ၊ဘဉ်အလီ၊်နှ၏ တကှ၊်– ဘျူ:ဘဲရံ၊ဉ်သဉ်တဖဉ်ဒီ:စတိ၊ဉ်ဘဲ၊ရံ၊ဉ်သဉ်တဖဉ်, အဉ်တဉ်ခ့ဉ်:တဖဉ်,ကညူ:ပျ၊်တဖဉ်, ဒီ:တ့၊လ၊ တ၊သဉ်ထံ:လ၊အနိ၊်ဖ့ှ်ဉ်တဖဉ် မ့တမ့၊် စပ်:သဉ် တဖဉ်သ့နှ၏လီ၊. သံကွ၊် Garden Hotline ဘဉ်ယ:တ၊်လ၊အဓဲထိဉ်ဂ့၊ ကတ၊်လ၊ ပတ၊်ဆ၊ကတိ၊်အပူ၊နှ၏တကှ၊်.

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.

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.

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.

ဇေးအိုင်တာ်ဒီးတာ်လဉ်ဒီးနိုင်လီၤသကိးလာ်သး

ဇေးတာ်ဒီးတာ်လဉ် တချုးလၢ အချံထိုင်နှဉ်တက့ၢ်. ကွၢ်တာ်ချံတာ်သဉ်အဘိုင်လၢအကွဲးလီၤ "တၢ်ဆၢကတိၢ်လၢအဒိုင်တှာ်အကတိၢ်" ဒီးတၢ်မၤ်တၢ်ဘိလၢ တၢ်ဇေးအိုင်အီၤသ့အဂီၤ. မ့တမ့ၢ် သံကွၢ် ပှၤသူဉ်တၢ်ဖျုးတၢ်ဖဲ နလိၢ်ကဝီၤတၢ်သူဉ်တၢ်ဖျုးကရၢ်တဖဉ်လၢ တၢ်ကဘဉ်ဇေးအိုင်အီၤအခါဖဲလဲဉ်နှဉ်တက့ၢ်.

နိၤလီၤတၢ်လၢနဇေးအိုင်အီၤတဖဉ်. နမ့ၢ်အိုင်ဒီးတၢ်ဒီးတၢ်လဉ်အါနှ့ၢ် နကအိုင်အီၤအဂိၢ်အယိ. နိၤလီၤပှၤလၢနဟ်ဉ်ခိုဉ်ယိယၢၤ မ့တမ့ၢ် ကိး Garden Hotline မ့တမ့ၢ် ကွၢ်ဖဲ P-Patch ဒီး Lettuce Link အဟ်ဘျုးစဲသနှတဖဉ်လၢ အအိုင်လၢတၢ်လိၢ်ခံလၢ နကယုသ့ဉ်ညါ မ့ၢ်နကဟ့ဉ်မၤဘူဉ်လီၤတၢ်အိုင်တၢ်အီတဖဉ် ဖဲလဲဉ်နှဉ်တက့ၢ်.

တၢ်ဟ်ကီၤတၢ်ချံတၢ်သဉ်တဖဉ် နှဉ် မ့ၢ်တၢ်လၢအညီဖဲ နဟ်ဖိုဉ်တၢ်ဒီးတၢ်လဉ်လၢအလဉ်လါဟ့တဖဉ်အခါနှဉ်လီၤ. ဘျုးလီၤစဲၤတၢ်အချံအဒ့ဒ်သိးကယ့ထိထိုဉ်ဒဉ်အတၢ်နှဉ်တက့ၢ်. တၢ်သူတၢ်သဉ်တဖဉ်လၢအမ့ၢ် တကိၤဆံဉ်သဉ်ဒီးလူၤသဉ်တဖဉ်နှဉ် ညီနှၢ် မ့ၢ်တၢ်လၢတၢ်ကျဲဉ်ကျိုအကလုာ်အယိ. တၢ်ချံလၢတၢ်ဟ်ကီၤယာ်အီၤတဖဉ်နှဉ် ဘဉ်သ့ဉ်သ့ဉ် တဟ့ဉ်ထိုဉ်တၢ်အသဉ်လၢအဂ့ၤဘဉ်နှဉ်လီၤ. ကိး Garden Hotlineလၢနကမၤလိဘဉ်ယးတၢ်ဟ်ကီၤတၢ်ချံတၢ်သဉ်, မ့တမ့ၢ် တၢ်သံကွၢ်လၢအဘဉ်ထွဒီးတၢ်သူဉ်တၢ်ဖျုးကရၢ်တဖဉ်နှဉ်တက့ၢ်.

ကတာ်ကတီၤကရၢ်တဖဉ်လၢတၢ်ဂိၢ်ခါအဂိၢ်

သ့ဉ်လဉ်လီၤဆူကတိၢ်မ့ၢ်တၢ်ဆၢကတိၢ်လၢ ကမၤကဆိုကရၢ်အဂိၢ်လီၤ, ဟံးနှ့ၢ်တၢ်မ့ၢ်ဘိလၢအသံတဖဉ်ဒီးမၤအိုဉ်ထိုဉ်ဟိုဉ်စိဟိုဉ်ချိတဖဉ်. ဒီသဒၢနကရၢ်လၢတၢ်ဂိၢ်ခါအနိုဉ်စီၤမံၤစီၤသုတထိုဉ်တဂ့ၤအဂိၢ်ဒီးမူခိုဉ်ထံသုတယွၤစိ်ဉ်ကွံဉ်ဟိုဉ်ခိုဉ်ကပ်ာ်တဖဉ်အဂိၢ်နှဉ်တက့ၢ်.

တၢ်မ့ၢ်တၢ်ဘိလၢတၢ်ကးဘၢအခိုဉ်ဒူ တဖဉ်နှဉ် မ့ၢ်ဝဲဝဲအကလုာ်လၢအလီၤက်ာ်ဒီးချီးဘၢ်ဉ် (clover), လၢဘဉ်တၢ်သူဉ်အီၤလၢ အီးကထိဘၢ်ဉ်ဒီးလၢတၢ်ဂိၢ်ခါဒီကတိၢ်အဂိၢ်နှဉ်လီၤ. အဝဲသ့ဉ်ဒီသဒၢဟိဉ်ခိုညဉ်ထ့ဉ်တချုးတၢ်သူဉ်လီၤတၢ်ဖဲတၢ်ကိၢ်ထိုဉ်သိကတိၢ်အဂိၢ်နှဉ်လီၤ.

တၢ်ဟ်ဘၢနိုဉ်ဖိမံၤဖိလၢတၢ်ဂိၢ်ကတိၢ် တၢ်ကြၢးဟ်ဘၢဟိဉ်ခိုဉ်လိၢ်ကဝီၤတတိၤလၢ်လၢ်လၢတၢ်တသူဉ်တၢ်ဒီးတၢ်မ့ၢ်တၢ်ဘိလၢအတူၢ်တၢ်ဂိၢ်နှဉ် မ့တမ့ၢ် တၢ်မ့ၢ်တၢ်ဘိလၢတၢ်ဟ်ဘၢတၢ်သ့တဖဉ်နှဉ်လီၤ. ထၢဖ့ိုဉ်သ့ဉ်လဉ်ဝဉ်လဉ်လၢအလီၤဆှဉ်တဖဉ်ဒီးရၤလီၤအီၤ အတိဉ် ၂–၃စုမ့ၢ်ဒီဉ်ဒ်သိးကမၤဘၢဟိဉ်ခိုဉ်အဂိၢ်နှဉ်တက့ၢ်. နဆ့ိုလီၤတၢ်မ့ၢ်တၢ်ဘိလၢ အသံကွံဉ်တဖဉ်ဒီးရၤလီၤအီၤလၢဟိဉ်ခိုဉ်ညဉ်ထ့ဉ်အဖိခိုဉ်သ့စ့ၢ်ကိးနှဉ်လီၤ.

တၢ်မၤဟိဉ်စိ နှဉ်မ့ၢ်တၢ်ဟ့ဉ်ကဒါက့ၤတၢ်အိုဉ်နှ့ၢ်ဂ်ၢ်နှ့ၢ်ဘါတဖဉ်ဆူ ဟိဉ်ခိုဉ်အအိုဉ်နှဉ်လီၤ. ဆ့ိုလီၤတၢ်မ့ၢ်တၢ်ဘိအသးဟ့ၢ်တဖဉ်. ဒီးနိုဉ်စီၤမံၤစီၤလၢနကူးကွံဉ်တဖဉ်ဒီးသ့ဉ်လဉ်လၢအလီၤဆှတဖဉ် ဒ်သိးကမၤအိုဉ်ထိုဉ်compost pile (ဟိဉ်စိအပူ) အဂိၢ်နှဉ်တက့ၢ်. ယုထၢတၢ်လိၢ်လၢအကဒ့, ဒီးမၤဘဉ်စိ်ဉ်သ့ဉ်လဉ်ဝဉ်လဉ်အုဉ်တဖဉ် ဖဲဟ်ပူအါထိုဉ်အီၤအဖၢမ့ၢ်နှဉ်တက့ၢ်.

မ့တမ့ၢ် ခူဉ်လီၤတၢ်အိုဉ်တၢ်အီလၢတၢ်စူးကွံဉ်အီၤတဖဉ် (ဒ်သိးဆဉ်ဖိကိၢ်ဖိသုတဟဲ မၤယှာ်အီၤအဂိၢ်) လၢကရၢ်အဖိလာ်ဖဲ တၢ်ဂိၢ်ခါဒီတကတိၢ်လၢ ကမၤဂ့ၤထိုဉ်ဟိဉ်ခိုဉ်အဂိၢ်နှဉ်တက့ၢ်.

နမၤလိလၢ နကမၤဟိဉ်စိလၢ compost kitchen scraps (ဖဉ်ကပူၤအတၢ်တဖ့ိ်ာ်)လၢတၢ်ဒၢလၢအဒီသဒၢယှၢ်အပူၤသ့နှဉ်လီၤ. နိုဉ်စီၤမံၤစီၤဒီးတၢ်မ့ၢ်တၢ်ဘိလၢ အယၢ်အိုဉ်အီၤတဖဉ်, ယုဒီးတၢ်နှ့ၢ်ထံတၢ်ဖိတၢ်လံၤဒီးတၢ်ညဉ်လၢတၢ်ကွံဉ်တ့ၢ်အီၤလၢ ဖဉ်ကပူၤတဖဉ်နှဉ်. တၢ်ကဘဉ်ဆ့ၢ်ဆူ တၢ်ထၢဖ့ိုဉ် ဝ့ၢ်အက ရၢ်ဒီးတၢ်အိုဉ်တၢ်အီလၢတၢ်စူးကွံဉ်အီၤတဖဉ်အလိ်ၢ်လၢ တၢ်ကမၤဟိဉ်စိလၢတၢ်ကိ်ၢ်အကျဲအဂိၢ်နှဉ်လီၤ.

ဖဲတၢ်ကိ်ၢ်ထိုဉ်သိကတိၢ်နှဉ်, နစူးကါနဟိဉ်စိ မ့တမ့ၢ် ပှၤဟိဉ်စိလၢ ကမၤဂ့ၤထိုဉ်ဟိဉ်ခိုဉ်လၢ နကသူဉ်တၢ် လၢခံတနံ့ဉ်အဂိၢ်နှဉ်လီၤ.

Easy Crops for Beginner Gardeners

တ၊်မ့ၢ်တ၊်ဘိညီညီလ၊ ပှၢ်သူၣ်ထိၣ်သီတ၊်တဖၣ်အဂီၢ်

plant seed = **P** = သူၣ်လီၢတ၊်ချံ transplant seedlings = **T** = ထဲးသူၣ်တ၊်မ့ၢ်ဖိတဖၣ် harvest = **H** = ကူး မ့တမ့ၢ် ထၢဖှိၣ်တ်ဖှိၣ်တၢၤသူတၢၤသၣ်

	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
	ယနူၤအါရံၣ်	ဖှၤဘြူၤ အါရံၤ	မၢ်ရှး	အှဖြိး	မ့ၤ	ယူၤ	ယူၤလံ	အိကား	စဲးပတ့ဘၢၣ်	အိုးကထိ ဘၢၣ်	နိၣ်ဝ့ဘၢၣ်	ဒံၣ်စဲဘၢၣ်
Cool hardy ကူၤတၢ်ကဘိၢ်နၣ်	P **Peas** H→							P ဘီဘၣ်သၣ်တဖၣ် H→ .				
	T P **Lettuce, Spinach** H→ P သဘၣ်သ့ၣ်း, မ့ၤသလီ .											
	P **Potatoes** အၣ်လူတၢ်ၢ် H											
	T **Onions** P H→ ပသၢၤသၣ် P H→ .											
	P **Bok Choi** သဘၣ်ဘီးခ့ဝဲ H→ .											
Heat Lovers အၣ်တၢ်ကတ်ၢ်	P **Beans** P ဝဲပထိးတဖၣ် H→ .											
	T **Tomatoes** တကီၤဆံၣ်သၣ် H→ .											
	P **Squash, Cucumber** လူၤသၣ်, ဇံသၣ် H→ .											
	P **Cilantro** တၢ်နၢ်မူဒီး H→ .											
	P **Corn** ဘုခ့သၣ် H											
Over–Wintering ကူၤတၢ်ဂီၢ်ခါနၣ်	→ H			P **Beets** H				P သဘၣ်ဆၢတၢ်ၢ်တဖၣ် →				
	→ H		P **Kale, Collards, Chard** H→ .					P သဘၣ်သ့ၣ်းလါ, သဘၣ်ဘိၣ်ခ်ၣ်, သဘၣ်လါဘိဂီၤ H →				
	→ H		P **Cabbage** H→ .					P သဘၣ်ဘိၣ်ခ်ၣ် H →				
	→ **Garlic** ပသၢဝါ H								P →			
	→ **Leeks** ပကျၢဘီဖးဒိၣ် H								P →			

Learn More about Gardening

“မၤလိအါထိၣ်ဘၣ်ဃးတၢ်သူၣ် (တၢ်အိၣ်တၢ်အိ)”

Questions? Call The Garden Hotline (Seattle Public Utilities) free brochures on soil, composting, watering, pest control, and more. Language interpretation available.

206-633-0224
email *help@gardenhotline.org*
www.gardenhotline.org

တၢ်သံကွၢ်တဖၣ်– ကိ: Garden Hotline အိၣ်ဒီးလံာ်ရဲၣ်လၢ တၢ်နီၤလီၤကလီဘၣ်ထွဲ ဟိၣ်ခ်ၣ်ညၣ်ထုၣ်, တၢ်မၤဟိၣ်စီ, တၢ်လူထံ, တၢ်ကွၢ်ထွဲတၢ်ဖိယၢ်လၢအမၤဟးဂီၤတၢ်, ဒီးအဂၤတဖၣ်နၣ်လီၤ. တၢ်ကတိၤကျိၣ်ထံနၣ်စ့ၢ်ကိးတၢ်လီၤ.

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
email *p-patch.don@seattle.gov*
www.seattle.gov/neighborhoods/ppatch

Seattle P-Patch တၢ်တိ$^{\circ}$ကျၤဟုၣ်ဝဲ တၢ်လီၢ်တၢ်ကျဲတဖၣ်လၢ ပှၤတဝၤကသူၣ်တၢ်ဖျးတၢ်လၢ တၢ်လီၢ်အါတီၤအပူၤ, လၢအပှၤဘၣ်ဘၣ် မ့တမ့ၢ် အပှၤတလၢ်ဘၣ်နၣ်လီၤ. တၢ်ကတိၤကျိၣ်ထံတၢ်ဖဲတၢ်မၤလိဒၤးတဖၣ်အပူၤလီၤ. တၢ်တူၢ်လိ$^{\circ}$ကွဲမ့ၣ်ပှၤကိးဂၤဒဲးလီၤ.

Seattle Parks classes, community gardens — www.seattle.gov/parks/pufs — တၢ်မၤလိအတိၤဒၢးတဖၣ်, ပှၤတဝၤအကရၢ်တဖၣ်

City of Seattle’s Food website — www.seattle.gov/food — စံၣ်ယဲးထၢၣ်အဝ့ၢ်– တၢ်အိၣ်တၢ်အိ

Find a garden space to share — www.urbangardenshare.org — နီၤလီၤလိ$^{\circ}$သးတၢ်သူၣ်တၢ်ဖျးအလိ$^{\circ}$

Urban farming news and resources — www.urbanfarmhub.org — တၢ်သူၣ်တၢ်ဖျးအလိ$^{\circ}$အလံ$^{\circ}$တၢ်ကစိၣ်ဒီးတၢ်အိၣ်ယၢၤတဖၣ်

WSU Extension Master Gardeners — http://gardening.wsu.edu — ပှၤသူၣ်တၢ်ဖျးတၢ်တဖၣ်

Lettuce Link information on gardening, sharing harvests, and *Gardening for Good Nutrition* — www.solid-ground.org/programs/nutrition/lettuce — တၢ်ဝ့ၢ်တၢ်ကျိၤဘၣ်ယး တၢ်သူၣ်တၢ်ဖျး, တၢ်နီၤလီၤလိ$^{\circ}$သးတၢ်လၢ တၢ်ကူးထၢဖှိၣ်အီၤတဖၣ်

Seattle Tilth provides classes, demonstration gardens, volunteer opportunities, and *The Maritime Northwest Garden Guide* — www.seattletilth.org — တၢ်မၤလိဒၤး, တၢ်ဒုးနဲၣ်အတၢ်သူၣ်တၢ်ဖျးကရၢ်, ဒီးတၢ်မၤမ့ၣ်သးမၤကလိတၢ်အတၢ်ခ့ဲးတၢ်ယာ်တဖၣ်.

City of Seattle

Local Hazardous Waste Management Program in King County, WA
LHWMP_0117_KA

Created by Seattle Public Utilities with Department of Neighborhoods’ P-Patch Program and Seattle Tilth
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