

GROW



Square Foot Seed Guide

EDIBLE FLOWERS	SEEDS/SQ FT
Calendula	9 seeds
Nasturtium	9 seeds
HERBS	SEEDS/SQ FT
Basil	4 seeds
Chives	18 seeds
Cilantro	9 seeds
Parsley	9 seeds
VEGETABLES	SEEDS/SQ FT
Bush Beans	9 seeds
Wax Beans	9 seeds
Shelling Peas	8 seeds
Beets	36 seeds
Cabbage	3 seeds
Cucumber	4 seeds
Zucchini	3 seeds
LEAFY GREENS	SEEDS/SQ FT
All Weather Lettuce Mix / Salad Mix	36 seeds
Arugula	36 seeds
Butterhead lettuce	36 seeds
Chard	4 seeds
Kale	3 seeds
Pak Choi	4 seeds
Romaine Lettuce	4 seeds
Spinach	9 seeds



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Association of Whistler Area Residents for the Environment