



EDIBLE  
GARDENING  
SERIES



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# Vegetable Nutrient Needs

## HEAVY FEEDERS

Asparagus  
Beet  
**Broccoli \***  
**Brussel sprouts \***  
**Cabbage \***  
**Cantaloupe \***  
Cauliflower  
Celery  
Collard  
Corn  
**Cucumber \***  
**Eggplant \***  
Endive  
Kale  
Kohlrabi  
Lettuce  
Okra  
Parsley  
**Pumpkin \***  
Radish  
Rhubarb  
Spinach  
**Squash, summer \***  
**Squash, winter \***  
Sunflower  
**Tomato \***  
**Watermelon \***

## LIGHT FEEDERS

Carrot  
Garlic  
Leek  
Mustard  
Onion  
Parsnip  
Pepper  
Potato  
Rutabaga  
Shallot  
Sweet potato  
Swiss chard  
Turnip

## SOIL BUILDERS

### Spring/Summer Seeding

Alfalfa  
Bean, broad  
Bean, lima  
Bean, snap  
Clover  
Pea  
Peanut  
Soybean  
Buckwheat  
Sudan Grass

### Late Summer/Fall seed- ing

Hairy Vetch  
Barley  
Kale  
Oats  
Rye  
Annual Ryegrass  
Wheat

- **Fertilize at least twice**

**SOIL BUILDERS**, aka: cover crops or green manure is an excellent way to rejuvenate overworked soil. They prevent excess weeds from growing in the off season, return nitrogen to the soil, and aerate heavy soils with their root growth, as well as add organic matter to the soil as it is tilled in.

Till the cover crop into the soil at least 6 weeks before planting your crop.