

Broccoli to Butterflies

School Garden Templates



by Roxane Smith
Travis County Master Gardeners Association

About Broccoli to Butterflies

Broccoli to Butterflies is a school gardening program that coincides with the academic year; beginning in September and ending in May.

It is a long-term planting program using cool-season vegetables and herbs.

Beds are planted in fall to go through until May. In late winter / early spring, some vegetables and herbs are allowed to flower to attract and nourish bees, butterflies and other pollinators. In spring, spaces created by harvested vegetables are filled with brightly colored annual flowers. Beds are cleared in mid-May and planted with a summer cover crop in preparation for the next fall planting.

The program is designed to work with 4' x 4' or 4' x 8' garden plots.

Calendar

September: Prepare beds.

September-October:

Plant out transplants when available in stores.
Sow seed during appropriate time.

Fall, winter and early spring: Grow and harvest.

March:

Fill in spaces created when vegetables are harvested with brightly colored annuals.
Allow herbs and selected vegetables to bolt and flower to attract bees and butterflies.

May: Clear ground, dig over and sow with grocery store bought cow peas (black-eyed peas) for summer cover crop.



Tips and Notes

Irrigation: Water sources must be nearby and easy to use for the garden to be a success.

Site: As a cool season garden, plants can tolerate some shade, but more sun is better; no less than 4-5 hours a day.

Drainage needs to be good. Do not plant in soggy soil.

Start small; only tackle what is reasonable given time considerations and other pressing demands.

Locate tall vegetables first and shorter vegetables after. Work further out from the border toward the edge of any side.

Because they do not grow well during the academic year, there are no warm-season herbs and vegetables in this scheme: no tomatoes, basil, eggplant, cucumbers, peppers, or corn.

Stories to include:

Jack-and-the-Beanstalk (fava beans) from the Old World.

Planting of the Three Sisters (corn, summer beans, squash) from the New World.

Classroom activities:

Fall / Winter: meal of vegetable soup made in a stock pot or microwaved, then pureed in a blender with yogurt and herbs, served with baguette and a dessert brought from home.

Winter / Spring: meal of wilted leafy vegetables with a little yogurt, parmesan cheese, and nutmeg served over ramen noodles with a small winter salad on the side.





Cardoon

Parsley

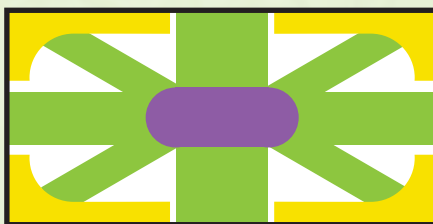
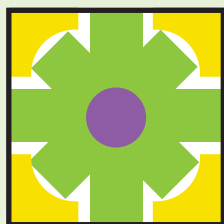


Arugula



Garden Style Possibilities

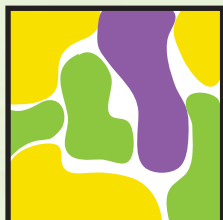
Formal



Farm



Cottage



4' x 4'

4' x 8'

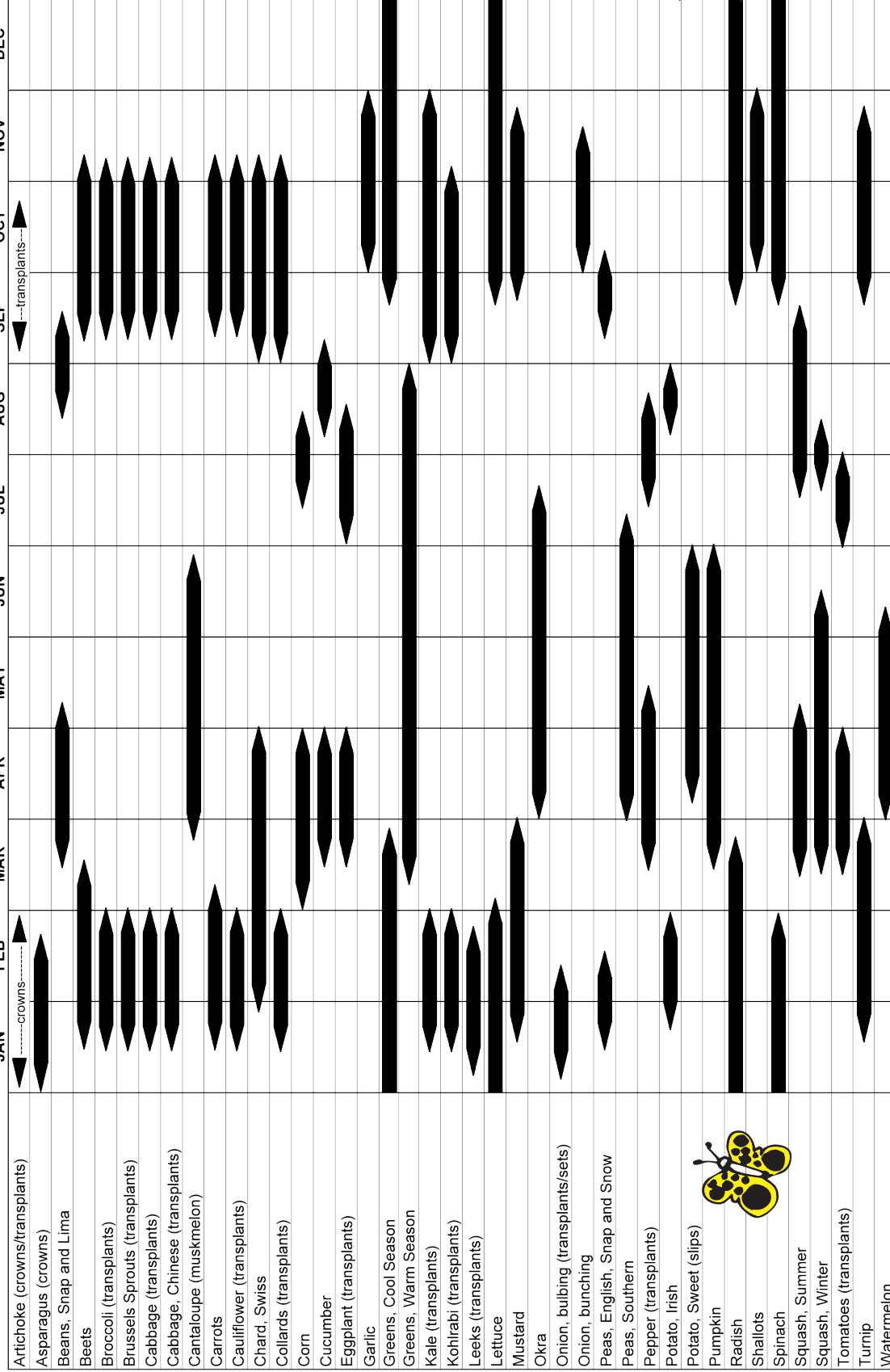


Spinach



Vegetable Garden Planting Guide

for Travis County



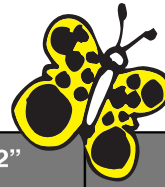
= optimal time to plant outdoors
 = marginal planting time
Fava Beans:
 Considered good luck in Italy. Wonderful winter cover crop.
 Purchase as seed packet or in bulk. Cultivars: Express, Loretta, The Sultan, Windsor.
 Pre-soak 24-48+ hours. Plant in early September (same as peas).
 Can take 4-5 months from seed to pod. 80 days to maturity: large pod and small pod.
 Bushy plants 3-4.5 feet tall, with long pods.



Plant Guide

Plant	Width (Inches)	Height (Inches)	Transplant or Seed	Notes
Beans - Fava	6 x 6	36-60	Seed	Plant early, many varieties
Beets	3 x 3	12	Seed	
Broccoli	12 x 12	18-24	Transplant	Let side shoots flower
Cabbage	12 x 12	12-18	Transplant	
Carrots	3 x 3	12	Seed	Short root varieties
Cauliflower	12 x 12	12-18	Transplant	
Chard	6 x 6	12-18	Transplant / Seed	Red=pretty White=hardy
Kale	6 x 6	6-12	Transplant	Flowers can be eaten
Lettuces	6 x 6	6-12	Transplant / Seed	Leaf type, not head
Leeks	3 x 3	18-24	Plants	Buy at grocery store
Mustard	6 x 6	12-18	Transplant / Seed	Let flower
Onion/Garlic	3 x 3	12-18	Sets or cloves	Buy cloves at grocery store
Peas - Sugar	3 x 3	72	Seed	Needs strong support; plant early
Radishes	3 x 3	6-12	Seed	Red=quick White=slower
Spinach	6 x 6	6-12	Transplant / Seed	Let flower
Fennel/Dill	18 x 18	36	Transplant	Plant early; rich soil
Cardoon	36 x 36	60	Transplant	Plant early; rich soil
Artichoke	36 x 36	60	Transplant	Plant early; rich soil
Flat parsley	12 x 12	12-18	Transplant	Let flower
Cilantro	12 x 12	12-18	Seed	Let flower
Arugula	12 x 12	12-18	Seed	Let flower





Plant Sizes

Plant	3" x 3"	6" x 6"	12" x 12"	Larger
Beans - Fava				
Beets				
Broccoli				
Cabbage				
Carrots				
Cauliflower				
Chard				
Kale				
Lettuces				
Leeks				
Mustard				
Onion/Garlic				
Peas - Sugar				
Radishes				
Spinach				
Fennel/Dill				
Cardoon				
Artichoke				
Flat parsley				
Cilantro				
Arugula				

Height Key:



18" x 18"

36" x 36"

Examples



4' X 4'

Key:

A = Lettuces

B = Spinach

C = Leeks

D = Cilantro

E = Chard

F = Flat Parsley

G = Broccoli

H = Mustard

J = Arugula

K = Carrots

L = Kale

M = Radishes

N = Fennel/Dill

P = Cauliflower/Cabbage

Q = Cardoon

R = Beets

S = Fava Beans

Height Key:



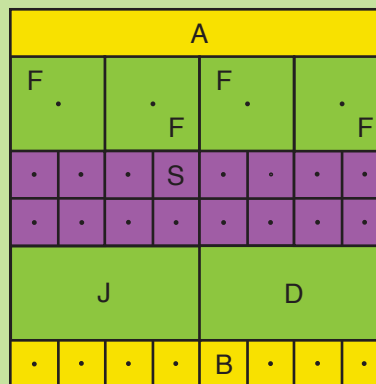
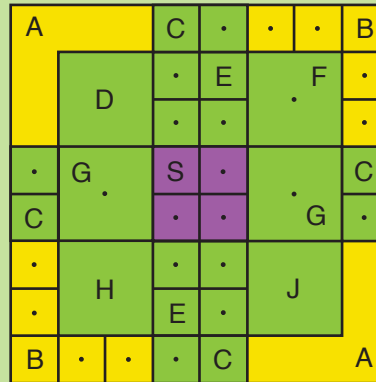
18+"



12-18"



6-12"



Individual transplants:

Spinach

Leeks

Chard

Parsley

Broccoli

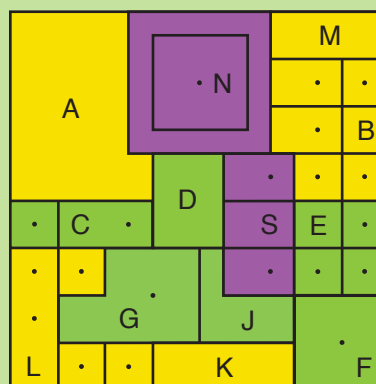
Kale

Fennel/Dill

Cauliflower

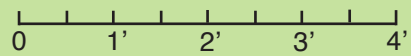
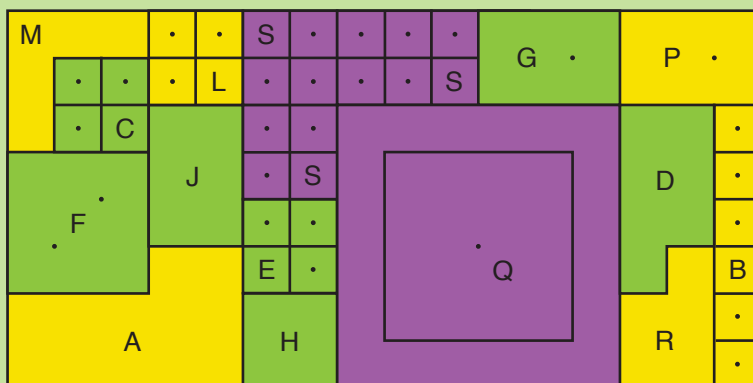
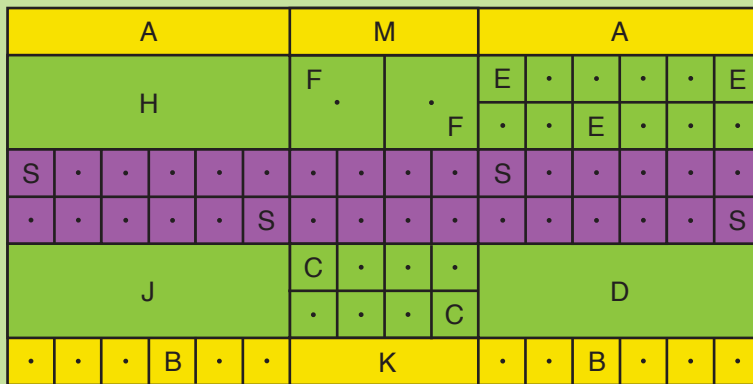
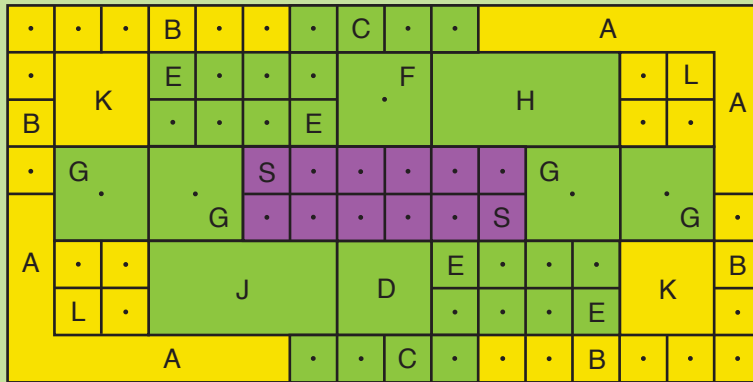
Cardoon

Cabbage



- Dot denotes individual transplants.

4' X 8'



Other Organizations, Publications and Contacts

Square Foot Gardening, Mel Bartholomew, Rodale Press, 1981

The Edible School Yard, edibleschoolyard.org

Austin Sustainable Food Center, sustainablefoodcenter.org

Austin School Garden Network, austinsgn.org



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