

## July Vegetable Planting Guide

Peg Smith, UC Master Gardener, Yolo County

July is a month of heat when summer vegetables thrive. Produce needs to be picked often to encourage plants to continue flowering and stay productive. Keep the irrigation deep and consistent. Check for frass (caterpillar feces) on tomato plants to catch tomato horn worms before they can do too much damage. Watch for aphids, whitefly, cucumber beetle, powdery and downy mildew.

This is also the month to think ahead about winter vegetables. The brassicas: broccoli, cabbage, Brussel sprouts, and cauliflower can be started from seed. Seeds will germinate and grow if given shade to protect them from the harshness of the summer sun. To extend the harvest season, stagger your seed planting by starting seeds either each week or every two weeks. The seedlings will be ready for transplant in September and October giving you a good crop of winter vegetables for the holiday season.

### YOLO COUNTY VEGETABLES RECOMMENDED FOR JULY

Vegetable	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Broccoli		Seed - shade sheltered	Seed - shade sheltered	Seed - shade sheltered
Brussel sprouts	Seed - shade sheltered	Seed - shade sheltered	Seed - shade sheltered	Seed - shade sheltered
Cabbage	Seed - shade sheltered	Seed - shade sheltered	Seed - shade sheltered	Seed - shade sheltered
Carrots			Seed	Seed
Cauliflower		Seed - shade sheltered	Seed - shade sheltered	Seed - shade sheltered
Corn	Seed	Seed		
Lettuce				Seed
Parsnips		Seed	Seed	Seed
Rutabaga			Seed	Seed

### ADDITIONAL SACRAMENTO AREA RECOMMENDED VEGETABLES FOR JULY

Vegetable	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Beans (Lima)	Seed	Seed		
Celariac	Seed	Seed	Seed	Seed
Okra	Seed	Seed		
Pumpkins	Seed	Seed		
Squash (Summer)	Seed	Seed		
Squash (Winter)	Seed	Seed		