

15 Garden Plants - Growth, Care & Benefits

Mustard Greens

Growing Time: 30-40 days

Harvest Time: When leaves are 6-8 inches long

Care: Full sun, moist soil, sow in early spring or fall

Medicinal Benefits: High in vitamins A, C, K; supports liver detox, anti-inflammatory

Cucumbers

Growing Time: 50-70 days

Harvest Time: When 6-8 inches long

Care: Needs warm soil, trellis support, water regularly

Medicinal Benefits: Hydration, skin health, mild diuretic

Radish

Growing Time: 20-30 days

Harvest Time: When roots are 1 inch in diameter

Care: Cool-season crop, loose soil, thin seedlings

Medicinal Benefits: Aids digestion, detoxifying, antibacterial

Strawberries

Growing Time: 4-6 weeks after flowering

Harvest Time: When berries are red and ripe

Care: Full sun, well-drained soil, mulch to retain moisture

Medicinal Benefits: High in vitamin C, antioxidants, heart health

Onions

Growing Time: 90-120 days

Harvest Time: When tops fall over and brown

Care: Full sun, well-drained soil, water regularly

Medicinal Benefits: Supports heart health, antibacterial, anti-inflammatory

Carrots

Growing Time: 70-80 days

Harvest Time: When tops are $\frac{3}{4}$ -1 inch across

Care: Loose sandy soil, consistent watering

Medicinal Benefits: Eye health, antioxidant-rich, aids digestion

Okra

Growing Time: 50-65 days

Harvest Time: When pods are 2-4 inches long

Care: Warm climate, full sun, pick pods frequently

Medicinal Benefits: Supports blood sugar control, rich in fiber

Yellow Squash

Growing Time: 40-50 days

Harvest Time: When tender and 6 inches long

Care: Warm soil, regular watering, space plants well

Medicinal Benefits: Digestive health, low calorie, vitamin C

Bell Peppers

Growing Time: 60-90 days

Harvest Time: When firm and fully colored

Care: Warm soil, stake or cage plants, fertilize monthly

Medicinal Benefits: High in vitamin C, antioxidant-rich

Swiss Chard

Growing Time: 30-60 days

Harvest Time: When leaves are 6-8 inches

Care: Cool-season crop, cut outer leaves for regrowth

Medicinal Benefits: Rich in iron, calcium, and vitamins A & K

Romaine Lettuce

Growing Time: 60-70 days

Harvest Time: When leaves form tall heads

Care: Cool weather, consistent moisture, harvest before bolting

Medicinal Benefits: Supports hydration, high in vitamin K and folate

Bok Choy

Growing Time: 45-60 days

Harvest Time: When base is 4-6 inches wide

Care: Cool weather, moist soil, partial shade ok

Medicinal Benefits: High in calcium and antioxidants, supports bone health

Spinach

Growing Time: 35-45 days

Harvest Time: When leaves are 4-6 inches long

Care: Cool weather, fertile soil, water consistently

Medicinal Benefits: High in iron, folate, and magnesium

Kale

Growing Time: 50-75 days

Harvest Time: When leaves are about the size of your hand

Care: Cool-season crop, mulch to retain moisture

Medicinal Benefits: Loaded with vitamins A, C, K; supports immunity and heart health

Cabbage

Growing Time: 80-100 days

Harvest Time: When heads are firm and full

Care: Rich soil, full sun, water deeply

Medicinal Benefits: Anti-inflammatory, supports digestion, high in vitamin K

Additional Garden Plants - Growth, Care & Benefits

Zucchini

Growing Time: 45-55 days

Harvest Time: When 6-8 inches long

Care: Full sun, rich soil, harvest often

Medicinal Benefits: Supports digestion, rich in vitamin C and potassium

Tomatoes

Growing Time: 60-85 days

Harvest Time: When fully red and slightly soft

Care: Warm weather, stake or cage, consistent watering

Medicinal Benefits: Rich in lycopene, supports heart health and skin

Garlic

Growing Time: 8-9 months

Harvest Time: When lower leaves brown (usually midsummer)

Care: Plant in fall, loose soil, full sun

Medicinal Benefits: Natural antibiotic, boosts immunity, lowers cholesterol

Beets

Growing Time: 50-70 days

Harvest Time: When roots are 1.5-3 inches

Care: Cool weather crop, thin seedlings

Medicinal Benefits: Supports liver function, improves blood flow

Celery

Growing Time: 100-140 days

Harvest Time: When stalks are firm and 8 inches tall

Care: Cool temps, constant moisture, mulch well

Medicinal Benefits: Reduces inflammation, supports hydration

Sweet Potatoes

Growing Time: 90-120 days

Harvest Time: Before first frost, when leaves yellow

Care: Warm season, loose soil, minimal watering

Medicinal Benefits: Rich in beta carotene, supports blood sugar control

Turnips

Growing Time: 30-60 days

Harvest Time: When roots are 2-3 inches

Care: Cool season, loose soil, avoid overcrowding

Medicinal Benefits: High in fiber and vitamin C, supports digestion

Green Beans

Growing Time: 50-60 days

Harvest Time: When pods are firm and crisp

Care: Full sun, support for pole varieties

Medicinal Benefits: Supports bone health, high in fiber

Peas

Growing Time: 60-70 days

Harvest Time: When pods are plump

Care: Cool season, trellis support, harvest often

Medicinal Benefits: Good for heart health, high in protein and fiber

Broccoli

Growing Time: 60-100 days

Harvest Time: When head is firm and tight

Care: Cool temps, steady watering

Medicinal Benefits: Cancer-fighting compounds, supports immunity