



GOLD FEATHER GARDENS

Garden Plot Meal Plan

2022 GARDEN PLANNING



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*Don't know where to begin when
planning out your garden?*

**Start planning your garden by writing out
your typical meal plan's ingredients**

Then, highlight the ingredients you know you want to grow (e.g. spinach, kale, thyme, rosemary)

Recipe No. 1

Recipe No. 2

Recipe No. 3

Recipe No. 4

Recipe No. 5

Recipe No. 6

Need some inspiration?

Here are my favorite go-to recipes, with the ingredients I always grow highlighted.

Grab your favorite cookbooks, blog sites or recipe cards to fill out your own!

Recipe No. 1

Herby Eggs + Crispy Kale

parsley

oregano

sage

eggs

kale

Recipe No. 2

Farmer's Chop Suey

Radish

Turnip

Green Onions

Carrots

Greek Yogurt/Sour Cream

Recipe No. 3

Owen's Salsa Verde

Tomatillo

Onion + Garlic

Lime Juice

Jalapeno

Cilantro

Recipe No. 4

Garden Pizza Party

Pizza dough

oregano

tomato sauce

cheese

arugula

Recipe No. 5

Summer Roll Bowl

basil + mint

rice noodles

green onions

cucumbers

bell peppers

Recipe No. 6

Go-To Greek Salad

red onion

cucumber and tomato

oregano

feta

lemon juice, red wine vinegar

Gardening in Boise

What you can grow in Boise and when

With more than 200 days of annual sunshine and mild winters, Boise offers an ideal climate for kitchen gardeners to grow year round. That's right, there's no end to garden season for the Treasure Valley! Here's a glimpse of what you can grow and when.



WINTER



SPRING



SUMMER



FALL

But wait, isn't it too cold to grow in the winter?

Boise's winter is mild enough that we don't have a true cold season (where temps are below freezing to just over 40 degrees on average). Some stretches of winter can certainly get below freezing for extended periods, but on average, winters are mild and snow doesn't stick around. Simple row covers or cold frames allow us to utilize the warm sunny days we usually see and protect our cold-hardy plants from deep freezes. This means we can harvest herbs and greens in the winter.

There's so much to grow and so much time to grow it in

Boise's climate can be tricky, but once you understand the seasons, their temperatures and their quirks, it's easy to be prepared for all that can happen in 365 days. Keeping row covers or cold frames handy extends the seasons and keeps the bounty growing.

Winter

Boiseans are famous for saying that you can ski and golf in one winter's day! Our winter is mostly mild and sometimes unpredictable, but with average high temperatures hovering around 40, Boise winters can allow year-round growing with the right row covers, cold frames or greenhouses. We can grow or over-winter cold-tolerant vegetables like kale, cabbage, spinach, lettuce, leeks, turnips, radishes, carrots, broccoli, cauliflower, parsnips and Brussels sprouts.



Spring

In Spring, Boise's longer, warmer days make it a great time to keep growing the winter crops, while mixing in some geared for warmer weather. March, April and May are excellent months for sowing herbs like cilantro, dill, parsley, chives, rosemary and, of course, sage. Roots crops continue to do well in spring, like radishes, carrots and turnips, while salad greens, spinach, kales and lettuces truly take off. Spring snap peas are one of our favorite early spring growers, while the first flowers bloom in spring, from anemones to ranunculus and tulips.



Summer

Boise summers are hot and dry, so irrigation is a must for consistent and waste-free watering. June is when we see our tomatoes, corn and squash grow like crazy. We do have two months in the summer where our highs are above 85 degrees (July and August), so sweet potatoes and okra do well. Peppers, tomatoes, melons and cut flowers like zinnias and sunflowers are certain favorites, while Idaho potatoes are, of course, flowering in gardens all over town.



Fall

In September, temperatures in Boise are absolutely perfect for being outside and for growing. Tomatoes, peppers and winter squash flush with fruit as the daytime temperatures fall below 90. Our long fall season is an excellent time to grow greens, peas and root crops again. We sow kale, lettuce, radishes, turnips, carrots and more to eat in the fall and to overwinter. Keeping frost blankets handy near the beginning of October means our season can extend, as well.

