JOSEPHINE KNOWS

The Little Kitchen Garden

Grow It. Regrow It. Cook It.



Herbs, kitchen scraps & small-space growing

BEFORE WE BEGIN

A Note from Josephine

You don’t need a big backyard. Start with a bright spot, a few pots and something you actually like to eat.

A household teaches you to notice the little things: herbs wilting in the fridge, scallion ends headed for the bin, and a sunny corner that could be doing a little more. That’s where this garden begins.

We’re keeping it manageable. Grow a few herbs, try regrowing a kitchen scrap, and use what you harvest in an ordinary weeknight meal. You don’t need to turn the whole porch into a farm. You still need somewhere to sit.

There are four little books inside. Pick the one that fits your space and your curiosity. Check your light before buying plants, start small, and let the garden grow along with your confidence.

Some experiments will give you another harvest. Others will give you a lesson. Both count. A small garden is something you tend, learn from and enjoy, not another household chore to feel behind on.

Now, go wash a jar. We’re starting.

Josephine

Need a quick start?

TURN TO PAGE 27

Try scallions from scraps. Start with one jar and watch what grows.

Have a weekend?

TURN TO PAGE 41

Set up a tray of microgreens. Check the seed packet for harvest timing.

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Keep It Growing

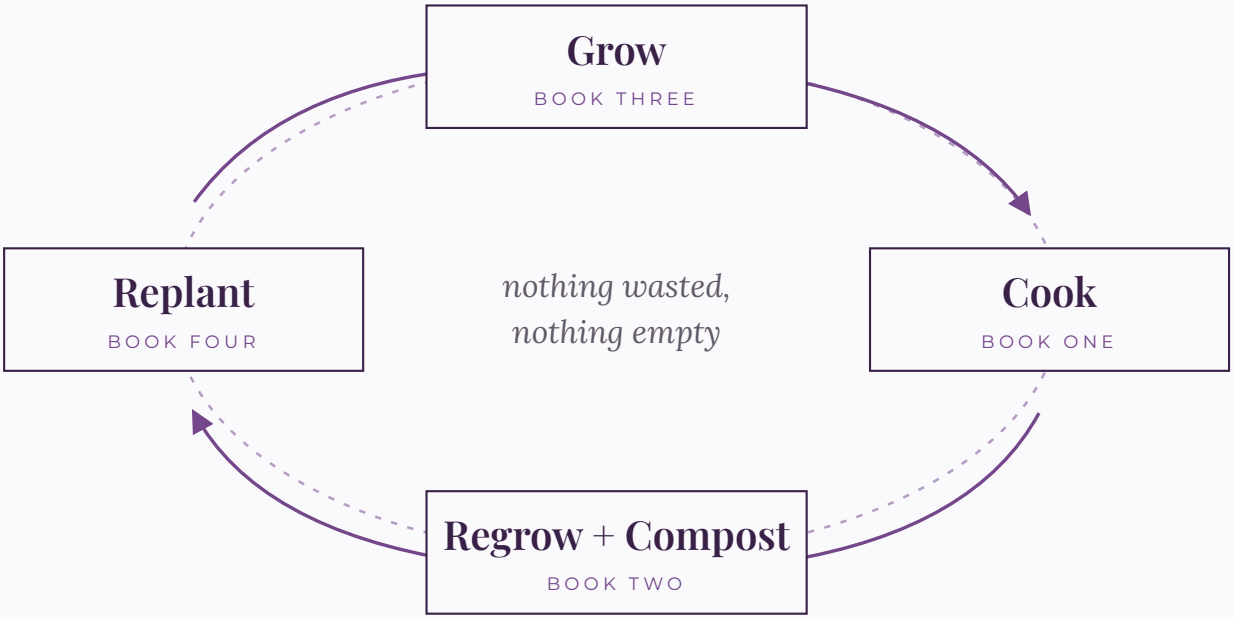
Your year at a glance, notes and a farewell

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HOW THIS GUIDE WORKS

The Kitchen Garden Loop

Four books, one big idea: in a small kitchen garden, everything feeds the next thing.



Book One THE BALCONY BISTRO	Grow culinary herbs on a tiny patio and learn exactly which ones pair together, with eight easy recipes.
Book Two SCRAPS TO SPROUTS	Regrow scallions, bok choy, celery and more from what you would have tossed, then turn the rest into soil.
Book Three EDIBLE WINDOWSILLS	Get the most food per square inch with smart pots, the right light and four house soil blends.
Book Four THE NEVER-EMPTY POT	A month-by-month planting calendar so your containers keep producing all year.

BOOK ONE

The Balcony *Bistro*

Culinary herbs for tiny patios

Ten herbs, a few pots and the secret most cooks learn the hard way: which herbs belong together. Set up your patio, master the pairings and cook eight easy recipes built around a perfect herb duo.

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Find Your Sun

Before you buy a single plant, spend one day watching your balcony. Sunlight decides everything.

6+ hours
SOUTH OR WEST FACING

Lucky you. This is Mediterranean territory. Rosemary, thyme, oregano, sage and basil will be thrilled. In July, give basil a little afternoon shade so it doesn't wilt.

4 to 6 hours
EAST FACING

Gentle morning sun is perfect for the leafy, tender crowd: parsley, chives, mint, cilantro and dill. Cilantro especially lasts longer before flowering out of the heat.

Under 4 hours
NORTH OR SHADED

Tougher, but not hopeless. Mint, chives and parsley tolerate shade best. Growth will be slower, so harvest lightly and keep expectations cozy.

Pots

Drainage first

Every pot needs a hole in the bottom. Soggy roots kill more herbs than anything else.

Soil

Potting mix only

Use a bagged potting mix, never garden dirt. Add a few handfuls of perlite for rosemary and thyme.

Wind

Weigh it down

High balconies get gusty. Choose wider, heavier pots and group them against a wall.

> **RENTER TIP** Check your building or lease rules on balcony weight and railing planters. Wet soil is heavy, and railing boxes should always be secured on the inside of the rail.

Meet the Bistro Ten

Ten herbs that earn their spot on a small patio. Start with three or four you'll actually cook with, then grow from there.

HERB	SUN	WATER	POT SIZE	TASTES LIKE
Basil	6 to 8 hrs	Evenly moist	8 in	*Sweet, peppery, a hint of clove*
Parsley	4 to 6 hrs	Evenly moist	8 in deep	*Fresh, grassy, clean*
Mint	4 to 6 hrs	Moist	10 in, solo	*Cool, bright, sweet*
Cilantro	4 to 6 hrs	Moist, cool	8 in deep	*Citrusy, zesty*
Chives	4 to 6 hrs	Moderate	6 in	*Mild, fresh onion*
Dill	6+ hrs	Moderate	10 in deep	*Tangy, light anise*
Rosemary	6 to 8 hrs	Dry between	10 in+	*Piney, resinous*
Thyme	6+ hrs	On the dry side	6 in	*Earthy, a little lemony*
Oregano	6+ hrs	On the dry side	8 in	*Bold, peppery, warm*
Sage	6+ hrs	On the dry side	8 in+	*Savory, velvety, woodsy*

Soft herbs

Basil, parsley, mint, cilantro, chives and dill. Tender leaves, thirsty roots, best added at the end of cooking.

Woody herbs

Rosemary, thyme, oregano and sage. Tough stems, drought tolerant, and they love a long time in the oven.

Pots That Play Nice

Short on space? Share pots. The trick is grouping herbs that want the same water, not just the same look.

The Mediterranean Pot

ROSEMARY · THYME · OREGANO · SAGE

All four like full sun, gritty soil and drying out between drinks. Use a wide terracotta pot (12 inches or more), since clay breathes and keeps roots from staying soggy. Plant rosemary in the middle and let thyme and oregano spill over the edges.

The Kitchen Box

BASIL · PARSLEY · CHIVES

The everyday cooking trio. They all like steady moisture, so a glazed or plastic window box that holds water a bit longer is ideal. Give basil the sunniest end.

The Cool Pot

CILANTRO · DILL

Both have long taproots, both prefer cooler weather, and both rush to flower when summer heats up. Give them a deep pot and sow seeds every three to four weeks in spring and again in late summer for a steady supply.

The Solo Act

MINT, ALWAYS ALONE

Mint spreads by underground runners and will crowd out anything it shares a pot with. Give it its own container, and it will happily give you more mint than you know what to do with.

Same water, same pot. That's the whole secret.

Care, Water and Harvest

Herbs actually want you to cut them. The more you snip, the bushier they get.

i.

The finger test

Push a finger into the soil. If the top inch is dry, water deeply until it runs out the bottom. Morning is best. Pots dry out faster than garden beds, so in a summer heat wave, check daily.

ii.

Pinch, don't pluck

Cut stems just above a pair of leaves. Two new shoots will grow from that spot. This is how one basil plant turns into a basil bush.

iii.

The one-third rule

Never harvest more than about a third of a plant at once. Leave enough leaves for it to keep feeding itself.

iv.

Snip the flowers

Once basil, cilantro or mint flower, leaf flavor fades. Pinch buds off early. Chive blossoms are the exception: they're edible and pretty in salads.

v.

Feed lightly

A diluted liquid fertilizer every three to four weeks in the growing season is plenty. Too much food makes big, bland leaves.

vi.

Read the leaves

Yellow and droopy usually means too much water. Crispy and pale means too much sun or not enough water.

> **HARVEST HOUR** Snip in the morning after the dew dries. That's when the oils, and the flavor, are at their peak.

The Pairing Guide

Your cheat sheet for every herb on the patio: the herbs it loves, and the foods it was made for.

HERB	BEST HERB PARTNERS	LOVES THESE FOODS
Basil	Oregano, parsley, mint	Tomatoes, mozzarella, strawberries, peaches
Parsley	Chives, mint, dill, basil	Lemon, garlic, fish, grains, beans
Mint	Parsley, basil, cilantro	Cucumber, peas, lamb, watermelon, yogurt
Cilantro	Mint, chives, parsley	Lime, chiles, avocado, shrimp, black beans
Chives	Dill, parsley, tarragon	Eggs, potatoes, sour cream, salmon
Dill	Chives, parsley	Salmon, cucumber, potatoes, yogurt
Rosemary	Thyme, sage, oregano	Chicken, potatoes, lemon, garlic, white beans
Thyme	Rosemary, sage, oregano	Mushrooms, chicken, roasted veggies, soups
Oregano	Basil, thyme	Tomato sauce, feta, lamb, pizza
Sage	Thyme, rosemary	Butter, squash, pork, gnocchi, apples

> **EASY START** Can't decide? Parsley is the friendliest herb in the garden. It gets along with every other herb on this page.

When in doubt: a handful of parsley and a squeeze of lemon.

How to Pair Like a Chef

Four simple rules that work every time, plus the flavor families that make it all click.

Timing RULE ONE	Woody herbs go in early, soft herbs go in late. Rosemary and thyme can roast for an hour. Basil and cilantro lose their sparkle in minutes, so add them right before serving.
Leader + Sidekick RULE TWO	Let one herb lead and one support. Use about twice as much of the leader. Too many herbs at full volume just taste muddy.
Match the weight RULE THREE	Delicate herbs for delicate food (fish, eggs, salads). Bold herbs for bold food (roasts, tomato sauce, beans).
Bridge it RULE FOUR	Lemon, good olive oil, butter and a pinch of salt are the glue that helps two herbs taste like one idea.

Bright + Green

Parsley, chives, cilantro, dill. Fresh lift for finishing.

Sweet + Cool

Basil, mint. Perfect with fruit, tomatoes and drinks.

Piney + Earthy

Rosemary, thyme, sage, oregano. Built for heat.

> **FRESH VS DRIED** Dried herbs are stronger. Use about 1 teaspoon dried for every 1 tablespoon fresh.

BASIL + PARSLEY

No. 1

Balcony Pesto Pasta

Bright green, garlicky and ready before the pasta water cools. Your first reason to grow basil.

SERVES	PREP	COOK
4	10 min	12 min

INGREDIENTS

- **2 cups packed basil leaves**
- **1/2 cup packed parsley leaves**
- 1/3 cup grated Parmesan
- 1/4 cup toasted pine nuts or walnuts
- 1 garlic clove
- Juice of 1/2 lemon
- 1/2 cup olive oil
- Salt and pepper
- 12 oz pasta
- 1 cup cherry tomatoes, halved (optional)

METHOD

1. Boil a big pot of well-salted water and cook the pasta. Save 1/2 cup of the pasta water before draining.
2. In a food processor, pulse the nuts, garlic and Parmesan until crumbly.
3. Add the basil, parsley and lemon juice. Pulse, then stream in the olive oil until smooth. Season with salt and pepper.
4. Toss the hot pasta with the pesto off the heat, adding splashes of pasta water until silky. Top with tomatoes and a few torn basil leaves.

WHY THIS PAIRING WORKS

Parsley adds a clean, grassy backbone so basil tastes fresh instead of flat, and it helps the pesto stay bright green longer.

SWAP IT

Use mint for half the parsley in midsummer. Leftover pesto is amazing on sandwiches and eggs.

ROSEMARY + THYME

No. 2

Sheet-Pan Lemon Herb Chicken

One pan, crispy skin, golden potatoes. The dinner that makes the whole apartment smell like a bistro.

SERVES	PREP	COOK
4	15 min	45 min

INGREDIENTS

- 6 bone-in, skin-on chicken thighs
- 1 1/2 lb baby potatoes, halved
- 1 red onion, cut in wedges
- 3 tbsp olive oil
- **1 tbsp chopped rosemary**
- **1 tbsp thyme leaves**, plus extra
- 4 garlic cloves, smashed
- 1 lemon, zested, then sliced
- 1 1/2 tsp salt, 1/2 tsp pepper

METHOD

1. Heat the oven to 425°F. Toss the potatoes and onion on a sheet pan with half the oil, half the herbs and a pinch of salt.
2. Rub the chicken with the remaining oil, herbs, lemon zest, garlic, salt and pepper.
3. Nestle the chicken skin side up among the potatoes and tuck the lemon slices around.
4. Roast 40 to 45 minutes, until the skin is crisp and the chicken reaches 165°F. Rest 5 minutes and scatter with fresh thyme.

WHY THIS PAIRING WORKS

Both are woody, piney herbs that hold up to high heat. Rosemary brings the punch and thyme rounds it out with earthy warmth.

SWAP IT

In fall, swap the rosemary for sage. Add a can of drained white beans for the last 15 minutes.

MINT + PARSLEY

No. 3

Herby Cucumber Chickpea Salad

Crunchy, cool and no cooking required. Think tabbouleh energy, built for a hot balcony evening.

SERVES	PREP	COOK
4	15 min	None

INGREDIENTS

- 1 English cucumber, diced
- 1 can (15 oz) chickpeas, rinsed
- 1 cup cherry tomatoes, halved
- 1/4 red onion, finely diced
- **1/2 cup chopped parsley**
- **1/4 cup chopped mint**
- 1/3 cup crumbled feta

DRESSING

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1/2 tsp salt, pepper, pinch of sumac

METHOD

1. Whisk the olive oil, lemon juice, salt, pepper and sumac in a large bowl.
2. Add the cucumber, chickpeas, tomatoes and onion and toss to coat.
3. Fold in the parsley, mint and feta right before serving so the herbs stay perky.
4. Let it sit 10 minutes for the flavors to mingle, then taste and add more lemon or salt if needed.

WHY THIS PAIRING WORKS

Parsley gives body and freshness while mint adds a cool, sweet lift. Together they make the cucumber taste even crisper.

SWAP IT

Stir in cooked quinoa or bulgur to turn it into a packable lunch.

CILANTRO + CHIVES

No. 4

Lime Shrimp Tacos

Juicy shrimp, crunchy slaw and a creamy herb sauce. Weeknight-fast, patio-party worthy.

SERVES	PREP	COOK
4	15 min	5 min

INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil, 1 tsp chili powder, 1/2 tsp cumin, 1/2 tsp salt
- 1 lime, zested and juiced
- 8 small tortillas
- 2 cups shredded cabbage
- 1 avocado, sliced

HERB CREMA

- 1/2 cup sour cream or Greek yogurt
- **1/4 cup chopped cilantro**
- **2 tbsp chopped chives**
- Juice of 1/2 lime, pinch of salt

METHOD

1. Stir together the crema ingredients and chill while you cook.
2. Toss the shrimp with oil, chili powder, cumin, salt and lime zest.
3. Sear in a hot skillet 1 to 2 minutes per side until pink. Squeeze lime over the top.
4. Warm the tortillas, then pile on cabbage, shrimp, avocado and a big spoonful of crema.

WHY THIS PAIRING WORKS

Cilantro brings bright citrus notes and chives add a gentle onion bite, so you get flavor without raw onion taking over.

SWAP IT

Use black beans instead of shrimp. If cilantro tastes soapy to you (that is real, and partly genetic), use parsley.

SAGE + THYME

No. 5

Brown Butter Gnocchi

Crispy sage, nutty butter and sweet roasted squash. Cozy food for the first chilly night on the patio.

SERVES	PREP	COOK
4	10 min	25 min

INGREDIENTS

- 1 lb potato gnocchi
- 2 cups butternut squash, 1/2 inch cubes
- 1 tbsp olive oil
- 4 tbsp butter
- **12 fresh sage leaves**
- **1 tsp thyme leaves**
- 1 garlic clove, thinly sliced
- 1/4 cup grated Parmesan
- Squeeze of lemon
- Salt and pepper

METHOD

1. Roast the squash with olive oil and salt at 425°F for 20 to 25 minutes, until tender and caramelized.
2. Cook the gnocchi according to the package. Save 1/4 cup of the cooking water.
3. Melt the butter in a large skillet over medium heat. Add the sage and cook 3 to 4 minutes, until the butter smells nutty and the leaves are crisp. Add thyme and garlic for 30 seconds.
4. Add the gnocchi, squash and a splash of water. Toss until glossy, then finish with Parmesan and lemon.

WHY THIS PAIRING WORKS

Sage loves fat. Brown butter tames its strength into something savory and crisp, while thyme adds a soft earthy layer.

SWAP IT

Try sweet potato instead of squash, or skip the squash and add sautéed mushrooms.

DILL + CHIVES

No. 6

Lemon Dill Salmon

Flaky salmon and crispy smashed potatoes with a cool herb yogurt. Fancy-looking, secretly simple.

SERVES	PREP	COOK
4	15 min	35 min

INGREDIENTS

- 4 salmon fillets (5 to 6 oz each)
- 1 1/2 lb baby potatoes
- 3 tbsp olive oil
- **2 tbsp chopped dill**
- **2 tbsp chopped chives**
- 1 lemon, zested and juiced
- Salt and pepper

HERB YOGURT

- 1/2 cup Greek yogurt
- **1 tbsp each dill and chives**
- 1 tsp lemon juice, pinch of salt

METHOD

1. Boil the potatoes in salted water about 15 minutes, until fork tender. Drain.
2. Smash each potato flat on an oiled sheet pan, drizzle with oil, salt and roast at 425°F for 20 minutes.
3. Season the salmon with salt, pepper and lemon zest. Add it to the pan for the last 10 to 12 minutes, until it flakes easily.
4. Shower the potatoes with chives and the salmon with dill. Serve with the herb yogurt and lemon wedges.

WHY THIS PAIRING WORKS

Dill and fish are a classic for a reason: its tangy, light anise flavor cuts richness. Chives add a mild savory finish.

SWAP IT

No salmon? This works with cod, shrimp or even eggs. The herb yogurt doubles as a veggie dip.

BASIL + OREGANO

No. 7

Bruschetta Flatbread

All the flavor of bruschetta on a bubbly, cheesy flatbread. Ten minutes in the oven, gone in two.

SERVES	PREP	COOK
2 to 4	10 min	10 min

INGREDIENTS

- 2 naan or flatbreads
- 2 cups cherry tomatoes, quartered
- 1 garlic clove, grated
- 2 tbsp olive oil
- **1 tsp chopped fresh oregano**
- 8 oz fresh mozzarella, torn
- **1/4 cup fresh basil leaves**
- Balsamic glaze
- Flaky salt

METHOD

1. Toss the tomatoes with garlic, olive oil, oregano and a pinch of salt. Let them sit 10 minutes.
2. Top the flatbreads with mozzarella and bake at 425°F for 8 to 10 minutes, until bubbly.
3. Spoon the tomatoes over the hot flatbreads, juices and all.
4. Tear basil over the top, drizzle with balsamic glaze and finish with flaky salt.

WHY THIS PAIRING WORKS

Fresh oregano is strong and sturdy, so it marinates with the tomatoes. Basil is delicate, so it goes on at the very end.

SWAP IT

Add a little burrata, or swap the tomatoes for grilled peaches in late summer.

MINT + BASIL

No. 8

Sparkling Garden Lemonade

A herb syrup turns plain lemonade into something you would order at a rooftop bar.

SERVES	PREP	COOK
6	10 min	20 min steep

INGREDIENTS

HERB SYRUP

- 1/2 cup sugar
- 1/2 cup water
- **1/2 cup mint leaves**
- **1/4 cup basil leaves**

LEMONADE

- 3/4 cup fresh lemon juice (4 to 5 lemons)
- 3 cups sparkling water
- Ice
- Sliced strawberries (optional)

METHOD

1. Simmer sugar and water until the sugar dissolves. Remove from the heat.
2. Add the mint and basil, press gently with a spoon and steep 20 minutes. Strain and cool.
3. In a pitcher, stir together the syrup, lemon juice, ice and strawberries.
4. Top with sparkling water right before serving. Garnish each glass with a mint sprig and a basil leaf.

WHY THIS PAIRING WORKS

Mint brings the cool, basil brings a sweet peppery depth. Together they make lemonade taste layered instead of just sour.

SWAP IT

For a grown-up version, add a splash of gin or top with prosecco. The syrup keeps a week in the fridge.

Butters, Salts and Sauces

Three little extras that turn a pot of herbs into a fridge full of flavor. Make them once, use them all week.

Bistro Herb Butter

CHIVES · PARSLEY · THYME

Mash 1/2 cup softened butter with 1 tbsp each chopped chives and parsley, 1 tsp thyme leaves, a little lemon zest and a pinch of salt. Roll into a log in parchment and chill. Slice onto steak, corn, warm bread or roasted veggies. Keeps about a week in the fridge or up to 3 months frozen.

Rosemary Lemon Salt

ROSEMARY

Pulse 1/2 cup kosher or flaky salt with 2 tbsp rosemary leaves and the zest of 1 lemon. Spread on a plate and let it dry overnight, then store in a jar. Sprinkle on roasted potatoes, chicken, popcorn or the rim of a lemonade glass. It makes a sweet little gift, too.

Green Sauce for Everything

PARSLEY · OREGANO

Finely chop 1 cup parsley, 2 tbsp oregano and 2 garlic cloves. Stir in 1/2 cup olive oil, 3 tbsp red wine vinegar, a pinch of red pepper flakes and salt. It's chimichurri's easygoing cousin. Spoon over grilled meat, eggs, beans or roasted vegetables.

> **FOOD SAFETY** Fresh herbs and garlic packed in oil should always be kept in the fridge and used within about 4 days, or frozen for longer storage. Never store them in oil at room temperature.

A jar of herb salt on the counter is summer you can sprinkle.

Save the Harvest

Too much basil is a happy problem. Here's how to keep the flavor going long after the season ends.

Freeze

Herb cubes

Chop soft herbs, pack them into ice cube trays and cover with olive oil. Freeze, then pop into a bag. Drop a cube straight into soups, sauces and pans.

Dry

Hang bundles

Woody herbs dry beautifully. Tie small bundles and hang them somewhere dry, airy and out of direct sun for 1 to 2 weeks. Strip the leaves and jar them.

Store

Treat like flowers

Stand parsley and cilantro in a glass of water in the fridge, loosely covered. Keep basil in water on the counter, since cold turns it black.

When the weather turns cold

Usually come back
HARDY PERENNIALS

Chives, thyme, oregano, sage and mint can often survive a cold winter. In pots, roots are more exposed, so group them against the building, wrap pots in burlap or move them to an unheated, sheltered spot.

Bring inside
BEFORE FIRST FROST

Rosemary is not reliably winter hardy in cold climates. Move it to your sunniest window and water sparingly.

Start fresh
ANNUALS

Basil, cilantro and dill finish with the season. Root basil cuttings in a glass of water for a windowsill encore, and sow fresh seeds in spring.

BOOK TWO

Scraps to *Sprouts*

Kitchen waste to kitchen garden

Regrow scallions, bok choy, celery, ginger and more from the scraps you used to toss. A few jars, a sunny sill and a two-minute habit turn your cutting board into a little farm.

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The Circular Kitchen

That handful of scallion ends you were about to toss? That's next week's garnish. Honey, it's free food.

What regrows BASES, ROOTS, CLOVES	Anything that still has its root plate or a living growth point: scallions, leeks, bok choy, celery, romaine, fennel, garlic, lemongrass and ginger. Herb stems root too.
What you get THE HONEST VERSION	Regrowth gives you fresh greens and smaller second harvests, not a brand-new supermarket head of celery. Think bonus food, not a replacement for the grocery store.
Why bother THE GOOD STUFF	It costs nothing, it cuts waste, it lives on a windowsill, and there is something deeply satisfying about cooking with food you saved from the trash.
What is left CLOSE THE LOOP	When a scrap is truly done, it becomes compost or worm castings, which feeds the soil for your next pot. That is the circle.

"In my kitchen, nothing goes in the trash until it's had a second chance."

> **SHOPPING TIP** Buy organic when you can for regrowing, especially ginger and potatoes. Some conventional produce is treated to slow sprouting, so it regrows poorly or not at all.

Your Regrow Station

One sunny sill, a few clean jars and a two-minute daily habit. That's the whole setup.

i.

Jars

Short, clear glasses or jars work best. Clear glass lets you see the roots, and you'll know the second something looks off.

ii.

Water

Cover just the root end, about an inch. Never drown the whole scrap or it rots. Use room temperature tap water.

iii.

The habit

Change the water every day or two. This is the one step people skip, and it is the one that matters. Stale water gets slimy fast.

iv.

Light

A bright window, out of harsh afternoon sun. East or south facing is ideal. Rotate jars every few days so growth stays straight.

v.

To soil

Once roots are 1 to 2 inches long, many scraps do better in a pot of soil. Water-only regrowth eventually runs out of steam.

vi.

Toss it

Mushy, brown, slimy or smelly? Compost it and start fresh. A sad scrap never comes back from that.

What you'll need

- [ ] 3 or 4 small clear jars
- [ ] A sharp knife
- [ ] A sunny windowsill
- [ ] A few 6 inch pots
- [ ] Potting mix (page 39)
- [ ] Scraps with roots attached

The Regrow List

What to save, how to start it and what to expect. Pin this one to the fridge.

SCRAP	START IN	FIRST HARVEST	ROUNDS	BEST FOR
Scallions	Water, then soil	7 to 10 days	3 to 4 in water, many in soil	Garnish, stir-fries
Leeks	Water, then soil	1 to 2 weeks	2 to 3	Soups, eggs
Bok choy	Water, then soil	1 to 2 weeks	1 to 2	Baby leaves, stir-fries
Celery	Water, then soil	2 to 3 weeks	1 to 2	Leaves and thin stalks for stock
Romaine	Water	10 to 14 days	1 to 2	Sandwich leaves
Fennel	Water	About 2 weeks	1 to 2	Fronds for garnish
Garlic	Soil	1 to 2 weeks	2 to 3 cuts	Garlic greens, like chives
Carrot tops	Water	2 to 3 weeks	1	Greens only, for pesto
Herb stems	Water, then soil	2 to 4 weeks to root	Ongoing	New basil and mint plants
Lemongrass	Water, then soil	3 to 4 months	Ongoing	Teas, curries, soups
Ginger	Soil	4 months (baby)	Ongoing	Everything

> **JOSEPHINE'S TAKE** Start with scallions. They are fast, forgiving and you will actually use them. Once you see those green shoots on day three, you'll be hooked.

Scallions, Leeks and Garlic

The onion family is the easiest regrow club there is. Here's how to keep a never-ending supply.

Step 1

Save the ends

Cut scallions about 1 to 2 inches above the roots. Keep the little white part with the hairy roots intact.

Step 2

Stand them up

Place them roots down in a short glass with about an inch of water. Bundle them with a rubber band so they stay upright.

Step 3

Fresh water

Change the water daily. You will see new green shoots in 2 to 3 days and have snippable greens in about a week.

Step 4

Snip, repeat

Cut the greens about an inch above the white. They grow back 3 to 4 times in water, a little thinner each round.

Step 5

Move to soil

For the long haul, plant them 1 inch deep in a pot. In soil they keep going for months.

Step 6

Rotate jars

Keep two jars going a week apart. One is always ready while the other is regrowing.

Leeks SAME METHOD	Save the bottom 2 inches with roots. Leeks regrow a bit slower but give you mild, tender greens for soups and omelets.
Garlic greens FROM A SPROUTED CLOVE	Got a clove with a green tip? Plant it pointy end up, 1 inch deep, in a small pot. Snip the greens when they reach 6 to 8 inches and use them like chives.

The Base Method

Bok choy, celery and romaine all regrow from the same spot: the bottom. One method covers all three.

i.
Cut
Slice off the base, leaving about 2 inches. Cook or eat the rest as usual.

ii.
Soak
Set it cut side up in a shallow dish with about half an inch of water. Change the water every day or two.

iii.
Pot up
When new leaves appear and small roots form, usually in 1 to 2 weeks, plant it in soil up to the new growth.

Bok choy THE FASTEST	New leaves pop up from the center within days. Harvest as baby leaves for a stir-fry. If it shoots up a flower stalk, it is done, so snip and enjoy the tender flower buds too.
Celery THE SLOW ONE	Expect leafy tops and thin stalks rather than a full bunch. They are packed with flavor and perfect for stock, soups and the freezer scrap bag.
Romaine THE QUICK SNACK	Gives you a handful of fresh leaves for sandwiches before it turns bitter. One or two harvests, then compost it.

Two inches of base. One inch of water.
A little patience.

Patience Projects

These take months, not days. But a pot of homegrown ginger on the windowsill? Worth every minute.

Lemongrass
FROM GROCERY STALKS

Choose firm stalks with the base intact. Stand them in a few inches of water, changing it often, until roots reach about an inch, usually 2 to 3 weeks. Plant in a deep pot in full sun. Harvest outer stalks after a few months. It loves heat, so bring it inside before frost.

Ginger
FROM A PLUMP KNOB

Pick a piece with little bumps called eyes. Soak overnight, then plant just under the surface, eyes up, in a wide, shallow pot. Keep it warm and lightly moist. Shoots appear in a few weeks. Steal tender baby ginger at about 4 months, or wait 8 to 10 months for a full harvest.

Garlic bulbs
FROM ONE CLOVE

Want whole new heads? Plant individual cloves in fall, about 2 inches deep. They need a cold winter to form bulbs and are ready the next summer when the leaves yellow.

> **JOSEPHINE'S TAKE** Put the patience projects in pretty pots. If something is going to live on your windowsill for ten months, it should earn its keep by looking nice too.

Herbs from Cuttings

That bunch of grocery store basil is secretly five new plants. Here's how to set them free.

Step 1
Snip
Cut a 4 to 6 inch stem just below a leaf node, the little bump where leaves grow out.

Step 2
Strip
Pull off the lower leaves so only the top few remain. No leaves should sit in the water.

Step 3
Soak
Stand the stems in a glass of water in bright, indirect light. Change the water every couple of days.

Step 4
Wait
Roots appear in about 1 to 3 weeks. Woody herbs like rosemary take longer and are fussier.

Step 5
Pot up
When roots are 1 to 2 inches long, plant in potting mix and keep evenly moist for the first week.

Step 6
Pinch
Once settled, pinch the tips so your new plant grows bushy. See Book One for care.

HERB	ROOTING SPEED	NOTES
Basil	Fast, 7 to 14 days	The easiest. Great windowsill encore in fall.
Mint	Very fast, about a week	Practically roots if you look at it.
Oregano	Medium, 2 to 3 weeks	Use soft green tips, not woody stems.
Sage	Medium, 2 to 4 weeks	Soft new growth roots best.
Rosemary	Slow, 3 to 6 weeks	Patience. Some will fail, so start a few.

Honest Truths

The internet loves a regrow miracle. Let's sort the real ones from the wishful thinking.

The avocado pit FUN, NOT FOOD	Yes, it sprouts. It makes a lovely houseplant. But it can take many years to fruit, if it ever does indoors. Grow it for joy, not guacamole.
The pineapple top A LONG GAME	The crown can root and grow into a striking plant. A fruit, if you get one, takes two to three years and lots of warmth and light.
The carrot top GREENS ONLY	A carrot top grows pretty, edible greens. It will never grow a new carrot. Use the greens in pesto or salads.
The grocery potato PASS ON IT	Sprouted potatoes can grow, but they need a big, deep container and may carry disease. Certified seed potatoes are the safer bet.
Forever regrowth NOT QUITE	Water-grown scraps slowly run out of stored energy. Each round is smaller. Moving them into soil buys you much more time.

Regrowing is a bonus, not a grocery plan.
Enjoy every free leaf.

Close the Loop

When a scrap is truly finished, it still has one job left: feeding next season's soil.

Freezer scrap bag
ZERO EFFORT

Keep a bag in the freezer for onion ends, carrot peels, celery bases and herb stems. When it is full, make stock (next page). Then compost what is left.

Worm bin
SMALL AND QUIET

A small bin of red wiggler worms turns fruit and veggie scraps, coffee grounds and shredded paper into worm castings, the richest soil boost there is. Keep it under the sink or on the balcony in mild weather.

Bokashi bucket
FERMENTS SCRAPS

A sealed bucket with a special bran ferments food scraps in about two weeks. The result is not finished compost yet. Mix it into a large pot of soil and let it break down for a few weeks before planting.

Countertop machines
KNOW WHAT YOU GET

Some electric gadgets dry and grind scraps. The output is great for reducing trash, but use it sparingly in soil or let it compost further first.

Yes please

Veggie and fruit scraps, coffee grounds, tea leaves, crushed eggshells, plain paper and cardboard.

Keep out

Meat, fish, dairy, oils and greasy food (except in bokashi), pet waste and anything treated with chemicals.

FREEZER SCRAPS

No. 9

Freezer Scrap Stock

Your full scrap bag plus water equals liquid gold. Free, flavorful and better than the box.

SERVES	PREP	COOK
About 2 qt	5 min	1 1/2 hrs

INGREDIENTS

6 to 8 cups frozen veggie scraps

GOOD SCRAPS

Onion and leek ends, skins

Carrot peels and tops

Celery bases and leaves

Mushroom stems

Herb stems: parsley, thyme

ADD

10 cups water

2 bay leaves

1 tsp black peppercorns

Salt, at the end

METHOD

1. Tip the frozen scraps into a large pot. No need to thaw.
2. Add the water, bay leaves and peppercorns. Bring to a boil, then lower to a gentle simmer.
3. Simmer uncovered for about 1 1/2 hours. Do not boil hard or it turns cloudy and bitter.
4. Strain, pressing on the scraps. Salt to taste. Cool, then refrigerate up to 4 days or freeze for 3 months. Compost the spent scraps.

JOSEPHINE SAYS

Skip broccoli, cabbage and Brussels sprout scraps. They make stock taste like a gym bag. Onion skins give it a gorgeous golden color.

SWAP IT

Freeze stock in ice cube trays. Two cubes rescue a dry pan sauce or a pot of rice.

REGROWN SCALLIONS + GINGER

No. 10

Scallion Ginger Noodles

Fifteen minutes, pantry ingredients and a whole jar of regrown scallions. Weeknight perfection.

SERVES	PREP	COOK
2	10 min	8 min

INGREDIENTS

- 8 oz noodles (ramen, udon or spaghetti)
- **1 cup sliced scallions**, greens and all
- **1 tbsp finely grated ginger**
- 1/4 cup neutral oil
- 1/2 tsp salt
- 2 tbsp soy sauce, 1 tsp rice vinegar
- 1 tsp sugar, 1 tsp sesame oil
- Bok choy, sesame seeds, chili crisp

METHOD

1. Cook the noodles according to the package. Drain, saving a splash of water.
2. Put the scallions, ginger and salt in a heatproof bowl.
3. Heat the oil until it shimmers, then carefully pour it over the scallions. It will sizzle. Stir.
4. Whisk in the soy sauce, vinegar, sugar and sesame oil. Toss with the noodles and a splash of water. Top with wilted greens, sesame seeds and chili crisp.

WHY THIS PAIRING WORKS

Hot oil blooms the scallions and ginger instantly, turning two humble scraps into a fragrant, savory sauce.

SWAP IT

Add a fried egg or leftover chicken. The scallion oil keeps a week in the fridge.

BOOK THREE

Edible *Windowsills*

Big harvests from small pots

Get the most food from every square inch: the right light, smart pots, fast crops and four house soil blends that make plants grow like they mean it.

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Read Your Window

A windowsill garden lives or dies by its light. Before you plant, know what your glass gives you.

South facing THE GOLD STANDARD	The most light, all year long. This is where sun-hungry crops like peppers, cherry tomatoes and herbs belong.
East or west VERY WORKABLE	Four to six hours of light. Perfect for leafy greens, microgreens, scallions and parsley.
North facing BRING A LIGHT	Not enough sun for most edibles on its own. Pair it with a small grow light and you are in business.

Grow light basics

Type
Full-spectrum LED
Cool, efficient and inexpensive. A simple bar or clip-on light is plenty for a sill.

Distance
Close, not touching
Usually a few inches to about a foot above the leaves. Follow your light's directions.

Hours
12 to 16 a day
Greens and microgreens love 12 to 16 hours. Plug it into a timer and forget it.

> **WINTER REALITY** Window glass and short days cut light more than you think. Leggy, pale, stretching seedlings mean they want more light, not more water.

The High-Yield Mindset

On a windowsill, every square inch is prime real estate. Here's how to make it pay rent.

Go rectangular RULE ONE	Long, narrow troughs fill a sill edge to edge. Round pots leave wasted gaps in every corner.
Go up RULE TWO	A tiered plant stand, a tension rod with hanging pots or a narrow shelf can triple your growing space in the same window.
Cut and come again RULE THREE	Choose crops you harvest leaf by leaf, like lettuce, arugula, kale and herbs. One planting feeds you for weeks.
Harvest young RULE FOUR	Baby greens and microgreens are ready in days, not months, and they pack a lot of flavor into a small space.
Never leave soil empty RULE FIVE	The minute something finishes, something new goes in. Book Four shows you exactly how.

Fast crops, tight spaces,
and nothing sitting idle.

> **NUTRIENT BONUS** Some studies have found microgreens can contain higher concentrations of certain vitamins than the same plants at full size. Tiny, but mighty.

Windowsill Stars

The crops that give the most food for the least space, ranked from fastest to slowest.

CROP	LIGHT	POT DEPTH	HARVEST IN	YIELD TIP
Microgreens	Bright	1 to 2 in	7 to 14 days	Sow thick, harvest all at once
Pea shoots	Bright	2 to 3 in	10 to 21 days	Cut above the lowest leaves for a second cut
Arugula	4 to 6 hrs	4 to 6 in	3 to 4 weeks	Sow a new row every 2 weeks
Baby lettuce	4 to 6 hrs	4 to 6 in	About 4 weeks	Pick outer leaves only
Radishes	6 hrs	6 in	4 weeks	Thin to 2 inches apart
Baby kale	4 to 6 hrs	6 to 8 in	4 weeks	Pick from the bottom up
Spinach	4 to 6 hrs	6 in	4 to 6 weeks	Loves a cool window
Scallions	6 hrs	6 in	8 to 10 weeks from seed	Or regrow (Book Two)
Dwarf chili	6 to 8 hrs + light	8 to 10 in	2 to 3 months from transplant	Hand pollinate with a soft brush
Dwarf tomato	8 hrs or grow light	10 to 12 in	2 to 2 1/2 months from transplant	Choose micro or patio varieties

> **JOSEPHINE'S TAKE** Start with one tray of microgreens and one trough of lettuce. Master those, then let the peppers move in.

The House Soil Blends

Better soil, more food. Mix these in a bin or bucket. A "part" is any scoop you like, just use the same one.

The Everyday Blend MOST CROPS	**3 parts** potting mix **1 part** compost **1 part** perlite Slow-release organic fertilizer, per label	*Your reliable all-rounder for scallions, radishes, bok choy and mixed pots.*
Hungry Greens LEAFY CROPS	**2 parts** potting mix **1 part** compost **1 part** worm castings **1/2 part** perlite	*Extra nutrition for lettuce, kale, spinach and arugula, which grow fast and eat a lot.*
The Fruiting Blend PEPPERS, TOMATOES	**3 parts** potting mix **1 part** compost **1 part** worm castings **1 part** perlite Vegetable fertilizer at planting	*Rich but well drained. Add a liquid feed every 1 to 2 weeks once flowers appear.*
The Microgreen Mat TRAYS	**4 parts** seed-starting mix or coco coir **1 part** worm castings	*Fine and fluffy so tiny roots spread fast. Microgreens need very little feeding.*
The Lean Herb Blend WOODY HERBS	**2 parts** potting mix **1 part** perlite or grit	*For rosemary, thyme, oregano and sage. They like it lean and fast-draining.*

> **GOLDEN RULE** Moisten the mix before planting, and never use garden dirt in pots. It packs down hard and suffocates roots.

What's in the Bag

A quick glossary, so the garden center aisle stops looking like a chemistry exam.

Base

Potting mix

The foundation. Light and fluffy, made for containers. Usually peat or coco coir with bark and perlite.

Base

Coco coir

Shredded coconut husk. Holds water beautifully and is a renewable alternative to peat.

Food

Compost

Broken-down organic matter. Adds gentle nutrients and helps soil hold moisture.

Food

Worm castings

Worm compost. Rich, gentle and safe for even tender seedlings. Your Book Two worm bin makes this.

Air

Perlite

Those little white puffed pebbles. They keep soil loose and help water drain.

Water

Vermiculite

A spongy mineral that holds moisture. Nice for seed starting in dry rooms.

Feed

Slow-release fertilizer

Pellets or granules that feed a little at a time for weeks or months.

Feed

Liquid feed

Fish, kelp or all-purpose liquid fertilizer mixed into water. Fast-acting, great for hungry crops.

Feed the soil, and the soil feeds you.

Microgreens, Step by Step

The fastest food you will ever grow. Ten days from seed to plate, no backyard required.

Step 1
Soak big seeds
Peas and sunflower seeds like an 8 to 12 hour soak. Small seeds like radish and broccoli go in dry.

Step 2
Fill the tray
Spread 1 to 1 1/2 inches of moist Microgreen Mat in a shallow tray with drainage. Press it flat.

Step 3
Sow thick
Scatter seeds densely, almost touching. Press gently, mist well.

Step 4
Blackout
Cover with another tray for 2 to 4 days. Darkness helps them root and stretch up evenly.

Step 5
Light up
Uncover and give bright light. Water from below by setting the tray in water for a few minutes.

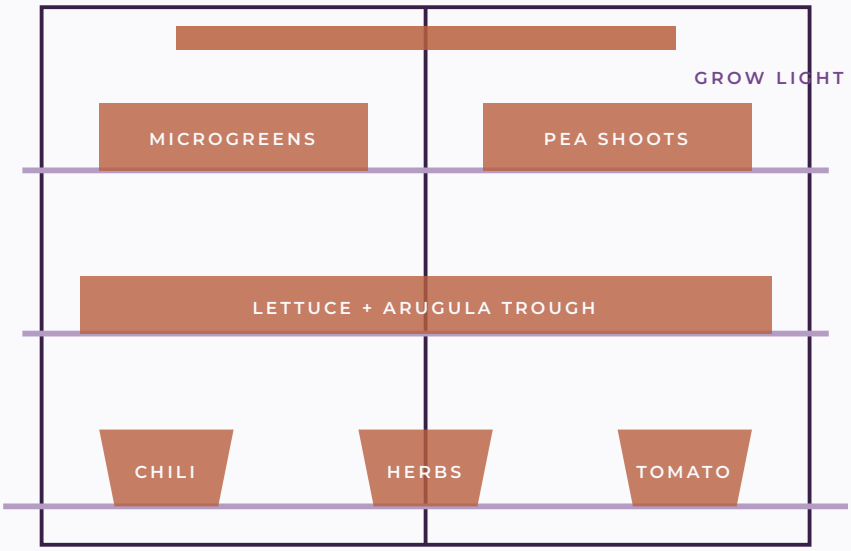
Step 6
Harvest
In 7 to 14 days, snip just above the soil with sharp scissors. Rinse, dry and eat.

SEED	TASTES LIKE	READY IN
Radish	Spicy, peppery	7 to 10 days
Broccoli	Mild, fresh	8 to 12 days
Pea	Sweet, like fresh peas	10 to 21 days
Sunflower	Nutty, crunchy	8 to 12 days
Arugula	Peppery, bold	8 to 12 days

> **BUY RIGHT** Choose seeds sold for sprouting or microgreens. They are untreated and tested for eating at the tiny stage.

The Three-Tier Window

One window, three levels, a steady harvest. Here's a layout that works in almost any kitchen.



Top tier UNDER A GROW LIGHT	Microgreen and pea shoot trays. They are light, shallow and happiest close to an LED bar.
Middle tier LEAFY GREENS	A long trough of cut-and-come-again lettuce or arugula, sown in two halves two weeks apart.
The sill SUN LOVERS	Your deepest pots and strongest light: a dwarf pepper, a patio tomato and a pot of herbs.

> **SAFETY FIRST** Use a sturdy stand rated for the weight, keep cords and timers away from water and wipe up drips right away.

Feed and Water

High-yield pots work hard, and they get hungry and thirsty faster than you expect.

Bottom watering
BEST FOR TRAYS

Set pots or trays in a dish of water for 10 to 15 minutes, then drain. Roots drink up evenly and leaves stay dry.

Self-watering pots
BEST FOR BUSY PEOPLE

A built-in reservoir keeps soil evenly moist for days. Wonderful for lettuce, kale and peppers.

The finger test
ALWAYS

Top inch dry? Water. Still damp? Wait. Soggy roots are the number one windowsill killer.

Feeding schedule

CROP	HOW OFTEN	HOW
Microgreens	Not needed	The seed and the blend have enough
Leafy greens	Every 2 to 3 weeks	Liquid feed at half strength
Herbs	Monthly	Light liquid feed, less for woody herbs
Peppers, tomatoes	Every 1 to 2 weeks once flowering	Vegetable or tomato fertilizer, per label

> **READ THE LEAVES** Pale or yellowing lower leaves often mean a plant is hungry. Brown, crispy tips can mean too much fertilizer, so flush with plain water.

MICROGREENS + PEA SHOOTS

No. 11

Windowsill Green Toast

Ten-day greens on crunchy toast. It looks like a café brunch and costs about a dollar.

SERVES	PREP	COOK
2	10 min	3 min

INGREDIENTS

- 2 thick slices sourdough
- 1/2 cup ricotta or 1 mashed avocado
- 1/2 lemon, zested and juiced
- **1 cup radish microgreens**
- **1/2 cup pea shoots**
- 2 radishes, thinly sliced
- 1 tbsp olive oil
- Flaky salt and pepper
- Pinch of red pepper flakes
- 2 soft-boiled eggs (optional)

METHOD

1. Toast the bread until deeply golden.
2. Stir lemon zest and a pinch of salt into the ricotta, or season the avocado.
3. Toss the microgreens and pea shoots with olive oil, a squeeze of lemon and a pinch of salt.
4. Spread the toast, pile on the greens and radishes, top with an egg if you like, and finish with flaky salt and pepper flakes.

WHY THIS PAIRING WORKS

Peppery radish microgreens wake everything up, and sweet pea shoots calm them down. Creamy ricotta ties it together.

SWAP IT

Sunflower shoots bring a nutty crunch. Add a drizzle of honey if you go with ricotta.

BOOK FOUR

The *Never-Empty* Pot

Successional planting, month by month

A simple, calendar-based plan that keeps every container working all year. When one crop finishes, the next one is already waiting.

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Four Ways to Keep Going

Successional planting just means this: plan the next crop before the current one is done.

Relay sowing A LITTLE, OFTEN	Sow small amounts every 2 to 3 weeks instead of one big batch. You get a steady trickle of salad, not a lettuce avalanche followed by nothing.
Cut and come again ONE PLANTING, MANY MEALS	Harvest outer leaves and let the center keep growing. Lettuce, kale, chard, herbs and pea shoots are champions.
Crop swapping SEASON TO SEASON	Follow a cool crop with a warm one, then a cool one again. Spring radishes, summer beans, fall spinach, all in one pot.
Tuck-ins FILL THE GAPS	Pop fast crops like radishes or baby greens around slow ones. They are harvested before the big plant needs the room.

Before you pull one crop,
have the seeds for the next one in your hand.

> **JOSEPHINE'S TAKE** Keep a little seed box by the window with your next three sowings in it. When a pot empties, you never have to think. You just plant.

Know Your Numbers

Two dates and one number on every seed packet. That's all the math this takes.

Date one
Last frost
The average last cold night in spring. Tender crops go outside after this.

Date two
First frost
The average first cold night in fall. Count backward from here for fall crops.

The number
Days to harvest
Printed on every seed packet. It tells you how long each crop needs the pot.

CROP	DAYS TO HARVEST	SOW AGAIN EVERY	SEASON
Microgreens	7 to 14	Week	Indoors, year round
Radishes	25 to 30	2 weeks	Cool
Arugula	21 to 40	2 weeks	Cool
Baby lettuce	25 to 30	2 to 3 weeks	Cool
Spinach	30 to 45	2 to 3 weeks	Cool
Baby bok choy	30 to 40	3 weeks	Cool
Cilantro	40 to 55	3 weeks	Cool
Bush beans	50 to 60	3 weeks	Warm
Basil	50 to 60 from seed	4 weeks	Warm
Scallions	60 to 70 from seed	4 weeks	Any

> **FIND YOUR DATES** Search your zip code with "frost dates" or ask your local cooperative extension office. Around New York, last frost usually lands in April and first frost in late October or November.

The 12-Month Calendar

A year of small-space growing, timed around your frost dates. This example fits a New York area garden.

MONTH	TIMING	SOW, PLANT AND DO
January	Indoors	Microgreens and pea shoots under lights. Regrow scallions. Order seeds.
February	10 to 8 wks before	Start peppers indoors. Keep the microgreen trays rolling.
March	6 to 4 wks before	Start tomatoes and basil indoors. Sow peas and spinach in outdoor pots.
April	Around last frost	Sow radishes, arugula and lettuce. Repeat every 2 weeks.
May	After last frost	Move basil, tomatoes and peppers outside. Sow bush beans.
June	Early summer	Sow beans every 3 weeks. Swap bolting greens for basil.
July	Midsummer	Last bean sowing. Shade lettuce. Start fall kale and bok choy.
August	10 to 8 wks before frost	Sow fall lettuce, spinach, radish, arugula and cilantro.
September	6 to 4 wks before	Last radish and arugula. Root basil cuttings for winter.
October	Around first frost	Plant garlic. Bring rosemary and lemongrass inside.
November	After frost	Harvest the last greens. Move the garden to the windowsill.
December	Indoors	Microgreens, regrow jars and cut-and-come-again greens under lights.

> **DIFFERENT ZONE?** Use the timing column, not the month. Count weeks from your own frost dates and the whole calendar slides to fit.

One Pot, Four Seasons

Three ready-made rotation plans. Pick one, or run all three side by side.

Pot A
The Salad Pot

Spring	Radishes, then baby lettuce
Summer	Bush beans
Fall	Spinach and arugula
Winter	Rest, or bring inside for greens

Pot B
The Herb Pot

Spring	Cilantro and dill
Summer	Basil
Fall	Plant garlic cloves
Winter	Garlic sleeps, greens in spring

Tray C
The Window Tray

Spring	Pea shoots
Summer	Regrow scallions
Fall	Radish microgreens
Winter	Rotating microgreens weekly

Three pots. Twelve harvests.
Not one empty week.

> **MIND THE FAMILY** Try not to grow the same crop family in the same soil twice in a row. Following beans with leafy greens is a classic, happy swap.

Refresh Between Rounds

Hardworking soil gets tired. Five minutes between crops keeps every round as good as the first.

Step 1
Clear out
Pull the old plants and as many roots as you can. Compost them if they were healthy.

Step 2
Fluff up
Loosen the soil with a fork or your hands. Break up any compacted clumps.

Step 3
Top up
Mix in an inch or two of compost or worm castings, roughly one part to four parts soil.

Step 4
Feed
Add slow-release fertilizer per the label, especially before hungry greens or fruiting crops.

Step 5
Water
Moisten well and let it settle for a day if you can.

Step 6
Plant
Sow your next crop right away. Remember: never leave soil empty.

Replace it completely when

- [ ] A plant in it had a disease or a pest problem
- [ ] Water pools on top or the soil stays soggy for days
- [ ] It has been used for about a year of heavy cropping
- [ ] It smells sour or musty instead of earthy

My Succession Planner

Fill this in once at the start of the season, then just follow it.

MY LAST FROST _____ MY FIRST FROST _____

POT	SPRING	SUMMER	FALL	WINTER
Pot A				
Pot B				
Pot C				
Pot D				
Pot E				
Pot F				

Seeds to buy

UNTIL NEXT TIME

Keep It Growing

Start with one jar and one pot. Snip often, waste nothing and let your little kitchen garden feed you all year long.

YOUR YEAR AT A GLANCE

Spring	Sow cool greens and radishes. Start herbs. Wait for warm nights before basil goes out.
Summer	Pinch basil, sow beans every few weeks, water daily in heat waves.
Fall	Sow a second round of greens. Dry herbs. Root basil cuttings for the windowsill.
Winter	Microgreens under lights, regrow jars on the sill, plan next year's pots.

MY GARDEN NOTES

Josephine

This guide is for general home gardening and cooking inspiration. Check your building rules before adding planters or shelving, follow safe food handling and cooking temperatures, and only eat plants you are sure are safe and correctly identified.