

National Park Service  
U.S. Department of the Interior



Fort Vancouver National Historic Site  
Vancouver, Washington

---

# “Such Perfection in Gardening...”

A Guide to Plants in the Fort Vancouver Garden





*"We were soon conducted by the Doct. (doctor) to his Garden...where we did not expect to meet...such perfection in gardening. About 5 acres laid out in good order, stored with almost every species of vegetables, fruit trees and flowers."*

Henry Spalding, Methodist Missionary, 1836

Laborers at Fort Vancouver created an old world garden in the wilds of the Pacific Northwest. The soils that nurtured edible bulbs and berries, and tobacco cultivated by native peoples, soon nourished plants and seeds transplanted from England. Cared for by Scotsman William Bruce and his staff, with supervision from Chief Factor McLoughlin, the garden provided produce to feed the upper class, medicinal plants for the fort physician, and flowers to please the eye.

Chief Factor McLoughlin personally guided guests through the garden, impressing visitors with the variety, order, and abundance of plantings. The five to eight acre garden contained "tastefully arranged fine walks, each lined with strawberry vines", beds of carrots, turnips, cabbage, potatoes, squash, parsnips, cucumbers, peas, tomatoes and beets, a variety of fruits, and flowers including roses and dahlias. The Company shared this abundance, providing seeds and cuttings for local Native Americans interested in agriculture, and later, American settlers to the region.

A stroll through today's garden gives you a glimpse at the fort's agricultural history. Many of the vegetables and flowers are varieties from the era. You may see one of the dedicated Garden Volunteers, whose countless hours of labor make this garden possible. The variety of plantings still provide produce, and a place of beauty for visitors to see "such perfection in gardening".









## Fort Vancouver Historical Garden



**Amaranth**

Annual

*Amaranthus caudatus*

Common name: Love- lies- bleeding

---

This flamboyant plant, native to India, grew in the gardens of Romans and Greeks before the birth of Christ. The ancient rulers of the known world admired its tassel-like clusters of red blossoms. The leaves and stems, when young and tender, can be substituted for spinach. Amaranth produces seeds which can be used as grain. Small birds feed on the seeds.

**Cultivation:** Amaranth seeds may be germinated on site in spring, or earlier in a greenhouse. Seeds mature in 100-120 days and may be transplanted after the last expected frost. Soil temperature must be above 70° for germination. Plant in full sun in well drained soil. The plants can grow to be from 3-8 feet in height, with green foliage from 2-10 inches in length and ½-4 inches in width. It blooms from July to September and does not require thinning, mulching, pruning, or fertilizing.

---





## Fort Vancouver Historical Garden



### **Borage**

*Borago officinalis*

### Annual

Common names: Borage, Bee bread,  
Ox tongue

---

The Romans believed borage banished melancholy and intensified the effect of wine. They toasted the plant: "*Ego borago, gaudia semper ago,*" which is Latin for "I, borage, bring always courage." Borage leaves were used to check feverish colds, and as a poultice for inflammations. In the 17<sup>th</sup> century, borage was combined with other herbs, vegetables and flowers to make fresh green salad, or chopped and stewed in butter and vinegar to create a boiled salad. In today's kitchen, borage enlivens beverages and salads, flavors jellies and vinegars, and makes a pleasant herb tea.

**Cultivation:** Sow seeds in mid to late spring. Requires average soil with good drainage and full sun. Grows 2-3 feet in height and self seeds. Locate in garden where sprawling is allowable. Leaves and stems become prickly with age. Oval shaped, unscented, one-inch size blossoms bloom from summer to frost and are usually deep blue in color, rarely white or pink. It is a good cut flower. Foliage is grayish-green. Plant attracts bees, beneficial wasps and insects. Dormant in winter. Drought resistant.

---



## Fort Vancouver Historical Garden



California Poppy

Perennial

*Eschscholzia californica*

---

Native to California and Oregon, the poppy was named for Johann Exchsolz (1793-1835), a German doctor and naturalist who was a member of an expedition that sailed to the Pacific Coast in 1815.

Spaniards seeing the poppy growing abundantly along the coast called the area the Golden West. In 1826, the California Poppy was introduced in England. Used by herbalists for its narcotic properties, it is particularly soothing for headaches.

**Cultivation:** Sow in early spring in full sun and warm soil. Thin 6" apart. Will self-sow naturally.

---



## Fort Vancouver Historical Garden



**Calendula**

Annual

*Calendula officinalis*

Common Name: Pot marigold

---

The Elizabethans cultivated Calendula almost exclusively for medicinal purposes. It was used to sooth smallpox, measles, fevers, and bee stings. An ointment made with Calendula was used on cuts, burns and sores. Its petals can be used in seasoning broths, wines, and salads.

**Cultivation:** Easy to grow in any soil. Keep faded flowers picked off for continuous bloom. Self-sows readily. Blooms from spring to frost.

---



## Fort Vancouver Historical Garden



Columbine

Perennial

*Aquilegia*

Variety shown – Nora Barlow

---

Columbine has been grown in gardens since the Middle Ages. It was used as a treatment for measles, small pox, liver ailments, and even the plague. Its medicinal use was discontinued in the mid-eighteenth century when the Swedish botanist Linnaeus warned that children could die from an overdose. The Victorians associated this flower with folly and thanklessness.

**Cultivation:** Blooms from May to June. Do not cover seeds. Keep moist for germination. Leave some seed heads for self-sowing. Plant in sun or partial shade. **CAUTION! This plant is poisonous.**

---





## Fort Vancouver Historical Garden



Cornflower

Annual

*Centaurea cyanus*

Common Names: Bachelor's Buttons,  
Cornflower

---

Cornflowers were brought to America from Europe in the 17<sup>th</sup> century. It got the name cornflower because it was a flowering weed found commonly in cornfields. The name "Bachelor's Buttons" became popular when men began wearing them as boutonnières. A small wreath of cornflowers and olive leaves were found among the riches in the tomb of King Tutankhamen.

**Cultivation:** Sow seeds directly in soil in early spring and plant in full sun. Thin 8-10 inches apart. Water moderately. Cut faded flowers to prolong flowering. Cornflowers will often self-seed.

---



## Fort Vancouver Historical Garden



### Cottage Pinks

*Dianthus plumarius*

Perennial

Common name: Pinks

---

Native to Europe, the name “Pinks” describes the vivid color of the flower’s blossoms. The fragrant, bright pink petals bloom from May to June. The petals are single or double fringed. They come in a variety of colors including white, rose, purple, bicolored, or pink. The plant grows 12 inches high in dense clumps, which are especially attractive in rock gardens or as border plants.

**Cultivation:** The plant prefers full sun and well-drained alkaline soil. It can flourish in hot climates if watered well. Propagate by seeds, division, cuttings, or layering. Leaves are narrow, grass-like, blue-gray, forming dense evergreen tufts.

---



## Fort Vancouver Historical Garden



Flowering Tobacco

Perennial

*Nicotiana glauca*

---

Although native to South America, tobacco gets its name from Tobago in the West Indies.

In 1492, Christopher Columbus witnessed natives of Hispaniola smoking the dried leaves of this plant. Explorer Sir Frances Drake imported tobacco from Virginia to England in 1586. While normally smoked or chewed, tobacco was also planted as a beautiful blossom to color gardens and provide its intense fragrance at night. The blossoms are white, pink, yellow, red or green, and bloom from late spring into autumn.

**Cultivation:** Flowering tobacco grows in clumps 1-3 feet in height. It prefers full sun or partial shade, and well-drained, moist sandy or loam soil. Propagate by seeds started indoors six to eight weeks before planting outdoors. It is a tender annual killed by the first frost. ALL PARTS OF THIS PLANT ARE POISONOUS IF EATEN.

---



## Fort Vancouver Historical Garden



Foxglove

*Digitalis purpurea*

Biennial

(blooms the second year)

---

Native to Europe, this plant produces drooping, spotted, tubular flowers in vivid shades of pink, purple, white, and yellow on tall spikes.

Foxglove is mentioned in many folktales. In one, wicked fairies slipped the blooms over the paws of foxes so they could quietly sneak into chicken coops. The fairies left their fingerprints on the flowers, today seen as the tiny spots within the bloom.

Foxglove is a source of digitalis, a drug that is used to treat heart disease.

**Cultivation:** Foxglove prefers sun or partial shade in well-drained, humus-rich, fertile and acid soil. Seeds should be sown in early summer to establish plants. Expect the blooms the following year. Thin to one foot apart. Cut off flower stems after flowers have bloomed in order to strengthen plant and increase blooms, Foxglove often reseeds itself. **ALL PARTS OF THIS PLANT ARE POISONOUS IF EATEN.**

---





## Fort Vancouver Historical Garden



Hollyhock

Biennial

*Alcea rosea*

---

Hollyhocks produce towering spikes with rough, heart-shaped foliage, apple green in color. The odorless blossoms, measuring 4-5 inches in diameter, bloom from June through September.

The ancient Chinese consumed this plant, eating leaves as greens and sautéing the flower buds and seed pods to add to salads. Throughout history, people have made a powder from the flowers and concocted a brew from the plant prescribed to prevent miscarriages and ruptures. The leaves and roots were used to treat dysentery, and lung and urinary ailments.

**Cultivation:** Hollyhocks grow 5-8 feet in height, occupying a space 1 ½-2 feet in width. It grows best in a sunny location with partial shade and tolerates a wide range of soil conditions. This self-seeding deciduous plant is attractive to bumblebees, Japanese beetles, and spider mites. The plant is also susceptible to rust fungus, but this can be controlled with sunlight and good air circulation.

---



## Fort Vancouver Historical Garden



**Johnny- Jump- Ups**

*Viola tricolor*

Annual / Short lived perennial

Common Names: Violet, pansy

---

This native European plant once popped up all over Europe. Many Greek statues depict people crowned with violet wreaths. Romans adorned their feasting tables with violet petals. They were popular in France in the 1700's. The city of Parma, Italy is famous for its violet perfume.

**Cultivation:** This plant is a prolific self-seeder. It spreads easily, growing low (4-8 inches high) and in mounds. It prefers well-drained moist, humus-rich soil and grows well in full sun to partial shade. Their flowers of violet, yellow, and maroon bloom from spring to early winter. Propagate by seeds, division, or cuttings.

---



## Fort Vancouver Historical Garden



Lady's Mantle

Perennial

*Alchemilla mollis*

---

Lady's Mantle has been in gardens since before the 16<sup>th</sup> century. It was first known as Our Lady's Mantle because the scalloped leaves supposedly resembled the mantle (cloak) of the Virgin Mary.

This plant blooms from late spring to mid-summer. Its small yellow-green blossoms and light green foliage form an attractive color spot in the garden. Blooms make a good fresh or dried cut flower.

According to folklore, if a woman collects the dew on the leaves in May, alone and unclothed, with bare feet, it was said to preserve her youth.

**Cultivation:** Lady's Mantle needs sun or partial shade, and soil with good drainage. Sow seeds in containers and transplant when seedlings are small in moist, humus-rich soil. Deadhead and cut back blooms through summer to produce a fresh new flush of leaves in the autumn. Divide in early spring and again in autumn. This plant is a self-seeder.

---



## Fort Vancouver Historical Garden



Lavender

Perennial

*Lavandula angustifolia*

---

This herb radiates its beauty and its strong scent from early to late summer. Its blossoms, which may be purple, pink, white, or lavender, grow along a spike that is 2-3 inches long, among foliage of dark to gray green.

Lavender attracts bees because of its high nectar content. It makes a wonderful scented hedge along paths and is perfect for bouquets, fresh or dried. The plant is widely valued for its fragrance, both as an oil and in sachets. Inhaling its scent is believed to calm the spirit. It was often placed at bedsides to help induce sleep.

**Cultivation:** The compact evergreen shrub is typically 3 feet wide and 3 feet high. Lavender is most easily propagated through cuttings. From seed, sow seeds in containers in a cold frame in spring. Transplant when plants are established and soil is warm. Grow in moderately fertile, well-drained soil in full sun. It self-seeds and is drought resistant. In order to dry, cut flowers before they are fully open.

---





## Fort Vancouver Historical Garden



**Nigella**

*Nigella damascena*  
mist,

Annual

Common Name: Love- in- a-

---

Love-in-a-mist gets its name from the misty, lacy bracts surrounding the flower. It was mentioned by Greek philosopher and botanist Theophrastus as early as 300 B.C. First grown for medicinal purposes, it was mainly used to treat stomach disorders and fevers. The seeds are used in cooking, producing a nutmeg-like flavoring. Seeds were sprinkled on breads and cakes in ancient Egypt. English bakers have used them since Tudor times to garnish their baked goods. Nigella is also a common ornamental plant in Europe.

**Cultivation:** Easy to grow, self-seeder. Thrives in any soil. Does not transplant well. Seeds can be sown in spring or autumn in milder climates. Needs full sun.

---



## Fort Vancouver Historical Garden



### Rose Campion

*Lychnis coronaria cartyophyllaceae*

### Biennial

Common Names:

Nonesuch, Lampflower,  
Mullein- pink

---

The name "Campion" is thought to be derived from the word "champion" because its blossoms were used to make garlands for sporting heroes. It has 1 inch, odorless blossoms which are vivid magenta or fuchsia. The stem and leaves are noticeably covered in a whitish wool that gives them a silvery gray appearance similar in their early growth to Lamb's ears. The downy hair covering the stem and leaves of the plant were used as candle wicks.

Both this plant and its relative, the Jerusalem Cross, were favorite flowers in early American gardens. Thomas Jefferson grew Jerusalem Cross at Monticello, where it was planted in the oval bed in 1807. Rose Campion bloomed in 1767 at Shadwell, Jefferson's birthplace.

**Cultivation:** Rose Campion grows to 2-3 feet in height and 1-1 ½ feet in width. It needs full sun and average soil with good drainage. It is drought resistant. Its blooms make a good cut flower and dry well. Seeds can be sown indoors in a cold frame in midwinter and planted in the spring after all danger of frost has passed. Plant 12-15 inches apart, in average, medium wet, well drained soil in full sun.

Campion can be invasive. Deadheading flowers from plant immediately after bloom will prevent any unwanted self-seeding.

---



## Fort Vancouver Historical Garden



Sweet William

*Dianthus barbatus*

Biennial

Common Name: Indian Carpet

---

Brilliant in color and lightly fragrant, Sweet William flourishes on riverbanks, in fields and pastures, in sun or partial shade, from June until the end of summer. A cousin, the carnation, is more discriminating about where it sheds its seeds, but all branches of the family *Dianthus* produce blossoms in vivid hues of pink, purple, and white as large as 5 inches in diameter.

**Cultivation:** Sweet William thrives in average soil with good drainage and grows up to 28 inches high. Direct seed in April through July. Do not cover seed. Apply low nitrogen fertilizer to established plants by side dress method. If soil is acidic, dig in a sprinkling of horticulture lime. Avoid organic mulch, use stone chips, gravel, or sand for mulch. Deadhead flowers that have bloomed to prolong flowering. Take cuttings from non-flowering shoots in summer.

---



## Fort Vancouver Historical Garden



Tansy

Perennial

*Tanacetum vulgare*

---

The bright yellow blossoms of Tansy appear in the summer. **Although know to be toxic today**, Tansy has been used both medicinally and in foods. The young leaves were used to make Tansy cakes, eaten to purify the body after Lent. In the past, Tansy flowers and leaves were used to make a green and yellow dye which was rubbed on the skin to remove freckles and ease the pain of sunburn, fleas, lice, and scabies. A drink of Tansy liquid was considered a cure-all for gas, worms, stomachache, and toothache.

**Cultivation:** Tansy flourishes in sun and sandy soil with good drainage. The stalk reaches a height of 2-3 feet and a width of up to 18 inches. Sow seeds when temperature is 50-55° in late winter or early spring. Divide in spring or fall, either perennial or root basal. To save seeds, collect flowering tops as the flowers open. Tansy can be invasive.

---









## Fort Vancouver Historical Garden



Caraway

Biennial

*Carum carvi*

---

Caraway produces a mound of carrot-like leaves in its first year. In the second, umbrella-like clusters of white flowers rise above the foliage. The dried seeds of these flowers were historically used to flavor pickles, vegetables, cookies, and breads.

**Cultivation:** Caraway does best when the seeds are sown in the autumn, as soon as ripe, though they may be sown in March. Plant 1 foot apart. Thin out to about 8 inches in the rows. The ground will require an occasional hoeing to keep it clean and assist the growth of the plants. From an autumn-sown crop, seeds will be produced in the following summer, ripening about August.

---



## Fort Vancouver Historical Garden



Cardoon

Perennial

*Asteraceae compositae*

---

A close relative of the artichoke, this vegetable was grown not for its flowering bud, but for its edible leafstalks and root. The leafstalks can be cut up and fried, boiled and served with sauce and butter, chopped into soups and stews, or eaten raw. The root is boiled and served in salad, or sautéed in butter.

**Cultivation:** Cardoon grows best in full sun. Seeds may be planted in a greenhouse or cold frame in March and transplanted in May or June, or they may be direct seeded. Soil should be prepared with aged manure. The seeds should be spaced in rows 2 ½-3 feet apart and slightly covered. Plants are fully-grown in 120-150 days, and can grow up to 8 feet in height. To harvest, gather young leaves together, tie them up, and cover with paper to exclude light for one month, a process known as blanching.

---



## Fort Vancouver Historical Garden



Currants

Deciduous shrub

*Grossulariaceae*

---

The currant is a many-stemmed shrub, 3-5 feet in height. Clusters of red or white fruits, depending on the variety, follow yellowish drooping flowers.

Currants were used for a dessert, as a preserve for pies, tarts, and jellies, or made into wine.

Thomas Lowe, a Clerk at Fort Vancouver, noted in his journal in July, 1844 that the gooseberries and currants had been ripe for "upwards of a week".

**Cultivation:** Currants are started from rootstock, or may be purchased potted from a local nursery. Plant in the spring in a full sun or partly sunny site. North facing slopes or areas with winter shade are preferable. Blooms in early spring with fruits appearing in early summer. Currants may be host to White Pine Blister Rust. Check with your nursery before planting to see if currants may legally be planted in your area.

---





## Fort Vancouver Historical Garden



Horehound

Perennial

*Marrubium vulgare*

---

This plant produces a small, double lipped white blossom in the summer.

Horehound was traditionally used to make cough syrup and candy. Brewed with honey and sugar, it was used as an expectorant, a remedy for coughing and wheezing. It was also used as an antidote for poison or dog bites.

**Cultivation:** Horehound thrives in full sun and well-drained, chalky soil. Sow seeds in late spring, although germination is erratic. Established plants should be divided in the spring and softwood cuttings may be taken in the spring or summer. Leaves should be gathered in the spring and sheltered from cold and drying winds. Protection from excessive winter moisture should be provided.

---



## Fort Vancouver Historical Garden



**Humulus**

*Cannabaceae lupulus*

Perennial

Common Name: Hops

---

Hops grow on an extremely fast-growing perennial vine. Although hops are best known for their use in beer, the Fort Vancouver cooks soaked the cones in water to make hop water. Hop water was used as a leavening agent to make bread. The quickly growing vine was also used historically for summer screening on arbors and trellises.

**Cultivation:** Hops require deep, rich soil, with a south or south-west aspect. They grow best with a free circulation of air. Break up the ground and add manure to a considerable depth by plowing or spading before planting.

---



## Fort Vancouver Historical Garden



### Jacob's Cattle Bean

*Fabaceae phaseolus vulgaris*

Annual

Common Names: Trout,  
Dalmatian, Speckled Beauty

---

Jacob's Cattle Bean, a bush bean, has two varieties - Heirloom and ancient Native American. The Native American variety was reportedly discovered in an Anasazi ruin in the southwest, dated to 1200 A.D. This variety is self-pollinating. The Heirloom variety originated with the Passamaquoddy tribe in New England. Seeds were passed down for generations.

The plant was valued both for its beauty and flavor of the beans. The Heirloom variety was used to make Boston Baked Beans. An old recipe instructs, "Soak beans overnight in water, add maple syrup and bear fat and bake in a bean hole", (a pit dug in the earth and lined with hot stones).

**Cultivation:** Direct seed after all danger of frost has passed, in slightly acidic, warm soil. Temperature of soil should not be below 60°. Planting too early in the season could cause them to rot in the ground. Plant seeds 1 inch deep in rows 18-24 inches apart. When the seed sprouts, cultivate the soil around the plant, taking care not to get any soil on the leaves. Water frequently and allow 80-100 days from seed to harvest.

---



## Fort Vancouver Historical Garden



### Garden Sage

Perennial

*Salvia officinalis*

---

Garden sage is native to the Mediterranean region. The word Salvia comes from the Latin word meaning "to heal" or "savior". In China, Persia and parts of Europe, an ancient proverb went "How can a man grow old who has sage in his garden?" referring to its perceived power of creating longevity.

Sage has been used as a culinary herb for many years by many cultures. It is used as a pork and poultry seasoning, or sprinkled in salads.

When not in bloom, sage looks similar to the leaves of the plant "Lamb's ears". The early summer blooms are violet-blue, pink or white, and popular with bees.

**Cultivation:** Seed in the spring or transplant in the late spring. This lightly scented evergreen plant requires only average soil with good drainage and thrives in full sun. It is drought resistant and makes a good cut flower. Cut back after flowering. The stalks grow around 3-6 feet in height and require a space of 3-6 feet wide for full extension.

---





## Fort Vancouver Historical Garden



### Lemon Balm

*Melissa officinalis laliatae*

### Perennial

Common Names: Bee Balm, Balm  
Mint, Sweet Balm

---

Arabs carried this plant from its place of origin in the Orient to Spain. Romans introduced the plant to Great Britain. The British shared the seeds with American colonials. The leaves of this plant taste and smell like a lemon and were in demand to season summer teas and to spice salads, meats and vegetables. It was also used to soothe sore throats.

**Cultivation:** Lemon Balm grows in clumps as high as 3 feet and as wide as 1½ feet. This plant is a prolific self-seeder and can be invasive. It should be cut back in the summer to encourage a fresh supply of leaves. Divide plants in the autumn and plant in the spring by sowing seeds in moist, fertile soil with full sun or light shade. Needs moderate water but does not need protection from frost.

---



## Fort Vancouver Historical Garden



Moon and Stars Watermelon

Annual

*Citrullus lanatus*

---

Moon and Stars Watermelons get their name from the yellow patching on a dark green skin which forms little dots like stars in the Milky Way interspersed with large round moons. One variety has bright pink flesh, the other yellow flesh. The sweet, nutritious fruit is a thirst-quencher in hot weather, a dessert, or hors d'oeuvres. Some varieties, with a firmer pulp, make good jam. The rind can be used to make preserves.

In September, 1834, Jason Lee, Methodist missionary, wrote of a meal he was served at Fort Vancouver: "Fine muskmelons and water melons and apples were set before us which were, indeed, a luxury, after the dry living we have had for some time".

**Cultivation:** Plant in the summer when ground is warm, or when there is no threat of frost. Watermelons thrive in light, sandy soil in full sun. Fertilize young plants well,

---



## Fort Vancouver Historical Garden



Rosemary

Perennial

*Rosmarinus officinalis*

---

Rosemary was prized from its many medicinal properties. A 13<sup>th</sup> century concoction of Rosemary tops and distilled wine, called "Hungary water", was used on cancer sores, gout of hands and feet, and for arthritis and rheumatism. In medieval sick chambers, Rosemary and Juniper berries were burned to prevent infection. The leaves and flowering tops were used to prevent headache and bad breath, and improve digestion.

Rosemary was used to garnish fresh salads through the year. When a formal banquet called for a grand salad, Rosemary twigs would be arranged vertically to hold seasonal fruit or vegetables. Rosemary was also used as a hand wash, and to make Eau de Cologne.

**Cultivation:** Rosemary grows 3-6 feet in height and occupies a space 3-6 feet in width. Plant in full sun in average soil with good drainage. Seeds are very slow to germinate, so cuttings may be a faster way to propagate. Transplant anytime except winter. It is drought resistant. The tiny blue flowers, blossoming in April-June, attract bees.

---



## Fort Vancouver Historical Garden



### Scarlet Runner Bean

Annual

*Phaseolus vulgaris coccineus*

Common Name: Fire Bean

---

Scarlet Runners are perennial vines grown as annuals. They are tall, vigorous climber, growing 6 to 18 feet. The blossoms are very large and bright scarlet, borne in masses of 20-40 on each long flowering stalk. The mottled, brown and purple beans, eaten for centuries, and are nearly as attractive as the stunning blooms.

The Scarlet Runner originated in South America. Spaniards introduced runner beans in the New World and in Europe. By 1750, they were being cultivated in Colonial America. Thomas Jefferson planted Scarlet Runners in his garden in 1812.

**Cultivation:** Scarlet Runners are valued for their bright flowers and edible beans. They are easy to grow, and make a beautiful shady spot if grown on an arbor. Scarlet Runners need frost protection. Seeds can be planted directly in the soil, or started in a greenhouse or cold frame. Seed should be sown about the first week of May. Plant 4-8 inches apart in an open field where the soil is rich, moist, and light. Plants should be spaced from 4-6 inches apart when thinned. Runners tolerate hot summer weather, but temperatures above 90° can inhibit the plant's ability to set pods.

---

