

# Living and Lovin Herbs Podcast

## Top 11 Plants To Grow For New Gardeners

Podcast Notes from Interview with Randel Agrella, Horticulturist  
Parsnippty Farm, Fort Fairfield Maine

1. Bush Beans: Remember there are 2 varieties of beans – pole and bush. Randel is recommends bush. No staking required!
2. Lettuce (likes cooler weather: spring and fall)
3. Snap Peas (likes cooler weather: spring and fall)
4. Cucumbers (likes hot weather)
5. Summer Squash (likes hot weather)
6. Kale: Dinosaur Kale is nice. It has tender leaves and it's easy to chop, cook and eat.

### **Root Veggies:**

7. Carrots (plant in spring and harvest after frost)
8. Beets (plant in spring and harvest after frost)
9. Turnips (plant in spring and harvest after frost)

### **Herbs:**

10. Basil (likes hot weather)
11. Parsley (if growing from seed, be patient. Seeds take a long time to germinate – likes cool weather and is a biannual. Comes back every 2 years if allowed to take root in garden.)