

— Gardens of the Future —

Planting Guide



GARDENS OF **THE FUTURE**

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Acknowledgement

We would like to acknowledge the effort of the people who dedicated some time for this booklet to happen. By offering their own input and expertise, we created a catalogue of the main plants that can be cultivated in Cyprus based on the idea of Gardens of the Future: creating gardens and growing your own produce in your back yard or balcony.

Thank you **Myrto Skouroupathi** for giving us important information on the planting period, watering plants, harvesting period and other important information for planting.

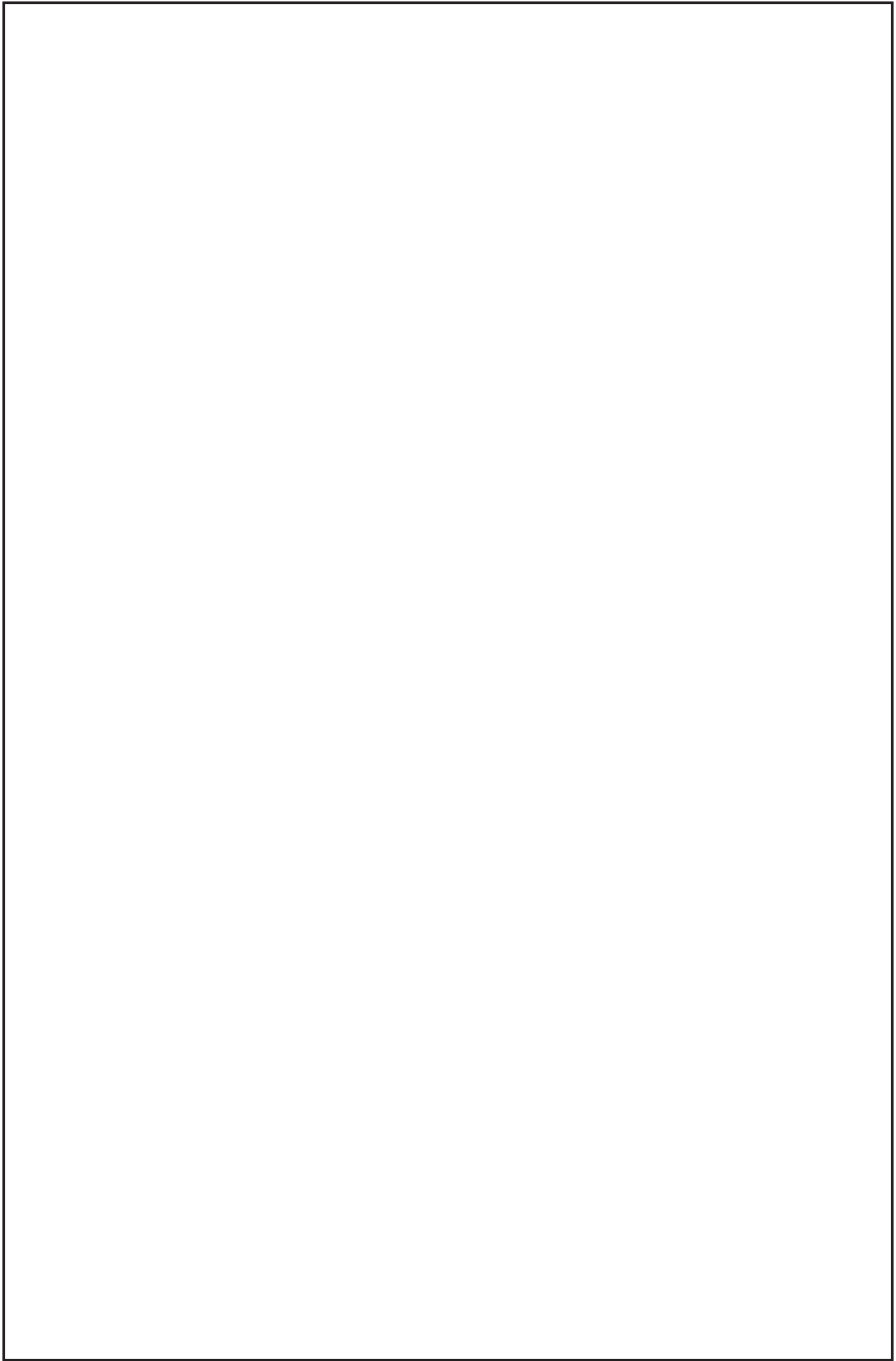
Thank you **Andia Georgiou** for giving us important information on local and non-local plants that can be suitable for the weather of Cyprus.

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Cabbages



Name:	Cabbage
Type:	Leafy greens
Height:	30-35cm
Spread:	45-60cm
Planting Depth:	0.6-1.3cm
Space in between:	20cm
Planting period:	January to March & August to December
Water:	
Sun:	
Harvesting period:	

ESSENTIAL PROPERTIES

Vitamin K and Vitamin C

MEDICINAL PROPERTIES

text

PLANT WISDOM

text

TIP

text

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Celery



Name:	Celery
Type:	Leafy greens
Height:	35-45cm
Spread:	10-15cm
Planting Depth:	0.6-1.3cm
Space in between:	25cm
Planting period:	January to March & August to December
Water:	
Sun:	
Harvesting period:	January to July & November to December

ESSENTIAL PROPERTIES

calcium, potassium, vitamin C, beta carotene, and flavonoids

MEDICINAL PROPERTIES

reduces inflammation, supports digestion

PLANT WISDOM

text

TIP

Eat the leaves. that's where celery has the most calcium, potassium, and vitamin C.

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Coriander



Name:	Coriander
Type:	Leafy greens
Height:	15-30cm
Spread:	10-25cm
Planting Depth:	0.6-1.3cm
Space in between:	27cm
Planting period:	January to December
Water:	
Sun:	Part sun
Harvesting period:	

ESSENTIAL PROPERTIES

vitamin C, vitamin, K dietary fiber, manganese, iron and magnesium

MEDICINAL PROPERTIES

lower blood sugar, Rich in immune-boosting antioxidants

PLANT WISDOM

text

TIP

To store cilantro in the refrigerator, trim the bottom of the stems and place the bunch into a jar filled with a few inches of water. Make sure to regularly change the water and check for any yellow or wilted leaves.

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Curly Endives



Name:	Curly Endives
Type:	Leafy greens
Height:	up to 60cm
Spread:	up to 60cm
Planting Depth:	0.6-1.3cm
Space in between:	25-30cm
Planting period:	
Water:	moderate
Sun:	full sun, part sun
Harvesting period:	

ESSENTIAL PROPERTIES

high in potassium, fiber, folate anti-oxidant lactones, vitamin-C,
vitamin-A

MEDICINAL PROPERTIES

Heart Health, Supports Good Vision

PLANT WISDOM

text

TIP

text

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Lettuce



Name:	Lettuce
Type:	Leafy greens
Height:	15-30cm
Spread:	5-30cm
Planting Depth:	0.6-1.3cm
Space in between:	30cm
Planting period:	January to December
Water:	
Sun:	full sun
Harvesting period:	January to December

ESSENTIAL PROPERTIES

vitamin A, small amounts of vitamin C and iron.

MEDICINAL PROPERTIES

Bone Strength, Hydration, Improved Vision

PLANT WISDOM

text

TIP

text

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Parsley



Name:	Parsley
Type:	Leafy greens
Height:	15-90cm
Spread:	20-60cm
Planting Depth:	0.6-1.3cm
Space in between:	25cm
Planting period:	February to May & September to December
Water:	
Sun:	
Harvesting period:	

ESSENTIAL PROPERTIES

text

MEDICINAL PROPERTIES

text

PLANT WISDOM

text

TIP

text

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Purslane



Name:	Purslane
Type:	Leafy greens
Height:	30-38cm
Spread:	
Planting Depth:	0.6-1.3cm
Space in between:	
Planting period:	
Water:	
Sun:	
Harvesting period:	

ESSENTIAL PROPERTIES

dietary fiber, vitamins, and minerals

MEDICINAL PROPERTIES

text

PLANT WISDOM

text

TIP

text

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Rocket



Name:	Rocket
Type:	Leafy greens
Height:	30-60cm
Spread:	30-45cm
Planting Depth:	0.6-1.3cm
Space in between:	27 cm
Planting period:	January to March & July to December
Water:	
Sun:	
Harvesting period:	

ESSENTIAL PROPERTIES

calcium, potassium, folate, vitamin c, vitamin K and vitaminA

MEDICINAL PROPERTIES

text

PLANT WISDOM

text

TIP

text

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Planting table

Plants	Planting period											
	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Leafy Vegetables												
Cabbages	●	●	●					●	●	●	●	●
Celery	●	●	●					●	●	●	●	●
Coriander	●	●	●	●	●	●	●	●	●	●	●	●
Curly Endives												
Lettuce	●	●	●	●	●	●	●	●	●	●	●	●
Parsley		●	●	●	●			●	●	●	●	●
Portulaca oleracea												

Harvesting table

Harvesting period											
Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
•	•	•	•	•	•	•				•	•
•	•	•	•	•	•	•	•	•	•	•	•

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