

**Crop:** Beet (*Beta vulgaris*)

**Variety:** Burpee's Red Ball

**Description:** Produce tender globe-shaped roots with deep red skin and dark red flesh. Plant during the cooler months of the year.

**Planting Distance:** 6 inches  
**Days to Maturity:** 60 days  
**Average Unit Weight:** 3 - 4 oz



**Crop:** Shallot (*Allium cepa*)

**Variety:** Local selection

**Description:** Seasoning grown for leaves or bulbs. Plant September to October for best yield. Excellent for seasoning stews and other meat dishes.



**Planting Distance:** 6 - 8 inches  
**Days to Maturity:** 3 months for green leaves; 6 months for dry bulbs.

**Average Weight:** 3 -4 oz per mat at the leaf stage; 4 -6 oz per mat of bulbs



**Crop:** Pepper (*Capsicum sp.*)

**Variety:** Seasoning/Relish

**Description:** Small, flat peppers, with very mild heat. Maximum flavour to stews, soups, gravy and many meat dishes.

**Planting Distance:** 3 – 4 feet  
**Days to Maturity:** 70 -90 days  
**Average Weight:** 20 - 25 in 1lb

**Crop:** Pepper (*Capsicum chinese*)

**Variety:** Scotch Bonnet

**Description:** Green fruits change to yellow when ripe. Replant annually. Extremely pungent aroma used in hot sauce and pickled pepper.



**Planting Distance:** 3 – 4 feet  
**Days to Maturity:** 70 - 90 days  
**Number per Pound:** 20 - 25



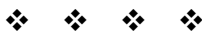
**Crop:** Pepper (*Capsicum sp.*)

**Variety:** Red hot (local selection)

**Description:** Small, flat peppers, with very mild heat. Maximum flavor to stews, soups, gravy and many meat dishes.



**Planting Distance:** 3 – 4 feet  
**Days to Maturity:** 70 -90 days  
**Number per Pound:** 20 - 25



**Crop:** Sweet Pepper (*Capsicum annuum*)

**Variety:** King Henry

**Description:** Produce large blocky 3 – 4 lobed bell-shaped fruits. Fruits green changing to red when ripe.



**Planting Distance:** 18 – 24 inches  
**Days to Maturity:** 65 – 70 days  
**Average Unit Weight:** 3 - 4 oz

## Fertilizer Requirement

One (1) tablespoon Triple Super Phosphate per hole at planting plus weekly applications of a soluble fertilizer e.g. Miracle-Gro or Phostrogen, at the recommended rate.

## Pest Control

The best approach is "nature's alternative". Often the best - and cheapest - way to control garden pests is **not** with chemical pesticides. Nature provides many pest repellents such as shallot, mint, marigold and onion which when mixed in with crop plants can give effective pest control without harming beneficial insects or polluting the environment. Other useful ways of getting rid of pests include:

- sprays of non-detergent insecticide soap;
- regular scouting for pests and hand picking them.

if a pesticide is needed, protect the beneficial insects by using bio-pesticides (e.g. Dipel) and horticultural oils.

If pest presence is high, natural method is not very effective. In this case call the Department of Agriculture.



Department of Agriculture  
Cayman Islands Government



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A **grow box** is a simple and efficient way to produce a range of crops in any size or type of backyard.

Getting Started

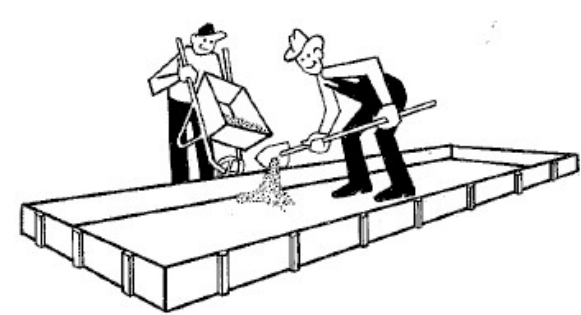
Select an open,sunny area to locate your grow box. Prepare the area by removing all weeds, large rocks, etc.

Grow Box Construction

- Material:**
- 1. Untreated lumber
  - 2. Nails
  - 3. Ground Cover

Recommended Size of Box (LxWxD):

12’x5’x6” for shallow rooted crops  
OR  
12’x5”x12” for deep-rooted crops



Grow Box Growing Medium

The following material are recommended in the ratio given:

- 1 part Promix
- 1 part Peatmoss
- 1 part Top-soil

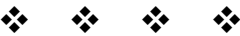
Crop: Cabbage (*Brassica sp.*)

**Variety:** Chinese cabbage

**Description:** Barrel-shaped head, long shelf life. Grows better during the cooler months, November to February.



**Planting Distance:** 12 – 15 inches  
**Days to Maturity:** 60 – 70 days  
**Average Unit Weight:** 1 - 2.5lb



Crop: Cabbage (*Brassica oleracea*)

**Variety:** Tropicana

**Description:** Suited for the tropics. Green headed, flat, heat tolerant.



**Planting Distance:** 15 – 18 inches  
**Days to Maturity:** 80 - 85 days  
**Average Unit Weight:** 2 – 3 lbs.



Crop: Pak-Choy (*Brassica sp.*)

**Variety:** Tropical type

**Description:** A large. white, leafy variety. Ideal for grow- box growing conditions.



**Planting Distance:** 12 inches  
**Days to Maturity:** 6 weeks  
**Average Unit Weight:** 12 – 16 oz.

Crop: Broccoli (*Brassica oleracea*)

**Variety:** Southern Comet

**Description:** Related to cabbage. Variety well adapted to tropical conditions. Plant during the cooler months.



**Planting Distance:** 18 – 24 inches  
**Days to Maturity:** 12- 15 weeks  
**Average Unit Weight:** 8 - 16 oz



Crop: Cauliflower (*Brassica oleracea*)

**Variety:** Snow Queen

**Description:** Variety suited for the tropics. Plant during the cooler months.



**Planting Distance:** 18 – 24 inches  
**Days to Maturity:** 8 - 10 weeks  
**Average Unit Weight:** 8 - 16 oz



Crop: Tomato (*Lypersicon esculentum*)

**Variety:** Adonis

**Description:** Yields on determinate vine, heat resistant, tolerant to Geminivirus.



**Planting Distance:** 2 feet  
**Days to Maturity:** 60 - 90 days  
**Average Unit Weight:** 4 – 8 oz.

Crop: Tomato (*Lypersicon esculentum*)

**Variety:** Red Cherry

**Description:** Hybrid tomato, small fruits on a bunch, olerant to Geminivirus.



**Planting Distance:** 2 feet  
**Days to Maturity:** 55 - 90 days  
**Number per Pound:** 10 - 12



Crop: Tomato (*Lypersicon esculentum*)

**Variety:** Heatmaster

**Description:** Hybrid tomato, medium - large good for grow-box gardening.



**Planting Distance:** 2 feet  
**Days to Maturity:** 60 - 90 days  
**Average Unit Weight:** 4 -8 oz



Crop: Cucumber (*Cucumis anguria*)

**Variety:** Speedway

**Description:** Excellent yield on a short vine. Long dark-green fruits.



**Planting Distance:** 3 – 4 feet  
**Days to Maturity:** 50 - 60 days  
**Average Unit Weight:** 4 - 6 oz