

FALL VEGETABLE GARDENING

Sunnyside Nursery

A few tips to be as successful as you can with your winter garden.

- Situate your winter veggie garden in as much sun as you can (not shaded by house, etc.)
- We need to get plants established early enough to tough it out so they will continue growing, albeit slowly (want your lettuces to be sized up by the end of October, etc)
- Frequent precipitation means veggies need very well-drained soil. Make, or buy ready-made, raised beds. You can also use containers if your soil is heavy clay, or add coarse sand and compost to help break it up.
- Frequent precipitation, gray skies and cooler temps, also means cold soil which can bring on rot. Use row covers or a hoop-house or cold frame. You can also individually cover plants with plastic milk jugs, wall-o-waters or cloches.
- It is important to keep your soil in good shape. Use soil compost, boosters, manures and lime to keep soil fertile. But don't use fast-acting high nitrogen fertilizers. They will promote fast growth which won't take cold snaps well. Use organics, compost or slow-release fertilizers.

It's mid-September and there are many crops you can either direct sow or grow from transplants. Right now, those we feel pretty confident for direct sowing are;

Arugula	Cilantro	Lettuce	Mustards
Radishes	Spinach		

And some for spring/early-summer harvest;

Beets	Endive	Fava Beans	Garlic
Long season Cabbage & Carrots		Shallots	Snow Peas

Crops you can grow from transplants:

Beets	Broccoli	Brussel Sprouts	Cabbages
Cauliflower	Green Onions	Kale	Kohlrabi
Lettuces	Parsley	Peas	Spinach
Swiss Chard			

As long as we don't get a really cold and wet fall, through October, you can still direct sow; Garlic, Shallots, Snow peas and Fava Beans. Garlic and Favas can be planted into early November, weather, of course, considered.

Remember, all of these plants will definitely enjoy a bit of cover throughout the winter.

If you don't want to fuss with veggies, then think about planting a cover crop. They are a good source of green manure; they will prevent erosion from heavy winter rains in otherwise bare-naked beds and a planted bed will dry out much quicker than an empty one. In the spring, about 3-4 weeks before you plant, till them under or cut off the green tops and toss them in your compost bin and then use a garden fork to turn the roots under.

For those who enjoy starting your own veggies from seeds, here's a brief schedule of when you can start, come January. Bear in mind that you will need a lot of light and warmth and be willing to upsize the starts as it become necessary. The warm season crops won't be going into the ground until late April, May or even June. But you also probably don't need to plant 50 tomatoes either.

January - Leeks, Artichokes, Endive, Lettuces, Peas

Late February and into March - Celery, cutting Celery, Leeks, Broccoli, Cabbage, Cauliflower. And if you have a greenhouse or cold frame and are willing to do some longer term care, Eggplants, sweet and hot Peppers and yes, Tomatoes.

As early as the ground can be worked, if the weather is fairly settled and your beds are not soggy, you can direct sow (under cover helps) these vegetables...

Peas, Beets, Spinach, Cilantro, Arugula, Chinese Cabbages, Turnips, Lettuces, Mustards, Cress, Radishes, Radicchio, Endive - all the leafy greens and many of the taproot crops.

What to plant in early July: (Direct seed into garden or start in 4" pots for transplant later when room becomes available)

Beets	Bok Choi	Broccoli	Brussel Sprouts
Cauliflower	Chard	Endive	Frisee
Kale	Lettuce (bolt-resistant varieties)	Parsnip	Turnip
Peas	Radicchio	Rutabaga	

Plant in late July:

Bok Choi	Chinese Cabbage	Endive	Kohlrabi
Lettuce	Parsnips	Radishes	Spinach
Turnips			

Plant in August:

Chard	Cilantro	Cress	Dill
Endive	Lettuce	Radish	Scallions
Spinach			

Plant in late August:

Arugula	Lamb's lettuce (corn salad, mache)
Cabbages for Spring harvest	Mustards Spinach

Plant in early September: (*for overwintering crops - spring harvest - need to be covered during cold winter spells)

Arugula	Cilantro	*Endive	*Lettuce
Mustards	Spinach		

Plant in late September: (for overwintering - need cover during coldest weather)

Arugula	Beets	Fava Beans	Garlic
Mustards	Snow Peas		