

Planning and Planting the Winter Garden

CONNIE KURAMOTO

GARDENS ON THE GO



There are Many Ways to Eat Food From Your Garden Year Round



Rabbit's Vegetable Garden

Growing Stuff Outside in Winter

There are a lot of things that you can start in summer and harvest all winter long.

Remember things will not continue to grow much, during the coldest darkest days, so plants should be a good size going into the winter.

What you see is what you get by mid October



What is Winter Gardening?

SUMMER PLANTING

FALL AND WINTER HARVEST

By choosing the right varieties you can be eating plants that you have grown through fall and winter

These plants need to be full sized before November. Plants will not grow much over winter, and will not regrow when harvested.

Some vegetables, like carrots and beets, will just be dormant, and you can dig them as you need them.

Some protection can help these vegetables through winter.

SUMMER PLANTING

SPRING HARVEST

Different from winter gardening, this involves getting plants started, and then stop growing until early spring.

Most overwintered vegetables do not need protection, but some, like spinach, will do better with it.

In early spring the vegetables begin to grow and are providing you with food just about the time you are putting in your spring seeds and plants.

Summer Planting Fall and Winter Harvest

Arugula – plant mid August to late September

Beets – plant before the second week of August

Broccoli – plant late June, first week of July – transplant Aug

Brussels Sprouts – plant before the end of June

Carrots – Plant mid-July for fall, early August for winter

Chervil –Plant August – September

Chicory – Plant in September or later in cold frame

Cilantro – Plant until late August, September in cold frame

Collards – Plant late July early August

Kale- Plant late July to early August

Kohlrabi – Plant late July, to early August

Leeks – Plant in April

Lettuce – Plant until late August, but later plantings in cold frame

Cover by mid October

Mesclun – Plant until late September –cover by mid October

Mustards – Plant until late September – cover by mid October

Pac Choi – Plant August September – do well in cold frames

Parsley –Plant after mid August for fall and winter

Parsnips –Plant May and June for fall and winter

Radish – Plant until early September outside, late Sept cold frame

Rutabaga – Plant early July for winter

Scallions – Plant until the end of September

Sorrel –Plant April for perennial harvests

Spinach – Plant during the first two weeks of August

Swiss Chard –Plant until mid July

Turnips – Plant during the first two weeks of September

Some Deadlines

Late June – Brussels Sprouts, Parsnips

Early July – Broccoli, Rutabaga

Mid July – Carrots for fall, Swiss chard

Early August – Carrots for winter, Collards, Kale, Kohlrabi, Spinach

Mid August – Beets

Late August – Broccoli transplants, Cilantro outside, Lettuce outside

Early September - Radishes outside, Turnips

Late September – Arugula, Chervil, Mesclun, Mustards, Pac Choi, Radish in cold frame, Scallions

Succession Plantings

EARLY PEAS – PEAS SOWN IN FEBRUARY ARE FINISHED BY THE END OF JULY



YOU CAN SOW SOME OF THESE CROPS AT THE BASE OF THE PEAS, THEN CUT AND USE PEA VINES AS MULCH

Bush beans

Carrots

Chard

Cucumber transplants

Leek transplants

Heat tolerant lettuce

Fall Broccoli

Succession Plantings

LAST YEAR'S KALE MAKES A PERFECT TRELLIS
WHEN SEEDS ARE HARVESTED IN JULY



GROW THESE CROPS AS TRANSPLANTS NEXT TO
THE KALE TO GROW UP THE STALKS AFTER
SEEDS ARE HARVESTED

Peas

Beans

Cucumber Transplants

Succession Planting

LETTUCE PLANTED IN APRIL IS DONE BY JULY



FOLLOW THE LETTUCE CROP WITH ANY OF THESE CROPS

Beans

Beets

Carrots

Radish

Turnip

Succession Planting



When summer crops start to decline, start planting fall crops at the base of the crops.

The mature crops will shade the germinating seeds.

Good crops to plant under are squash, cucumber, and early planted pole beans

In September watch for declining production and increased plant stress in vine crops.

Vine crops can be cut, dried, then used for mulch around the developing fall plants.

Succession Planting- Three Way Succession Examples

Early peas - plant broccoli plants under declining peas, use peas for mulch – plant beets for fall under broccoli in September

Early peas – plant tomato plants in early June, plant cress for a fall crop in September

Early lettuce – plant beans in late June when lettuce is bolting – plant spinach under beans in September

Early lettuce – plant green onions between lettuce while still harvesting lettuce – plant beets to replace lettuce

Spinach that wintered over – plant beans in June when Spinach bolts – plant Chinese Cabbage in September

Crops to Grow in Winter





Crops to Grow in Winter - Asian Greens

Asian Greens do better in fall than in spring as they respond well to shortening day lengths.

Sow in September for fall and winter harvests

Asian Greens are well adapted to low light levels, so do well in cold frames

They are delicious while young in mixed salads, and fantastic steamed or stir fried when more mature

Crops to Grow in Winter – Asian Greens



Crops to Grow in Winter – sow in September, harvest fall and winter

TAT SOI IS HARDY DOWN TO -10 F (-23 C)



BAU SIN – SOWN IN LATE SUMMER, THIS CAN
FORM LETTUCE LIKE HEADS. IF IT BOLTS YOU
CAN EAT TENDER FLOWER STALKS



Crops to Grow in Winter sow in September, harvest fall and winter

KOMATSUNA – COLD HARDY, YET SLOW TO
BOLT IN SUMMER



RED KOMATSUNA – A LITTLE QUICKER TO
BOLT THAN GREEN



Crops to Grow in Winter

ARUGULA



PLANT FROM JUNE UNTIL THE END OF AUGUST

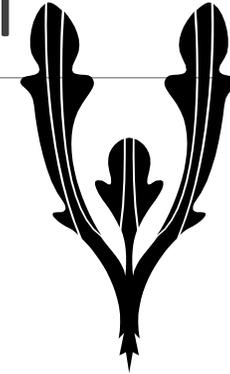
Sow densely, but thin vigorously, and use thinnings in salads

Use crop protection after mid October for the best crops

Great in winter salads

Nutty, spicy taste

Pistachio Arugula Pesto for Four



1 cup roasted, unsalted pistachios
1/4 cup sweet white miso
2 pinches salt
4 cups lightly packed arugula leaves, chopped
8 to 10 tablespoons olive oil
Fresh cracked pepper

Directions:

1. Combine pistachios, miso and salt in a blender or food processor and pulse until chopped. Add arugula and blend while drizzling in olive oil.
2. Pour pesto into a bowl and mix in pepper. Taste for seasoning. Serve over pasta of your choice. For a thinner sauce, add a little bit of pasta water to achieve desired consistency.

Crops to Grow in Winter

BEETS



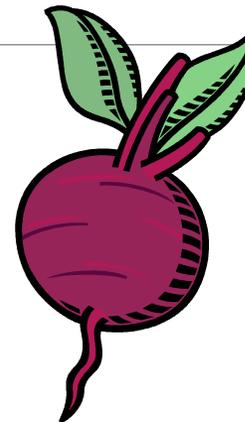
PLANT EVERY THREE WEEKS FROM SPRING
UNTIL THE END OF JULY

Beets are good for both roots or greens.

Try sowing Winterkeeper Beet for
exceptionally good, sweet flavour in a large (6
inch) beet that stays tender even when mature

Mulch to keep from freezing

Warm Beet Salad with Endive and Goat Cheese



[Simple, Real Food](#) by [Amanda Cushman](#); serves 4)

2 lbs beets, washed and quartered

4 Tbsp olive oil

1/2 cup lemon juice

salt and pepper to taste

6 Tbsp mint, minced

1 tsp lemon zest

2 heads endive, julienned (cut into thin strips)

1 bunch watercress, tough stems removed

5 ounces fresh goat cheese

Preheat the oven to 400 degrees.

Wash the beets well. On a baking sheet, toss the beets with 1 Tbs oil, salt and pepper. Roast until the beets are tender, @ 25 minutes. Remove from oven, let cool.

While the beets are roasting, whisk together the lemon juice, remaining olive oil, salt, pepper, mint and lemon zest in a big bowl. Adjust seasoning. Reserve 3 Tbsp of the dressing in another bowl.

Peel the beets, dice them, and toss them with the reserved dressing.

Add the endive and watercress to the larger bowl of dressing, toss, and arrange on salad plates. Top with the beets and crumble the goat cheese on top. Serve warm or cold.

Crops to Grow in Winter – Harvest Spring

Broad Beans



Broad beans can be planted in October as a cover crop. They will tie up nutrients that otherwise could be lost in rainy winters, and will continue to grow in spring. They are legumes, so will help put nitrogen in the soil. .

Harvest in the late spring, when beans are small to avoid having to peel the beans inside the pod.

Crops to Grow in Winter

Broccoli – for fall and the following spring



Most broccoli do not stand summer heat well. Their flavor is strong, and they tend to form small heads. Broccoli, like most brassicas, likes when the days start getting shorter.

Most Broccoli matures in about 60 days, so you can plant in mid July, transplant in August, and harvest in October. You will find the development and the flavor better than that of spring and summer broccoli.

Other Broccoli can mature in as little as 50 days – Harvest into late fall

SORRENTO RAAB

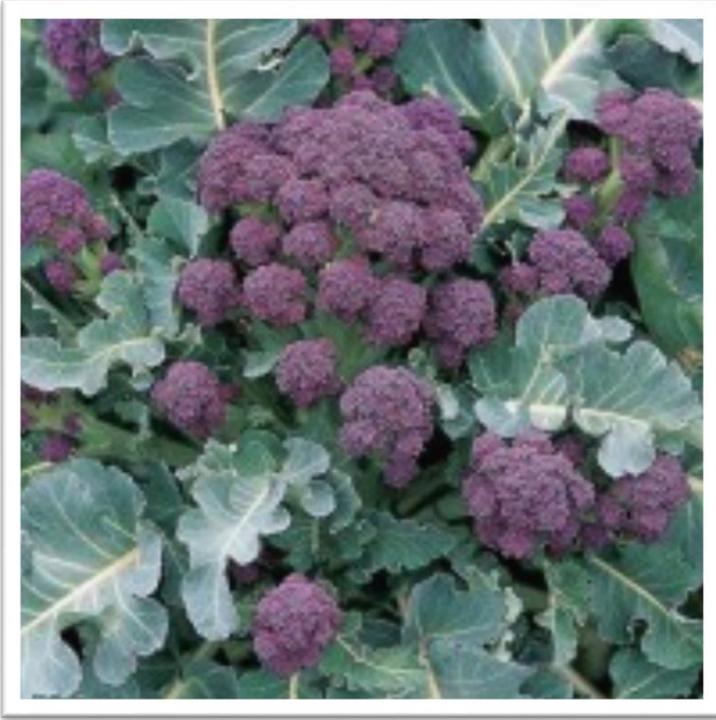


GAI LAN



Crops to Grow Outside in Winter Harvest the following spring

BROCCOLI, PURPLE SPROUTING



PLANT IN JULY AND PUT TRANSPLANTS OUT IN
AUGUST – OVERWINTER AND EAT IN SPRING

Delicious vegetable that will be ready to eat in
very early spring when vegetables are
expensive

Sprouting broccoli will send up a clusters of
buds in early spring when some are just
planting their garden

I have a Purple Sprouting Broccoli that is three
years old and still providing sprouts. Part of it
is flowering, part going to seed, and part
spreading out and resprouting as new plants.

Purple Sprouting Broccoli – Act 2

PURPLE SPROUTING BROCCOLI IN JUNE



THE FOLLOWING YEAR IN JULY – SAME PLANT

Crops to Grow in Winter

Harvest winter and spring

BRUSSELS SPROUTS



PLANT IN EARLY JUNE

TRANSPLANT OUT IN EARLY AUGUST

Harvest Brussels Sprouts over the winter and into the spring

This is one of the vegetables that sweetens up after frost

Plant in a protected spot and you might be able to harvest well into winter

Crops to Grow in Winter – Harvest fall, winter, and spring, cultivar dependent

CABBAGE



PLANT IN JUNE AND JULY

OR BUY TRANSPLANTS TO PUT IN AUGUST

Danish Ballhead must be started early as it takes 120 days to mature, but will stand well into winter

January King is planted in early July and will hold in the garden until March

Pixie is a small cabbage that will not stand winter, but will mature in 45 days so that you may get two crops from it, summer and fall.

Crops to Grow in Winter – Harvest fall and winter

CARROTS



PLANT DURING THE FIRST TWO WEEKS OF
AUGUST FOR WINTER HARVEST

Carrots are at their sweetest best in cold
weather.

Most varieties work well, although Bolero and
Scarlet Nantes are recommended

Baby carrots also do well and may be ready
before hard frost

Use mulch to make carrots easier to harvest in
winter

Crops to Grow in Winter

Harvest late winter, early spring

PURPLE CAPE CAULIFLOWER

200 DAYS



PLANT JULY 1,

TRANSPLANTS IN BY AUGUST 1

Likes rich soil and even moisture.

First heads are ready in February

Nomad is a good white cultivar with heavy leaf wrapping for good protection. 265 days

Crops to Grow all year plus Winter – Harvest the following spring

WALCHEREN SERIES



PLANT IN APRIL/MAY, HARVEST
MARCH/APRIL

Longer to mature, but these cauliflower
withstand the harshest winters.

This series is the most drought resistant series
of Cauliflowers and will not “button” under
drought stress like others may.

Crops to Grow in Winter Harvest in Spring



Plant Galleon in May and June, and harvest in April and May the following year

Cauliflower actually does better as an overwinter vegetable than one grown in the spring.

All cauliflower need lots of fertility to produce well.

Crops to Grow in Winter – Harvest until hard frost

CILANTRO



PLANT EVERY TWO WEEKS UNTIL THE END OF AUGUST

Cilantro actually grows better in autumn as it does not bolt as fast.

A large sowing in august will provide you with cilantro most of the winter with some crop protection.

Crops to Grow in Winter –Plant in July harvest fall, winter, spring

COLLARDS



PLANT UNTIL THE MIDDLE OF JULY

Fabulously cold hardy, this is one that looked better than my kale in winter 2008-2009!!

Collards need no protection and are a much underutilized vegetable.

Taste like cabbage, but easier to grow

African Potato and Collard Stew

1 tablespoon [olive oil](#)

2 cups chopped [onions](#)

2 [garlic cloves](#), minced

1 tablespoon minced [fresh ginger](#)

1/4 teaspoon [ground cinnamon](#)

1 teaspoon [poppy seed](#)

1 teaspoon [mustard seeds](#)

1 tablespoon [ground coriander](#)

1/4 teaspoon [ground cloves](#)

1 large [russet potato](#), peeled and cut into 1/2-inch cubes

1 teaspoon [salt](#)

1/2 [cauliflower head](#), cut into bite-size florets

1 large [sweet potato](#), peeled, and cut into 1/2-inch cubes

3 cups thinly-sliced collard greens

1/4 cup [raisins](#)

1 tablespoon [apple cider vinegar](#)



In a large pot, heat the oil over medium heat cook onions and garlic for 5 minutes. Add Seeds and spicess and stir and cook 2 minutes. Add potato to the mixture and stir in 4 cups of water and turn heat up to high and bring to a boil, add the teaspoon of salt and stir well. Turn heat to low and simmer stew, uncovered, for 5 minutes, stirring occasionally. Add cauliflower, sweet potato, collard greens, and raisins, stirring to combine. Continue cooking until potatoes are tender. Season stew with vinegar and salt and pepper to taste. If the stew is too dry add a little water. Serve hot

Crops to Grow in Winter

CORN SALAD



PLANT TO MID SEPTEMBER

Very hardy winter salad green

Mild, nutty taste

Benefits from some crop protection

Sprouts best in cool soil

Crops to Grow Outside in Winter

BRIGHT LIGHTS CHARD



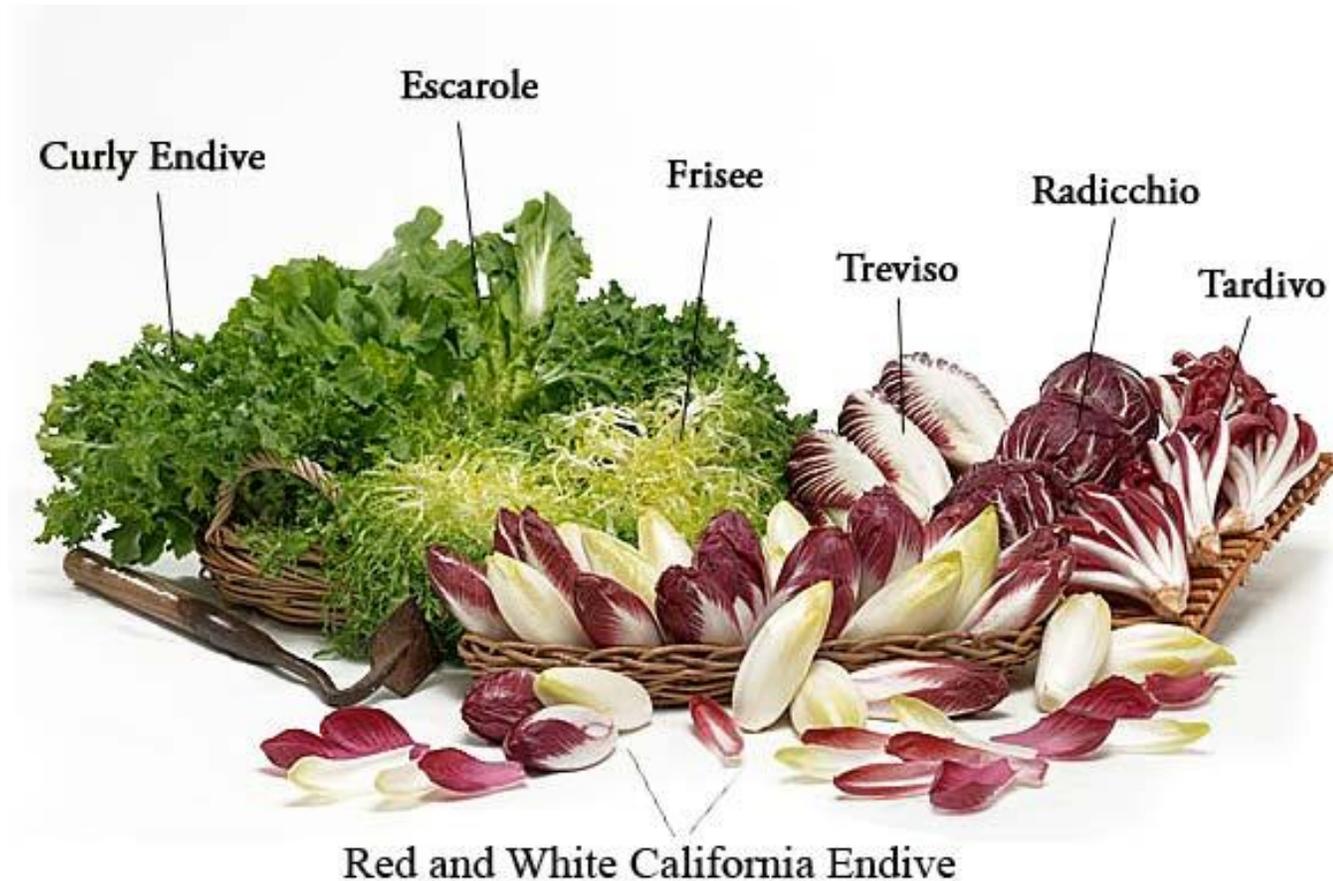
PLANT UNTIL LATE JULY FOR WINTER HARVEST, UNTIL LATE AUGUST FOR SPRING HARVEST

Chard plants will benefit from some crop protection or mulch

Bright Lights Chard is an exceptionally colourful addition to the garden

Harvest young in salads and steam older leaves

Crops to Grow in Winter



Crops to Grow in Winter

ENDIVE AND RADDICHIO



PLANT RADDICHIO TO THE END OF AUGUST,
ENDIVE TO MID SEPTEMBER

Add great texture and color to salad right through the winter.

Keep well watered in summer

Use crop protection for a longer harvest.

Forcing Endive

GREAT FOR WINTER SALADS



PLANT IN SPRING



Belgian endive

Belgian endive, known in Dutch as *witloof*, endive or (very rarely) witloof in the United States

It has a small head of cream-coloured, bitter leaves.

It is grown completely underground or indoors in the absence of sunlight in order to prevent the leaves from turning green and opening

The plant has to be kept just below the soil surface as it grows, only showing the very tip of the leaves. It is often sold wrapped in blue paper to protect it from light and so preserve its pale colour and delicate flavour.

The smooth, creamy white leaves may be served stuffed, baked, boiled, cut and cooked in a milk sauce, or simply cut raw. The tender leaves are slightly bitter; the whiter the leaf, the less bitter the taste. The harder inner part of the stem at the bottom of the head should be cut out before cooking to prevent bitterness.

Forcing Belgian Endive



Obtain seed of witloof chicory.

Sow the seeds in the spring in loose, fertile soil.

After the seedlings are established, thin them to four to six inches apart and let the plants grow until fall. Keep them moist and fertilize once or twice during the growing season.

By fall, the plants will be large with strap-like leaves and thick white roots.

Before the soil freezes, dig up the plants keeping those with roots at least one inch in diameter.

Remove the small side roots and shorten the main root to 8 inches. Transplant into pots

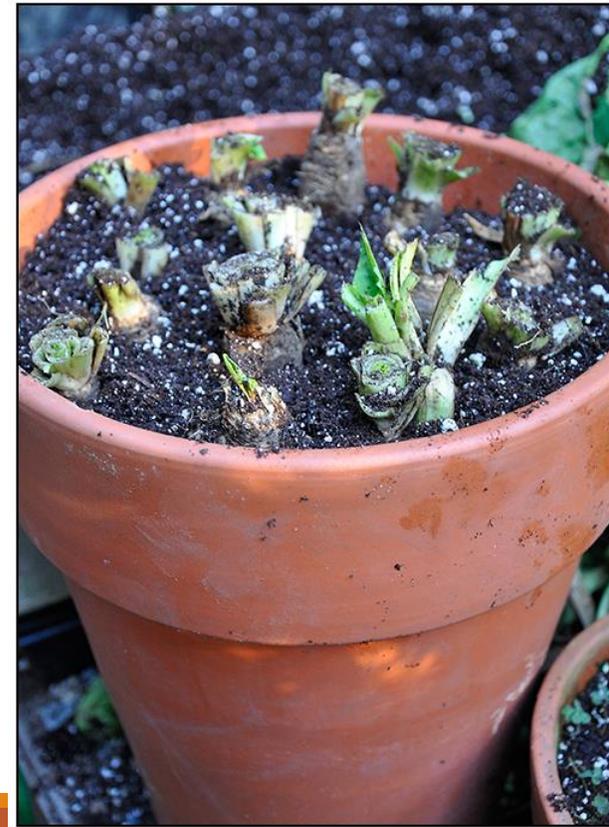
Cut the foliage one inch above the crown.

Forcing Endive

DIG ROOTS IN OCTOBER



CUT OFF TOPS AND PLANT IN CLAY POTS



Forcing Belgian Endive



Bury pots in the ground, or in garbage cans or buckets filled with leaves or dirt, then wrap in dark cloth to prevent any light from entering,

Store pots in a cool place until ready to force

Remove and bring to a warmer place, but do not allow any light to enter or leaves will be bitter.

It will take a few weeks to sprout, then you can harvest.

Crops to Grow in Winter

Plant in July, harvest winter, spring, summer!

RED RUSSIAN KALE



LACINATO KALE



Crops to Grow in Winter

REDBOR KALE



WINTERBOR KALE



Crops to Grow in Winter

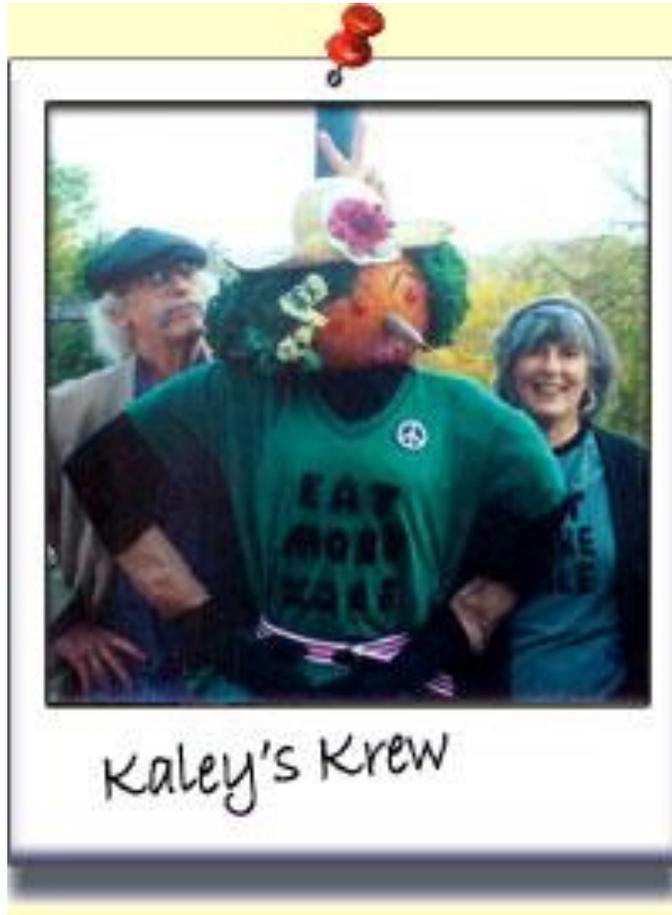
RAINBOW LACINATO



PORTUGUESE KALE



Eat More Kale



Lesbian Kale Sauce by Holly Rae Taylor

Who probably got it from some hippie cookbook

Mix together:

- 5 tablespoons balsamic vinegar
- 5 tablespoons tamari
- 2 dashes sesame oil
- 3 tablespoons water
- 1 nub ginger, grated
- 1 clove garlic, minced
- 1 tablespoon sugar (optional)
- 1 tablespoon Dijon mustard (optional)
- 1 tablespoon wasabi
- ½ cup toasted sesame seeds (toast the seeds with a pinch of sea salt; sprinkle some seeds in the sauce and the rest on the kale)

I also like to sprinkle on hemp seeds

Adjust everything to taste

Two perfectly acceptable ways to enjoy Lesbian Kale Sauce:

1. Dip steaming hot steamed kale directly into sauce, one fork- or chopstick-ful at a time
2. Pour sauce over a big beautiful bowl of steamed kale, toss, and serve!



Kale Flowers with Cashew Garlic Alfredo Sauce with Pasta

*1/2 cup raw cashews (not roasted)
1 tsp. fresh lemon juice
1 1/2 cups boiling water
1 clove garlic (or more to taste)
1 Tbsp. extra Virgin Olive Oil
2 Tb. nutritional yeast (optional)*



*Pulverize raw cashews in the food processor until very fine. Add 1 1/2 cups boiling water. (*The BEST way to do this, is to make the sauce while pasta cooks - scoop out 1 1/2 cups of lightly salted pasta-cooking water and use it - the starch from the pasta-cooking water thickens the sauce PERFECTLY!) Add water to cashews and process until smooth. Add nutritional yeast (optional - my kids prefer it without), garlic clove, olive oil and squeeze of lemon juice. Process again until smooth, another couple minutes, it'll start to thicken a bit too! Makes a decadently creamy sauce. Top cooked pasta with kale flowers, and sauce*

Crops to Grow in Winter

KOHLRABI



PLANT LATE JULY TO LATE AUGUST

The variety called Superschmeltz can be harvested right through until April!

Grows sweeter with frost. No protection is needed

Serve sliced as an addition to a veggie dip plate. Very crunchy!

ROASTED KOHLRABI

1 1/2 pounds fresh kohlrabi, ends trimmed,
thick green skin sliced off with a knife,
diced

1 tablespoon olive oil

1 tablespoon garlic (garlic is optional, to my
taste)

Salt

Good vinegar

Set oven to 450F. Toss the diced kohlrabi
with olive oil, garlic and salt in a bowl. (The
kohlrabi can be tossed with oil and
seasonings right on the pan but uses more
oil.) Spread evenly on a rimmed baking
sheet and put into oven (it needn't be fully
preheated) and roast for 30 - 35 minutes,
stirring every five minutes after about 20
minutes. Sprinkle with a good vinegar (at
the table so the kohlrabi doesn't get
squishy).



Giant Red Mustard

Crops to Grow in Winter

This is one of my favorites.

Giant Red Mustard is easy to grow, slow to bolt, tasty without being overwhelming, tender without losing texture, and self seeds readily

Plant seeds close and thin when leaves touch

I like to harvest a few leaves at a time from mature plants.



Crops to Grow in Winter

LEEKS



PLANT MARCH TO JUNE

Harvest February to April the following late winter and spring

I eat my leeks very young, like green onions

Bandit is an extra hardy variety

Crops to Grow Outside in Winter

LEEKs NORTHERN LIGHTS



SOW MID MARCH TO JUNE DIRECTLY
OUTSIDE, HARVEST DECEMBER ON

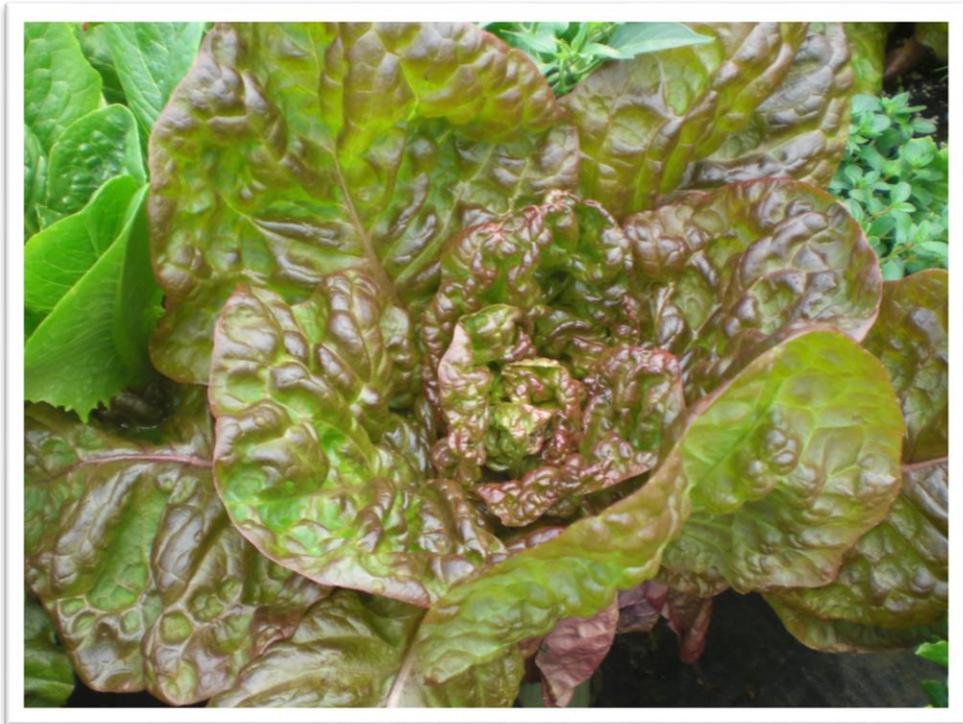
Very hardy leek can be harvested all winter
and into the spring.

A real stunner in the winter veg plot! The
leaves are an eye-catching bright purple during
the winter months and look as much at home
in the winter flower border as in the veg
garden.

Crops to Grow in Winter - Lettuce

CONTINUITY –MARVEL OF FOUR SEASONS

GERMINATES EASILY, SLOW TO BOLT, CRISPY AND SWEET, AND VERY FROST HARDY



BUTTERCRUNCH

PLANT IN SUMMER, HARVEST WELL INTO FALL



Crops to Grow in Winter -Lettuce

GRAND RAPIDS – FAST GROWING, TOLERATES LOW LIGHT LEVELS OF THE WINTER COLD-FRAME.

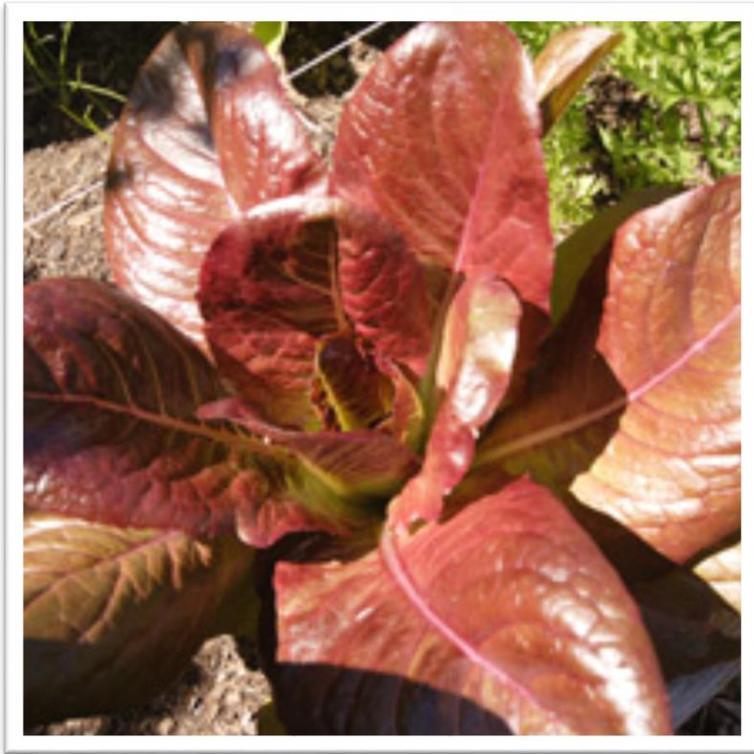


RED DEER TONGUE – THIS ONE SEEMED TO THRIVE ON MY NEGLECT, LIVING THROUGH THE WINTER WITHOUT PROTECTION, AND DRYING OUT BADLY, YET STILL PRODUCING LEAVES!



Crops to Grow in Winter – Lettuce

SILVIA- ANOTHER STAR OF MY WINTER GARDEN, ALL WINTER WITH NO PROTECTION



WINTER DENSITY- THE CATALOGUE SAYS YOU CAN PLANT IN SEPTEMBER, WINTER OVER TO MATURE IN MARCH



Crops to Grow in Winter – Lettuce

CIMMARON – SOW AS LATE AS AUGUST AND THIS LETTUCE WILL LIVE THROUGH MILD WINTERS. THIS ONE HAS DONE WELL FOR ME AND IS SUPER CRUNCHY.



ROUGE D'HIVER – HERITAGE LETTUCE, SINCE 1885. COLD HARDY, LOOSE ROMAINE TYPE, SLOW TO BOLT EVEN AFTER WINTERING OVER



Crops to Grow in Winter – Seeding Lettuce in Summer



Choose your varieties carefully.

Lettuce seed likes to germinate in cooler temperatures.

Seed in flats in the shade, or shade the area with cloth, tree boughs, or upside down flats.

Can tuck seeds under crops that are already growing to shade the seeds.

Some lettuces, like Rouge d'Hiver are just bolting to seed about the time that you might want to be planting your fall and winter crop.

Crops to Grow Outside

MIBUNA



PLANT SEPTEMBER, HARVEST IN 40 DAYS,
KEEP HARVESTING ALL WINTER!

Plants grow into a spray-like clump with lots of smooth, narrow, strap-like, light-green leaves.

Slightly sharp flavour is great raw in salads and when lightly cooked.

Vigorous growth is ideal for cut-and-come-again harvest.

Plant in late summer, it is very winter-hardy

Crops to Grow Outside in Winter

MIZUNA



PLANT AUGUST UNTIL EARLY SEPTEMBER

Great tasting greens ready in 45 days

Very hardy plants survive without protection

Great in salads or stir fries

Crops to Grow Outside in Winter

GREEN ONIONS



PLANT AS LATE AS MID-AUGUST

A good variety for winter is Kincho. It matures in 50 days.

You can increase the white part of the onion by hilling it up.

Sow 5-10 seeds in a four inch pot and put the whole thing into the garden for an instant “bunch”

Crops to Grow in Winter

PARSLEY



PLANT UNTIL THE END OF JULY OR BUY PLANTS TO PUT IN ANYTIME

Better with a bit of crop protection, but fine anyway you can grow it.

Let it go to seed and you will never again be without parsley

The curled varieties do better in winter than the flat leaved Italian varieties.

Plants to Grow in Winter

PARSNIPS



PLANT TO MID JULY

If well mulched these delicious roots can be harvested all winter

Will get sweeter after frost

The cultivar “Gladiator” is recommended for winter growing, and is quick to germinate and grow.

Takes 110 days to mature

Crops to Grow Outside in Winter

RUTABAGAS



PLANT JUNE AND JULY

Easy to grow

Harvest throughout winter

Rutabagas hold well in the soil

Exceptionally hardy

Greens can be eaten as well, although a bit hairy

Crops to Grow Outside in Winter

SORREL



PLANT MAY AND JUNE

Will bolt in hot weather, but continue to grow

Protect in winter for best yields

Can be propagated by division once established

Sorrel Pesto

Good on Pasta, Veggies, or Fish

2 cups coarsely chopped fresh sorrel, ribs removed
1/3 cup packed fresh parsley leaves
2 garlic cloves, (or to taste) roughly chopped
1/3 cup freshly grated parmesan
1/4 cup pine nuts, cashews or almonds
1/2 teaspoon salt
1/4 cup olive oil



In a food processor or blender puree the sorrel, the parsley, the garlic, the parmesan, the pine nuts and the oil, transfer the pesto to a jar with a tight fitting lid and chill it, covered. The pesto keeps, covered and chilled, for 2 weeks. Makes about 1 cup.

Crops to Grow Outside in Winter

SPINACH



PLANT RIGHT UNTIL THE END OF OCTOBER!!

For best results plant under some sort of crop protection

Spinach is less likely to bolt in the fall, when days are getting shorter and cooler.

Spinach

OLYMPIA

GOOD YEAR ROUND SPINACH



BLOOMSDALE HEIRLOOM

PLANT IN FALL TO OVERWINTER AND HARVEST IN EARLY SPRING





Tips and Techniques

IN ORDER TO GROW THE MOST FOOD IN THE WINTER WE NEED TO MAKE USE OF A FEW CLEVER GROWING TRICKS.

Crop Protection- Should be done by end of October

CROPS THAT NEED CROP PROTECTION (COLD FRAME OR GREENHOUSE)

Arugula

Chervil

Endive, Raddichio

Most Lettuce

Pak Choi

Italian Parsley

Cilantro

CROPS THAT BENEFIT FROM CROP PROTECTION, BUT MAY SURVIVE OUTSIDE

Some Lettuce

Mustard Greens

Curly Parsley

Radish

Asian Greens

Green Onions

Spinach

Broccoli

Cauliflower

Plants that need no Protection – but could be grown in greenhouse/coldframe

Beets

Broad Beans

Broccoli (winter type)

Brussels Sprouts

Cabbage (winter varieties)

Carrots

Cauliflower (winter type)

Collards

Corn Salad

Garlic

Kale

Kohlrabi

Leek

Onion (Walla Walla)

Parsnips

Radish

Rutabaga

Sorrel

Turnips

Start and finish crops inside

STARTING PLANTS UNDER LIGHTS



CONTROLLING HEAT AND LIGHT

Flouresent lights should be no more then 12 inches away from plants.

You can use “cool white” or “sunlight” for young seedlings

It is beneficial to use a heating mat that will maintain soil temperature at 19-21 C (68-71 F)

Easy to build light bench



Using two fluorescent fixtures and a few pieces of wood you can build a nice propagation bench.

You can start warm weather crops about the end of March and actually grow salad greens year round with this set-up.

Growing indoors under lights



Crops like Basil, Parsley, Green Onions, Cilantro, and Salad Greens can be grown indoors under lights all year round.

Saving Seed



By saving seed you can select for more winter hardy cultivars

Allow all your plants to go to flower, then select the best plant (one that grew best through winter) to save seeds from

Saving Tips

Save only the seeds from the best plants

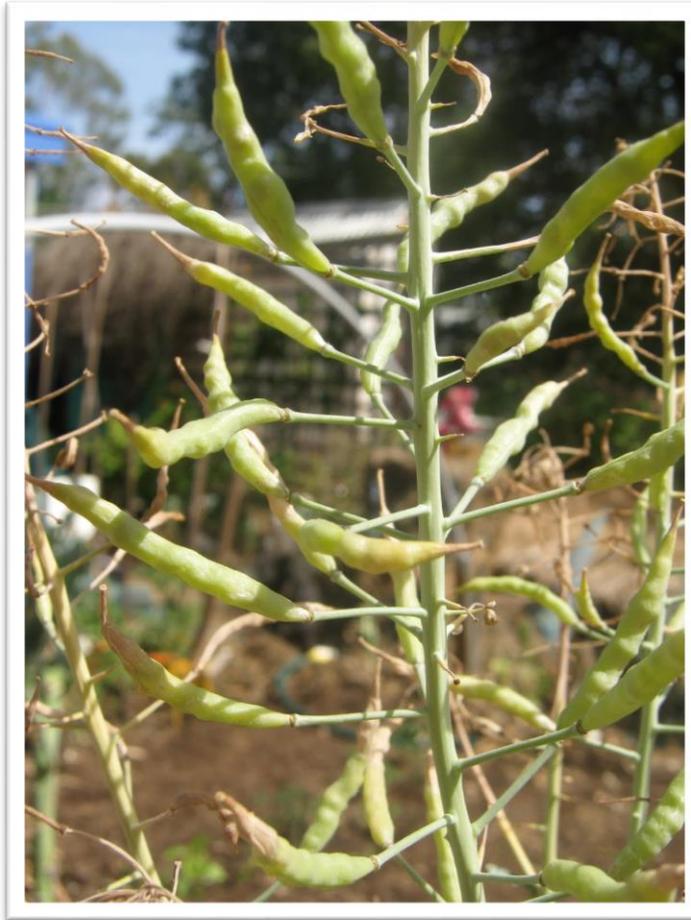
Save only open pollinated seeds. Saving hybrid seeds does work well

Be sure seed is dry before storing, and keep it dry

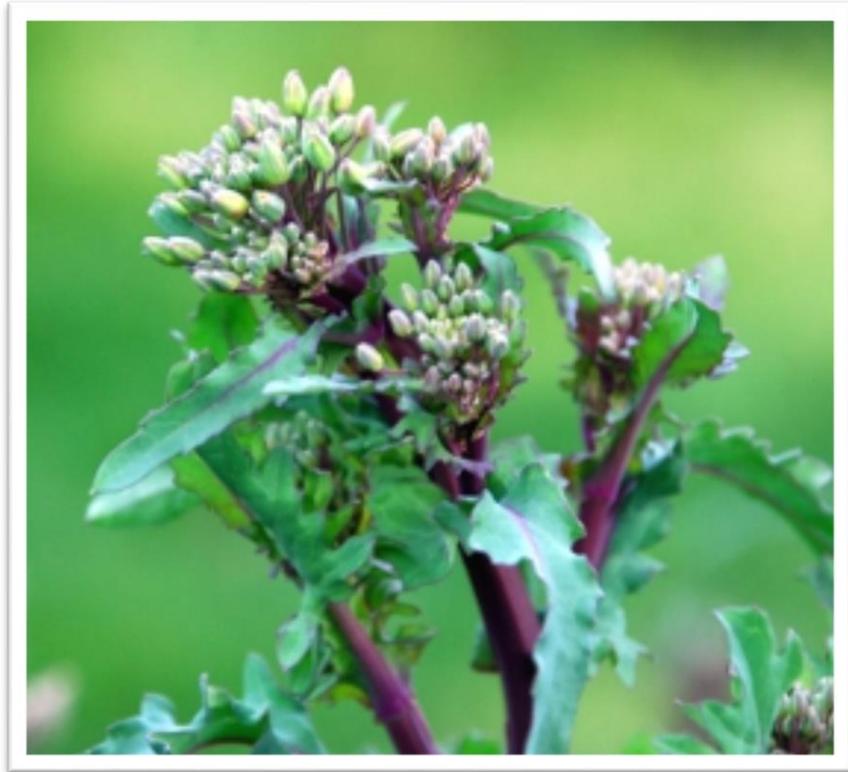
Store between 0 and 5 degrees C

Perform a germination test on seeds so as to not waste valuable growing time.

Kale Seed Pods



Let Things Self Seed in the Garden



By letting things self seed you will encourage genetic diversity.

Let your best (tastiest, hardiest, fastest maturing, most disease resistant, slowest to bolt) plants go to seed.

Thin vigorously to allow plants room to develop or many will bolt prematurely

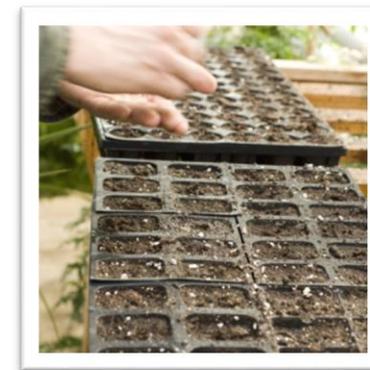
Seeding Tricks



The best seeding trick is to let things just go to seed and weed out (and eat) what you need to keep plants from getting stressed.

Good rule of thumb is to thin greens when their leaves are just touching.

Planting seeds in flats gives you more control over light, shade, heat and water.



Suggested Reading

Winter Harvest Handbook by Eliot Coleman

Four-Season Harvest: Organic Vegetables from Your Home Garden All Year Long - by Eliot Coleman

How to Grow More Vegetables and Fruits (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You Can Imagine by John Jeavons

Winter Gardening in the Maritime Northwest: Cool-Season Crops for the Year-Round Gardener by Binda Colebrook