

Preparing/Planning for the Fall Garden



It's hot as all-get-out, but

Let's get ready for the fall garden

First Step

Keep plants that are still producing

Okra, eggplant, peppers, long beans, sw. pot., southern peas, etc.



Harvest fruit from plants that you intend to remove

Remove them, along with all their leaves



Removing Plants

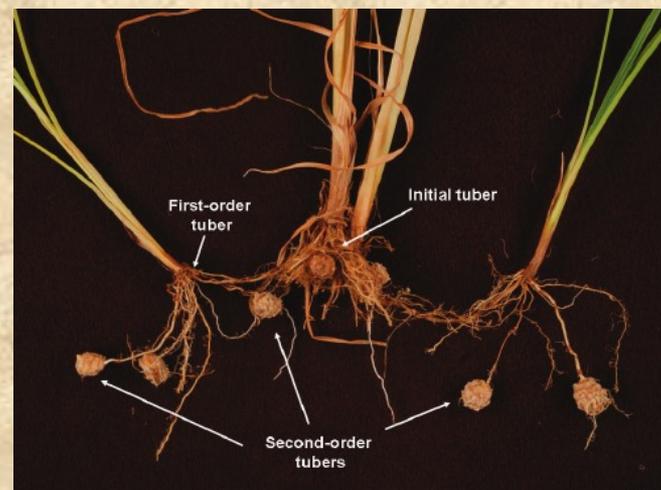
- ✓ Squash, okra and corn stalks, tomato plants go in dumpster
- ✓ Cabbage family with black rot go in dumpster
- ✓ The rest go in compost, covered by leaves
- ✓ Chop, chop, cover



Remove Weeds

Maintenance is much easier than remediation.
Little weeds become big weeds with seeds that
become hundreds more weeds.

- ✓ Use a hand trowel or shovel
- ✓ Dig deep to get all the roots
- ✓ Follow nut sedge & Bermuda grass runners
- ✓ Put weeds in dumpster
- ✓ Water bed
- ✓ When weeds come up, remove them. Repeat, repeat
- ✓ Once weeds are gone, mulch heavily 3-4 inches until time to fertilize and plant



Fun Time

plan what to grow



- ✓ **Grow in-season vegetables you like to eat**
- ✓ **Grow vegetables that produce a lot**
- ✓ **Grow plants that will not be stolen or vandalized**
 - **Cauliflower and cabbage are targets in fall**

Fun Time

What can you grow in the Fall?

Vegetable Families

- ✓ Carrots, cilantro, parsley, celery, parsnips, fennel
- ✓ Sugar peas, snow peas, pea shoots
- ✓ Swiss chard, beets, spinach
- ✓ Broccoli, cabbage, cauliflower, turnips, mustards, kale, collards, radish, arugula, kohlrabi, rutabaga, bok choy, Brussels sprouts
- ✓ Onions, garlic, leeks
- ✓ Lettuce, chicory, radicchio, endive



Very Productive



- ✓ Kale, collards, mustards,
- ✓ 30-day radishes and turnips
- ✓ Broccoli variety that has side shoots
- ✓ Lettuce, endive
- ✓ 55-day carrots, cilantro
- ✓ Sugar Snap peas on a 6' trellis
- ✓ Swiss chard, beets, spinach

Not As Productive



- ✓ **Cauliflower, Rutabaga, Kohlrabi, Brussels sprouts, cabbage**
- ✓ **Parsnips**
- ✓ **Bulb onions, garlic**

How much of each to grow

- ✓ Use adult size of plants to determine amount of space needed
 - radishes and carrots need 2 sq. inches
 - turnips and beets need 3 sq. inches
 - bulb onions 4"; cilantro & parsley 6"; garlic 3"
 - kale, collards, mustards, chard, cabbage, broccoli 14"
 - Brussels sprouts, cauliflower – 18 sq. inches
- ✓ Two kale, collard or chard plants will produce enough for a family
- ✓ Ten leafy lettuce plants are enough for a family
- ✓ Two mustard plants will produce enough for a family
- ✓ One cauliflower takes up 2 sq feet for not much food
- ✓ Make a map of what and where you will plant
- ✓ Leave no space unplanted

How much of each to grow

This is an example, mainly to show how to think about bed layout

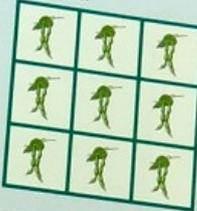
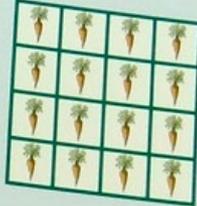
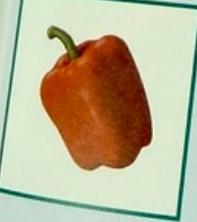
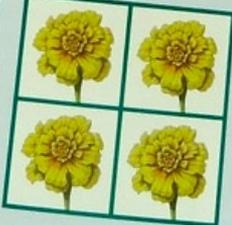
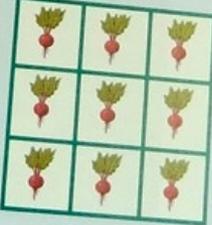
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PLANT SPACING 109

Extra Large	Large	Medium	Small
1 Plant Placed 12 inches apart: Broccoli	4 Plants Placed 6 inches apart: Leaf Lettuce	9 Plants Placed 4 inches apart: Bush Bean	16 Plants Placed 3 inches apart: Carrot
			
Cabbage	Swiss Chard	Spinach	Radish
			
Pepper	Marigold	Beet	Onion
			

To help keep up with this, you may want to copy this chart so you
always have it handy. Some
take it

grow a
GoodLife
growagoodlife.com

What Varieties to Grow



- ✓ Proven varieties (tried and tested)
- ✓ Varieties that take the shortest time to maturity
- ✓ Varieties that provide a bonus (broccoli, sugar peas)
- ✓ Varieties that like our warm-humid climate
- ✓ Purchase seeds from WCG & seed companies

Where to Get Variety Information



- ✓ **Johnny's Selected Seeds – Time from seed to harvest, disease resistance, conditions it likes (hot & humid, dry or cool)**
- ✓ **Baker Creek Heirloom – Unusual heirloom varieties**
- ✓ **Territorial Seeds – Varieties others don't carry**
- ✓ **Kitazawa Seeds – Unusual Asian seeds**
- ✓ **Southern Exposure Seed Exchange – Heirloom seeds**
- ✓ **Tomato Growers – Tomato & Pepper seeds**
- ✓ **Pinetree – Good selection for small quantities**

When to Plant

This is critical

Use Urban Harvest planting chart

**Along with current temperature
forecast**

<https://www.urbanharvest.org/wp-content/uploads/2022/10/22Urban-Harvest-Planters-Guide-FALL-Final.pdf>

Planting at a time that is too hot for a specific vegetable will likely cause waste of seed and water, diseased plants, poor production.

Be patient





FALL PLANTING GUIDE

KEY ** Best time to plant • Will often be successful

This planting schedule is accurate for urban areas south of I-10 inside Beltway 8 and south to Pearland. Other areas in Harris County, Sugar Land and Beaumont-Port Arthur may be able to use this calendar successfully some years if Novembers and Decembers aren't very cold.

Counties substantially colder than Harris in wintertime or more than 60 minutes drive time from central Houston should not use this schedule.

Vegetable/Planting Type	SEP		OCT		NOV		Vegetable/Planting Type	SEP		OCT		NOV	
	1-7	16-24	1-7	16-24	1-7	16-24		1-7	16-24	1-7	16-24	1-7	16-24
Amaranth for grain/seed	•						Lentil/seed						**
Arugula, garden (rocket)/seed					**	**	Lettuce, 30-70 day/seed			•	**	**	**
Arugula, Sylvestra/seed	•	**	**	**	**	**	Mint/plant	•	**	**	**	•	•
Bean, broad, Fava/seed					**		Mizuna/seed			**	**	**	
Bean (hyacinth)/seed				•			Mustard/seed			**	**	**	
Beet/seed				**	**	**	Onions, multiplying/sets	**	**	**	**	**	**
Bok choy, Pak choy, Tatsoi/seed		•	•	**			Onions, short day bulb/sets					**	**
Broccoli/plant					**		Oregano, Greek, Italian/plant	•	•	•	•	**	
Buckwheat/seed	•	•	**				Parsley/seed			**			
Cabbage/plant					**		Parsnip/seed			**	•		
Cabbage (Napa, Chinese)/seed or plant				**	**	**	Pea, sugar snap, English shell, snow/seed						**
Carrot/seed				**	**	**	Radish, salad & daikon/seed					**	**
Cauliflower/plant					•	**	Romanesco Cauliflower, Hybrid/plant				•	**	
Celery herb & stalk/seed					**		Rosemary/plant			**	**	•	
Celtuce, seed or plant					•	•	Rutabaga/seed			**	**	**	**
Chard/seed or plant				**	**	**	Salsify, Scorzonera/seed or plant			**	**	**	**
Chervil/seed or plant					**	**	Shungiku (Tong Ho)/seed			**	**		
Chives, Garlic & Onion/bulb			**	**	**	**	Sorrel/plant & seed					**	**
Cilantro/seed					**	**	Strawberry/plant					**	

Seed vs Transplant your choice

**Seeds are less expensive
if you purchase WCG
packets**

**Plants sometimes come from
grower with diseases but
make for quicker harvests**



Rotation of Crops

Divide Bed into Four Sections

Section 1: - Fall/Winter: Peas (snow peas, sugar snaps)
 - Late Spring/Summer: Sweet potatoes

Section 2: - Fall/Winter: Carrots, parsnips, fennel, parsley, dill,
cilantro
 - Spring: Tomatoes/peppers/eggplant
 - Summer: Cucumbers/squash (or flowers or fallow - covered
with mulch and kept weeded)

Section 3: - Fall/Winter: Brassicas (arugula, bok choy, broccoli,
cauliflower, collards, kale, etc.)
 - Spring/Summer: Beans (bush, pole, limas (bush or pole),
long beans (pole), southern peas (bush or pole))

Section 4: - - Fall/Winter/Spring: Lettuce, beets, chard, onions,
 endive, sorrel
 - Summer: Okra (or cucumbers/squash if you don't like okra)

Preparing the Bed



Preparing the Bed

- Most vegetables need 1 cup per 6 sq. feet
- Carrot family veggies need little or no fertilizer
- Brassica family needs twice as much
 - Or use Sweet Green fertilizer



Planting Seeds

- ✓ Refer to your planting map
- ✓ Space seeds according to the adult size of the plant.
 - ✓ Kale – 14 sq inches
 - ✓ Lettuce – 8 sq inches
 - ✓ Sugar snap peas – every 3” on both sides of a trellis
- ✓ Plant at a depth of three times the width of the seed.
 - ✓ Kale size seed – $\frac{1}{4}$ inch deep
 - ✓ Carrot and lettuce – on roughed up surface
 - ✓ Sugar snap pea – 1 inch deep
- ✓ One seed or two
 - ✓ Depends on germination rate
 - ✓ Parsnips – 2 seeds
 - ✓ Most others – 1 seed



Water

**Water seeds twice a day
in hot weather (early fall)**

Find a watering buddy

Use a fan or rose nozzle

Never lay hose in bed



Weed

**Weed your bed and aisle
at a minimum of once a
week – dig the root**

**Weeds rob nutrients and
water**

**Increase your production -
weed**



Beets

Chenopodiaceae



- *Beta vulgaris*
- Beets come in many colors
- Plant October and again in mid January
- Thinned to 4" apart, 1/2 finger nail deep
- Frost makes them sweeter
- Red Ace, Touchstone Gold, Early Wonder, Chioggia
- Chioggia is a beautiful heirloom

Chioggia & Touchstone Gold Beets



Chard/Swiss Chard

Chenopodiaceae



- *Plant October and again in Feb.*
- *Perennial in cooler climates. Can last the summer if cared for. Rated among the healthiest of veggies.*
- *1 foot spacing*
- *Stems can be used like celery*
- *Bright Lights, Fordhook and Erbette*

Spinach

Spinacia oleracea



- *Plant mid-October – November*
- *8" spacing*
- *Cut and come*
- *Best varieties are Space, Carmel, Regal, Olympia*
- *We don't know exactly when to plant and what varieties to plant. Different every year.*

Celery *Prefers 60-70°*



Two main types: stalk and leaf (cutting)

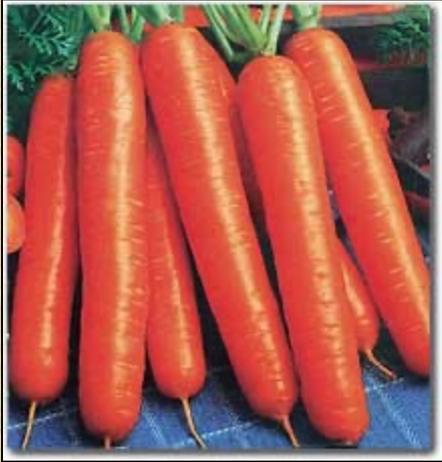
Stalk: plant mid-fall, harvest spring

Leaf: flavoring soups and other dishes

Leaf: Kintsai, Chinese Golden

Carrots

Apiaceae



- *Daucus carota*
- Plant early Sept. through early Jan.
- Rake, fertilize, water, broadcast seed, lightly pat soil
- Keep damp until carrots are 2" high, thin to 1" spacing
- Harvest by feel of root near top of stem
- Mokum, Touchon, Thumbelina varieties - Nantes type

Fennel



- *Foeniculum vulgare*
- Plant Sept. - October & Feb.
- Rake and fertilize bed, water bed, plant seed on 6" squares, 1/4" deep
- Harvest when bulb is 3"-4" wide
- Zefa Fino

Parsley



- *Petroselinum Crispum*
- Plant October through January
- Rake and fertilize bed, water bed, plant seed on 6" to 12" squares, 1/4" deep
- Pick outside stems for multiple harvests
- Giant of Italy, Titan

The Brassicas or Cabbage Family

**Mustards, Kale, Collards,
Turnips, Broccoli, Arugula,
Bok Choy, Cress, Cabbage,
Radish**

Mustards & Mild Greens



Japanese Red



Southern Giant Mustard



Ruby Streaks

Mustards



Florida Broadleaf



Osaka Purple

Prefer: 65-75°

Plant Oct. - Nov.

Spacing: Depends on adult size 8"-12"

Japanese Mild Mustards



Mibuna



Komatsuna /Tendergreens



Mizuna



Kyona Mizuna

Turnips & Bok Choys



Tatsoi



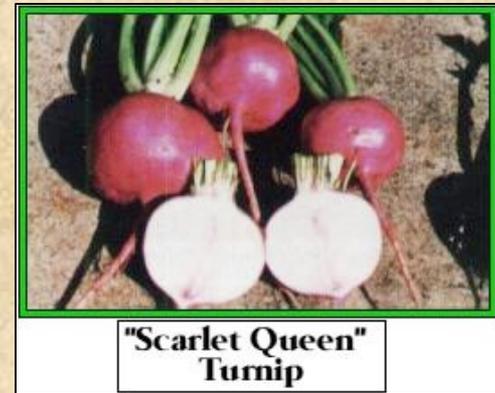
Wong Bok



Bok Choy



Hakurei



**"Scarlet Queen"
Turnip**

Plant on 3" to 4" squares

Bok Choys



Chinese



Pei Tsai



Joy Choy



Mei Qing Choy

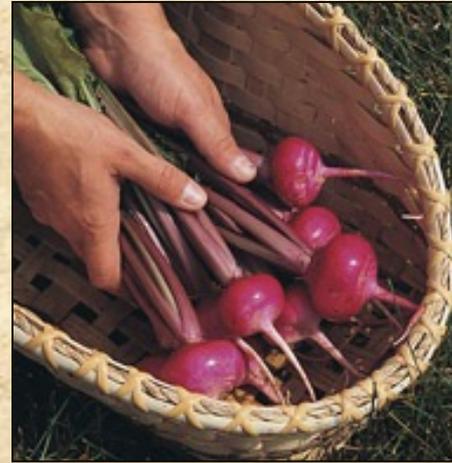


Tatsoi

Turnips



Purple Top



Scarlet Queen



Tokyo Cross



Hakurei

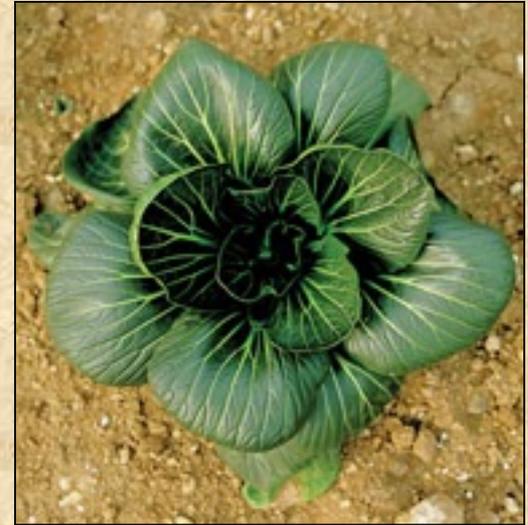
Choy Sum & Broccoli Raab



Yu Choy



**Da Cheong
Chae**



**Broccoli Raab
(crapini)**

Evergreen Seeds and Kitazawa Seeds are good sources for all Asian vegetables.

Arugula

- **Plant seeds anytime, but best in fall and spring**
- **Varieties – Sylvetta, any other**
- **Fertilize, rough up soil, and broadcast seeds, pat down**
- **Clip leaves 1” from ground, when 5”-6” tall. It will grow back several times before bolting.**

ARUGULA



Domestic



Wild (Sylvetta)

Plant: Fall and Spring

Cabbage



OS Cross



Tropic Giant



**Early Jersey
Wakefield**



Quick Start



Alcosa

Broccoli & Cauliflower

- ***So you need to plant early enough*** They like temperatures between 50° and 85°. Important: get a big enough head by Dec. 15 to eat/ harvest & store if a hard freeze comes.
- After October 10, you can grow seeds at one end of bed or in pots, to be moved later. Since cauliflower likes cooler weather than broccoli, might try seeding them around Nov. 1.

Broccoli



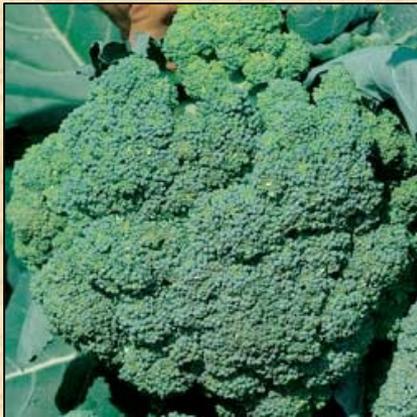
Di Cicco



Sprouts



Packman



Southern
Comet



Umpqua



Green Goliath

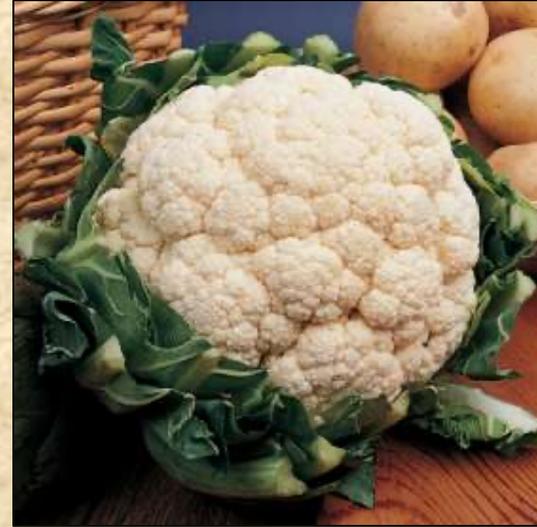


Calabrese

Cauliflower



Violet Queen



Snow Crown



Purple Graffiti



Cheddar

Romanesco



Brussels Sprouts



Churchill (Johnny's)

Collards



Flash



Vates



Green Glaze

Plant: Sept. through December

Kales



Winterbor



Tuscan



Red Russian

Plant: Aug. through Dec.
Spacing: 15”

Radishes



Easter Egg



Diakon



Cherriette



Shinrimei



Miyashige

Plant: Sept. through Jan.

Lettuce Sunflower Family: *Asteraceae*

- Lettuces, chicories, endives, radicchio & other salad **greens**.
- **Root vegetables**: sun chokes, yacon (Bolivian sunroot), burdock/gobo, salsify, scorzenera.
- Herbs: tarragon, **mint marigold**.
- Seeds: sunflower • Buds: artichokes.
- Strongly flavored leaves: dandelions, edible chrysanthemum (shungiku).
- Stem vegetable: celtuce. Sprout in refrigerator.

Lettuce



Winter
Density



Revolution



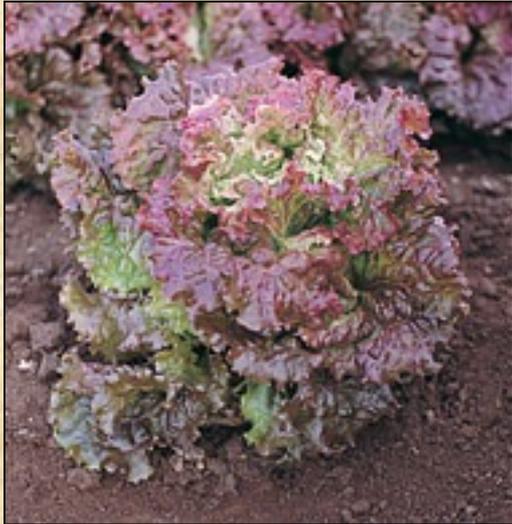
Devil's Tongue



Tango

- **Many great varieties**
- **Plant: mid-Oct. through Feb.**
- **Spacing: 4" squares for baby, 8" for adult**

Lettuce



Red Sails



Firecracker



Red Fire



Royal Oak



Dark Lollo Rosa



Red Salad Bowl

Growing Salad Greens

- **Plant anytime mid October through early spring.**
- **Lettuces & Chicories: Shallow scuff or till soil and fertilize.**
- **Broadcast seeds on soil. Lightly tamp soil with hand.**
- **Water a lot until several inches high. Thin to 4 inches best. Harvest with scissors unless getting old.**
- **Wait until second cool front to plant.**

Salad Greens



Radicchio



Escarole



Claytonia



Mache



Frisée



Minutina



Sorrel

Plant: mid-Oct. through Nov.

Allium Varieties & Sources



- Multipliers: Any from Johnny's
- Bulb Onions: 1015y, Granex
Source: Nurseries, Feed Stores
- Garlic: Iris-eyes.com
- Leeks: King Richard

Peas

- **Winter peas include Chinese pea shoot vegetable. These are the tips of snow peas.**
- **Snow - Oregon giant best.**
- **Sugar snaps for growing on a tall trellis**
- **Cascadia sugar peas – grow on short trellis**
- **English peas (bush & pole) & gourmet petit pois.**

- **All winter peas prefer 55-65°.**
- **Leaves are very hardy. Stems hurt by strong winds. Flowers easily killed by frost.**
- **Thus plant ones for pods Mid October and Dec 15-Jan 7.**
- **Dwarf gray sugar is the best pea shoot variety.**

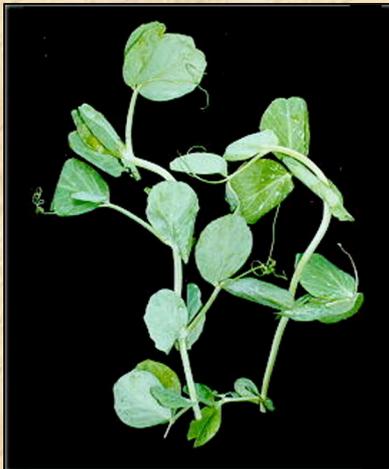
Winter Peas



Snap Peas



Snow Peas



Pea shoots



Shell Peas

Planting Potatoes

- Put in a warm place with some light to develop sprouts OR
- Plant in mid-January by dropping in a 6" deep hole. Plant an entire potato for best results. (or if in the fall, whenever sprouts are developed). Enhance soil by adding compost and fertilizing twice as much as is normally recommended or $\frac{1}{4}$ cup / square ft. add phosphorus and potash as well
- When they are 8 inches high, mound up (cover) bottom six inches around stem for more potatoes. Use a well rotted compost, mulch or soil.
- Add compost and mulch as they grow and use fencing as a cage to support the mulch around the potatoes or add an extra layer of blocks to your bed. To help set a potato at each leaf node, leave 8 inches of leaves.
- Harvest when they flower or they die down.
- Save small ones in a marked paper bag in the fridge for next time.

Potato Varieties



Fingerlings



Norgold early
heat tolerant



Yukon Gold late
heat tolerant



Norland
Red Potato

Ronniger's is a good source of potato starts.

Questions

