

# 2 Types of Winter Gardening?

## Summer Planting

Fall and winter harvest

- ▶ By choosing the right varieties you can be eating plants that you sow in late summer through fall and early 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 for Fall and Winter

- ▶ 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 early July for fall and winter
- ▶ 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, try later plantings in cold frame

- ▶ Mesclun - Plant until late September -cover by mid-October
- ▶ Mustards - Plant until late September - cover by mid-October
- ▶ Pac Choi - Plant from June until September - in cold frames
- ▶ Parsley -Plant after mid-August for fall and winter
- ▶ Parsnips - Plant May and June for fall and winter
- ▶ Radish - Until early September outside, late Sept in a cold frame
- ▶ Rutabaga - Plant early July for winter
- ▶ Scallions - Plant until the end of September
- ▶ Spinach - Plant during the first two weeks of August
- ▶ Swiss Chard -Plant until mid-July
- ▶ Turnips - Plant during the first two weeks of September

# Planting in July

- ▶ I like to plant my winter crop of carrots and beets in early July
- ▶ I like to plant beets later than most people because I find they are less subject to vernalization.
- ▶ Vernalization is when temperatures fluctuate a lot from daytime to nighttime, and from one week to another which often happens in spring and can result in root crops bolting before they produce roots.
- ▶ Winter Keeper is my favorite beet. It gets huge and stays tender. It will stay quite happily under mulch for most of the winter.





# Swiss Chard

- ▶ Plant until late July for winter harvest, until late August for spring harvest. These later sown plants may need some winter protection.
- ▶ 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



# Plant in July, harvest winter, and spring!

Red Russian Kale



Lacinato kale

