

# Crops to Grow in Winter - sow in August harvest fall and winter

Tat soi is hardy down to - 20 C if kept from getting waterlogged



Bau sin - sown in late summer, this can form lettuce like heads. If it bolts you can eat tender flower stalks



## Plant lots of Green Onions in mid August. Eat onions all winter

- ▶ 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”



# Mizuna - Both heat and cold resistant. Plant until early September

Mizuna



- ▶ Great tasting greens ready in 45 days
- ▶ Very hardy plants survive without protection
- ▶ Great in salads or stir fries

Mibuna -Plant lots in September, start to 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

# Planting in August

- ▶ By late August nighttime temperatures may be beginning to cool, and this may be a great time to start your fall and winter lettuces.
- ▶ Choose heat resistant lettuces. Coincidentally they also tend to be lettuces that have more cold hardiness as well.
- ▶ Drunken Woman is one of my favorites



# 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 overwintered lettuces are just bolting to seed about the time that you might want to be planting your fall and winter crop.