Fall Gardening

By: Katie Neumann

**Why Fall Gardening?**

* Less work
* Less watering
* Chance to improve soil

**Garden Planning**

*Let’s start at the very beginning…*

**Know your planting zone**

**Evaluate your garden space**

* Clear out old plants/anything diseased
* What worked this summer? What didn’t?
* Fix/build/install trellises
* Soil amending

**Make a plan**

* Intro to Square Foot Gardening
* Go vertical where you can
* Sketch out gardening grid
* Crop rotation
* Decide on plants
* Grow what you eat, but leave room for something new
* Seeds vs. Starts

**Soil Care**

*Feed the soil, not the plant*

**Vitamins for your plants**

* Change your thinking from fertilizing plants to conditioning soil
* Comparing gut health to soil health
* “Probiotics” vs. “Prebiotics” of soil amendments

**Fall is a great time to amend your soil!**

* Summer crops are heavy feeders
* Practice crop rotation (Fruit, Root, Bean)

**Cover Crops**

* Veggies: peas, fava beans (practice chop and drop, leaves roots intact)
* Quick cover crops: buckwheat (can chop and drop or turn in)
* Overwintering cover crops: Crimson clover, winter rye, hairy vetch (can chop and drop or turn in)

**Soil Amendments:**

* Synthetic vs. Organic
* OMRI: Organic Materials Review Institute
* Compost
* N, P, K- the building blocks of garden health!
* Soil conditioner blend/nice balanced fertilizer
* Worm castings
* Seaweed Extract
* Azomite/Rock Dust
* Mycorrhizae (water soluble, granular)
* Well-aged organic manure
* Fall crops tend to need more nitrogen
* Aerated Compost tea
* Healthy Nematodes

**When to Condition:**

* At the time of planting
* During the growing season

**Plant Care**

*Grow babies, grow!*

**Before Planting:**

* Clear out old/diseased plants
* Chop and drop or mix in cover crop
* Add an overall layer of compost and/or worm castings

**At the Time of Planting:**

* When to plant
* Transplants vs. Direct Sow
* How much plant
* Soil conditioners
* Mulch
* Proactive pest control

**Watering:**

* When to water
* How much to water
* Mulch
* Keep your eyes out for unhealthy problems

**Pest Control**

*What’s bugging you?*

Know your local County Cooperative Extension Office/Master Gardener office/hotline

Sacramento County
Cooperative Extension
4145 Branch Center Road
Sacramento, CA 95827-3823
Phone: 916.875.6913
Fax: 916.875.6233
E-mail: cesacramento@ucanr.edu

**Home gardening vs. large-scale farming:**

* Able to be more hands-on
* Less need for sprays, etc.
* Biodynamic gardening is the holistic answer to pest issues

**Common pests in your fall/winter garden:**

* Living Pests
* Non-Living (Abiotic) Factors

**Most Common Pests in Fall/Winter Garden and Home Remedies:**

* Cabbage Worms
* Birds
* Aphids
* Slugs/Snail
* Earwigs
* Pill Bugs (Roly Poly)
* Fungal Diseases
* Powdery Mildew

**Favorite Home Remedies:**

* Egg shells
* Epsom salt
* Berry baskets
* Tuna can
* Rolled up wet newspaper
* Castile soap spray: 1 TB castile soap and 1 quart water
* Baking soda spray: 1 TB baking soda, 1TB veg oil, 1 tsp dish soap in a gallon of water

**Favorite Organic Pest Control Products:**

* Neem Oil Spray
* Monterey BT Spray
* Diatomaceous Earth/DE
* Sluggo Organic
* First Saturday Lime (not OMRI listed)

**Fighting Bugs with Bugs:**

* Lady Beetles
* Green Lacewings
* Praying Mantis
* Spiders
* Biodiverse/Biodynamic

**6. Fall Favorites**

 **Veggies**

* Broccoli
* Carrots
* Celery
* Peas
* Fava Beans
* Garlic
* Kale
* Chard
* Lettuce
* Mustard Greens
* Mizuna
* Beets
* Leeks
* Onions
* Scallions
* Cabbage
* Potatoes
* Bok Choy
* Fennel
* Brussels sprouts
* Cauliflower
* Kohlrabi
* Spinach
* Arugula
* Radishes
* Parsnips
* Collards
* Turnips

 **Herbs:**

* Cilantro (until frost)
* Parsley
* Thyme
* Rosemary
* Basil (until frost)
* Bay laurel
* Calendula

**Others:**

* Spring bulbs
* Fruit Trees
* Berry Vines/bushes
* Sweet peas
* Poppies
* Flowers: Calendula, pansies, violas, mums, zinnias (until frost)

Contact Information:

Email: DeeplyRootedKitchen@gmail.com

Website: [www.deeplyrootedkitchen.com](http://www.deeplyrootedkitchen.com)

Instagram and FB: @DeeplyRootedKitchen