

Garden Planning

Let's start at the very beginning...

My Fall Favorites

- Broccoli
- Carrots
- Celery
- Peas
- Garlic
- Kale
- Chard
- Lettuce
- Beets
- Leeks
- Scallions
- Cabbage
- Bok Choy
- Parsley
- Cilantro
- Fava Beans
- Fennel
- Dandelion Greens

Other options:

- Brussels Sprouts
- Cauliflower
- Kohlrabi
- Spinach
- Arugula
- Radishes
- Bok Choy/Toy Choy
- Cilantro
- Dandelion Greens
- Fennel
- Parsnips
- Collards
- Parsnips
- Large onions
- Edamame/Soybeans
- Turnips
- Fava Beans

Seed companies referenced:

- RG: Renee's Garden Seeds
- B: Burpee Seeds
- BC: Baker Creek Heirloom Seed Company
- JS: Johnny's Select Seeds

***Note: I also refer to Square Foot Gardening as: SFG

Broccoli:

- Early, mid, late season varieties
- Sunlight requirements: Full sun (6-8 hours a day)
- They also like a little extra nitrogen (maybe add in a little of your favorite nitrogen conditioner with each hold you dig)./
- Late season varieties have tighter heads, deal colder temps and moisture better
- Don't direct sow: buy starts or start yourself
- Successive plant if you can to prolong harvest
- Needs a little bit of heat to get going, will last long past frost
- Head, stalk, leaves are all edible
- SFG: 1 plant per 18"
- Pest issues: cabbage worms, aphids
- Favorite seed varieties:
 - RG: Batavia: early variety, full-head side shoots, last long time
 - B: Waltham: good mid-season, plants get big, good side shoots
 - JS: Marathon: late season

Carrots:

- Many varieties!
- Sunlight requirements: Full sun to light shade (6+ hours)
- Taste even sweeter after frost
- Direct sow, don't buy starts
- Successive plant every few weeks for longer harvest
- Harvest as you need them
- Need loose soil, free of rocks/clumps of dirt
- Needs a little heat if you want Fall carrots. Otherwise they will overwinter and you'll have winter/early spring carrots
- SFG: 16 per square foot (after thinning)
- Pest issues: not many pest issues.
- Pelletized seeds: all-natural coating on seed making it easier to plant/evenly space.
- Favorite seed varieties:
 - RG: Nantes Starcia, Long King Midas
 - JS: Nantes carrot, pelletized seeds!

Celery:

- Super flavorful
- Sunlight requirements: Full sun to light shade (6+ hours)
- Don't direct sow- very slow growing!
- Benefit of celery fronds as well
- Harvest stalks as you need them
- Pest issues: earwigs, slugs, snails
- Not very frost hardy
- SFG: 1 per square foot
- Not many varieties- your local nursery will carry the variety that will grow well in your region.

Peas:

- Easy to grow
- Sunlight requirements: Full sun to part shade (4-6+ hours).
- Can direct sow, buy starts or start yourself and transplant (good for pest reasons)
- Nitrogen-fixing plants- helps pull Nitrogen into your soil; improves your soil as it grows
- Successive plant if you can to prolong harvest
- Plant with a soil inoculate- healthier plants, bigger yields, more nutrient dense vegetables
- SFG: 8 per square foot (4 on each side of trellis)
- Varieties: Snow, sugar, purple, mammoth Oregon snow, etc.—varieties not necessarily specific to certain seed companies.
- Pest issues: slugs, snails and birds when plant is young

Garlic:

- Super long growing season!
- Sunlight requirements: Full sun (6-8 hours)
- Can grow garlic in almost any planting zone!
- Direct sow cloves (plant like a flower bulb)
- Plant in late fall for harvest in early summer
- Hard-neck varieties: best for very cold winter climates
- Soft-neck varieties: best for more temperate winters
- Check local nursery or seed companies recommended for what varieties will do well in your region
- Pull apart cloves (leaving paper skin on), plant with root side down and top up
- Easy to grow
- Helps repel in ground pests
- SFG: 9 per square foot for small garlic, 4 for large
- Pest issues: not many to note

Kale:

- Easy to grow
- Sunlight requirements: Full sun to part shade (4-6+ hours)
- Can direct sow, buy starts or start and transplant yourself
- Super long harvest
- Harvest leaves from outside, new growth grows from the middle out
- Handles frost better than most greens
- SFG: 2 plants per square foot
- Pest issues: aphids, cabbage worms
- Favorite varieties:
 - RG: Lacinato (Italian variety sometimes called Dinosaur Kale)
 - B: Dwarf Blue Curled- plants don't get as tall, big producers
 - BC: Red Russian Kale- very cold tolerant!

Swiss Chard:

- Easy to grow
- Sunlight requirements: Full sun to part shade (4-6+ hours)
- Can direct sow, buy starts or start and transplant yourself
- Handles frost ok, better than lettuce
- Harvest leaves from outside as new growth comes from middle out
- Can use the leaves and the stalks
- SFG: 4 plants per square foot
- Pest issues: slugs, snails
- Favorite varieties:
 - RG: Ruby/Scarlet Charlotte, Peppermint Stick, Bright Lights

Lettuce:

- Shallow rooted plant- don't need deep soil
- Sunlight requirements: Full sun to part shade (4+ hours), does best in full sun, but handles the shade better than most other Fall plants
- Can direct sow, buy starts or start and transplant yourself
- In a mild climate, you can grow all fall/winter long
- Loose leaf variety and head variety
- Not frost hardy (can protect in mild frost)
- SFG: 4 heads per square foot
- Pest issues: slugs, snails, earwigs
- Favorite varieties:
 - JS: Red and green Salanova butter lettuce (pelletized seeds for easier planting/even spacing)
 - Salad bowl, Oak Leaf, Butter, Red Sails, Lolla Rossa (not specific to one seed company).

Beets:

- Direct sow
- Sunlight requirements: Full sun to light shade (6+ hours)
- Need a little heat to get going
- SFG: 9 beets per square foot
- Pest issues: Slugs, snails when getting going, Nematodes (in ground)
- Favorite Varieties: Chioggia, Detroit Red, Golden (not specific to one seed company).

Leeks:

- Some are great for Fall and some overwinter better
- Sunlight requirements: Full sun (6-8+ hours)
- Some varieties can withstand snow!
- Don't direct sow- buy starts or start and transplant yourself
- Plant leek starts far down in the ground (where the white part is no longer showing)
- Helps repel in ground pests
- SFG: 9 plants per square foot
- Favorite varieties: Find a variety best for your planting zone or hit up your local nursery as they will carry the varieties that work best for your region.

Scallions:

- Green onions, bunching onions, scallions- one plant, 3 different names!
- Don't direct sow- buy starts or start and transplant yourself
- Sunlight requirements: Full sun to part shade (4-6+ hours)
- SFG: 16 per square foot
- Help repel in ground pests
- Grow as a garden border
- Pests: snails and slugs
- Favorite varieties: white, blush, purple (not specific to one particular company).

Cabbage:

- Don't direct sow- buy starts or start and transplant yourself
- Sunlight requirements: Full sun (6-8+ hours)
- Cold hardy
- SFG: 1 plant per square foot
- Pest issues: aphids, cabbage moths
- Favorite varieties:
 - RG: Pixie, Napa

Parsley:

- Can direct sow, buy starts or start and transplant yourself
- Sunlight requirements: Full sun to part shade (4+ hours)
- If you buy a start, separate out individual plants to get more plants and avoid growing one giant plant
- Biannual- once you harvest first bunch, will grow an entirely new bunch
- Use fresh or dried
- SFG: 2 per square foot
- Varieties: Curled or flat leaf (Italian)- not specific to one particular company