

Fall Gardening

By: Katie Neumann

1. Why Fall Gardening?

- Less work
- Less watering
- Chance to improve soil
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2. 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

3. 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

Cover Crops

- Veggies: peas, fava beans
- Quick cover crops: crimson clover, buckwheat
- Practice chop and drop, leaves roots intact

Soil Amendments:

- Synthetic vs. Organic
- OMRI: Organic Materials Review Institute
- Compost
- Soil conditioner blend/nice balanced fertilizer
- Worm castings
- Seaweed Extract
- Azomite/Rock Dust
- Mycorrhizae (water soluble, granular)
- Well-aged organic chicken 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

4. 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

Watering:

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

5. 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
- Fungal Diseases
- Powdery Mildew

Favorite Home Remedies:

- Egg shells
- Epsom salt
- Berry baskets
- Tuna can
- Rolled up newspaper
- Castile soap spray

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, cyclamen, mums, zinnias (until frost)

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