

Fall Gardening

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What we're going to cover today:

1. Why Fall Gardening?
2. Garden Planning
3. Soil Care
4. Planting
5. Pest Control
6. Fall Favorites

1. Why Fall Gardening

- Because it's the best!!
- Less work
- Less watering
- Chance to improve your garden soil

2. Garden Planning

Let's start at the very beginning...

Know your planting zone: **Sacramento Zone 9b**

- Average 1st frost date is November 14
- Plant packets will say "Days to maturity", from time of transplanting
- Plant now for fall harvest, plant into November/December for winter/early spring harvest
- Some plants need a little heat to get going/overwinter

Evaluate your garden space

- Clear out old plants/anything diseased
- Take note: What worked this summer? What didn't?
- Great time to fix/build/install trellises
- Soil amending

Make a plan

- Intro to Square Foot Gardening
- Go vertical where you can
- Sketch out gardening grid
- Practice crop rotation (Fruit, Root, Bean)
- 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

Fall is a great time to amend your soil!

- Summer crops are heavy feeders
- Can choose to put your beds to rest or improve your soil while you're growing
- Practice crop rotation (Fruit, Root, Bean)

N, P, K- the building blocks of garden health!

- **N-P-K: Nitrogen, Phosphorus, Potassium**
- **N: Nitrogen** (promotes leaf growth, too much can lead to beautiful plant, with no flowers/vegetation)
- **P: Phosphorous:** vital for photosynthesis. root growth, blossoms, fruit and seeds. Deficiencies = stunted growth.
- **K: Potassium** (some call potash): strong stems/plant structure. Associated with the movement of water, nutrients in plant tissue. Overall plant vigor. Deficiencies = yellowing, poor yields, dried out leaves
- Crop rotation revisited: Fruit, Root, Bean

What to Condition/Amend With??

- Soil amendments Synthetic vs. Organic
- OMRI: Organic Materials Review Institute
- Compost
- Soil conditioner blend/nice balanced fertilizer
- Worm castings
- Seaweed Extract

- Mycorrhizae (water soluble, granular)
- Fall crops tend to need more nitrogen
- Aerated Compost tea
- Healthy Nematodes

When to Condition/Amend:

- At the time of planting
- During the growing season

Cover Crops:

- What are they? What are they used for?
- Veggies as cover crops: peas, fava beans (practice chop and drop, leaves roots intact)
- Quick cover crops: buckwheat
- Overwintering cover crops: Crimson clover, winter rye, hairy vetch (can crop and drop or turn in)

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

At the Time of Planting:

- When to plant
- Transplants vs. Direct Sow
- How to space out plants (see SFG sheet for planning)
- Soil conditioners
- Mulch
- Proactive pest control

Watering:

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

5. Pest Control

What's bugging you?

Your local County Cooperative Extension Office/Master Gardener office/
hotline (hours will vary, run by volunteers)

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

Benefits of 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 (adds magnesium, too!)
- Berry baskets
- Tuna can (add equal parts beer or soy sauce and oil)
- 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

Fighting Bugs with Bugs:

- Lady Beetles
- Green Lacewings
- Praying Mantis
- Spiders

6. Fall Favorites

Vegetable	Herbs	Others
Broccoli	Cilantro (until frost)	Spring Bulbs
Carrots	Parsley	Fruit Trees
Celery	Thyme	Berry Vines/ Bushes
Peas	Rosemary	Sweet Peas
Fava Beans	Basil (until frost)	Flowers:
Kale	Bay Laurel	- Calendula
Chard	Calendula	- Pansies
Lettuce		- Violas
Beets		- Mums
Onions		- Zinnias (until frost)
Leeks		
Scallions		
Potatoes		
Cabbage		
Bok Choy		
Fennel		
Brussels Sprouts		
Cauliflower		
Kohlrabi		
Spinach		
Arugula		
Radishes		
Parsnips		

Vegetable	Herbs	Others
Turnips		
Collards		

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