

Fall Vegetable Gardening

Fall (Cool Season) Crops

- Brassica crops: broccoli, cabbage, collards, cauliflower, kale kohlrabi, Brussels sprouts •
- Greens: leaf lettuce, spinach, arugula, Asian greens, mustard, Swiss chard, some herbs •
- Root crops: rutabagas, beets, carrots, turnips, parsnips

Half-Hardy Vegetables – Survive Light Frost

During 1st spell of cool weather, provide row cover protection
 Beets Chinese cabbage Lettuce Potatoes Carrots
 Collards Parsley Radishes Cauliflower Endive
 Parsnips Spinach Celery Green onion Peas Swiss chard

Hardy Vegetables – Survive Heavy Frost

Broccoli, Kale, Brussel sprouts, Leeks, Cabbage, Rutabagas, Carrots, Turnips

Overwintering Crops

Over-wintering crops will emerge, then go dormant over the winter and then begin re-growing in spring

Broad Beans, Kohl rabi, Shallots, Chard, Leeks, Spinach, Garlic, Onion, Spring, Cabbage, Kale Radish, Turnip

Last Planning Dates for Fall Crops Oct 30 Freeze Date

Beets	Aug 20	Leaf Lettuce	Sept 10
Broccoli transplants	Aug 10	Peas	Aug 20
Bush beans	July 30	Peppers transplants	July 25
Cabbage transplants	Aug 10	Radishes	Sept 30
Carrots	Aug 15	Spinach	Sept 5
Chard	Aug 15	Tomato Transplants	July 15
Corn	July 20	Winter Squash	July 15
Cucumbers	Aug 1	Pumpkins	July 15

Calculating Planting Date + Short-Day

Factor Using Oct 31 as approximate first fall frost date

Short Day Factor (SDF) – Add 14 days, since many fall vegetables grow more slowly as days shorten.

Example: Spinach

Days to germination: 7 to 10

Days to maturity: 40 to 48

Short day factory: 14

61 to 72 days

To harvest Oct 19-26, plant Aug 8-19

<p>Easy Vegetables to Grow from Seed Outdoors Indoors Beans Rutabaga Broccoli Kale Beets Radishes Brussels Melons Chard Pumpkin Cabbage Peppers Collards Turnip Cauliflower Okra Peas Squash Eggplant Tomatoes Lettuce</p> <p>Putting out Transplants</p> <ul style="list-style-type: none"> • Seedlings need gradual exposure to direct sunlight • Will benefit from light shading 1st few days • Keep them soaked 	<p>Getting Seeds to Grow Outdoors</p> <ul style="list-style-type: none"> • Plant seeds a little deeper than you would in spring – About 1 ½ to 2 time deeper than spring • Option: Soak seeds overnight in a moistened paper towel enclosed in a plastic bag. Do not soak longer or delicate seedling parts will be damaged in planting. • Keep soil cool and moist – cover with newspaper, etc... • Can shade soil, or use light mulch • Sow in the late afternoon so germination will begin overnight
--	---

<p align="center">Techniques for Productive Vegetable Gardening</p>	
<p>Vertical – use supports for vegetables <u>Suggestions</u> Tomatoes, Pole beans, Cucumbers, Snap Peas, Melons and winter squash</p> <p>Interplanting - a multiple cropping practice involving growing two or more crops in proximity</p> <ul style="list-style-type: none"> • Grow fast-growing vegetables between slower growing vegetables • Grow deep rooted vegetables next to shallow rooted vegetables 	<p>Succession Planting Multiple harvest can be achieved with vegetables with short growing seasons</p> <p><u>Idea 1</u> – Given 40 seeds, plant 10 seeds per week over a 4-week period</p> <p><u>Idea 2</u> – For 3 crops, plant 1/3 of the bed every 2 weeks</p> <p><u>Replace spent plants</u></p> <ul style="list-style-type: none"> • When a crop is done producing, take it out and plant something else • Plant several varieties of a vegetable with different maturities

<p>Cover Crop A crop grown for the protection and enrichment of the soil</p> <ul style="list-style-type: none"> • Suppresses weeds and prevents erosion • Can increase organic matter in soil • Adds nitrogen to soil – legumes <p><u>When to plant</u> – 1 month before the average date of 1st frost.</p>	<p>Cover Crop Legumes</p> <ul style="list-style-type: none"> • Clover • Alfalfa • Fava beans • Bell beans • Austrian winter peas • Hairy vetch
---	---

<p>Prepare Vegetable Garden for Winter • Remove dead plant material and rotten fruits and vegetable</p> <ul style="list-style-type: none"> • Rid garden of weeds and add 1-2 inch layer of finished compost • Once ground freezes, add another layer of mulch to perennial herbs and flowers - Mulch prevents soil erosion and moderates soil-temperature fluctuations 	<p>Cover Crop Grasses</p> <p>Rye – loosens compacted soil and is good for weed suppression</p> <p>Buckwheat – grows quickly, can be interplanted with other crops</p> <p>Clover -(crimson, red, white) fixes nitrogen in soil</p> <p>Sorghum – grows quickly, suppresses weeds</p>
---	---

<p align="center">Winterizing the Garden</p>		
<p>September</p> <ul style="list-style-type: none"> • Pull up and compost disease-free spent plants • Plant overwinter crops 	<p>October</p> <ul style="list-style-type: none"> • Cover the Half-Hardy vegetables to prolong production • Plant cover crop in empty areas 	<p>November</p> <ul style="list-style-type: none"> • Cover empty beds with shredded leaves to stop winter weed growth • Mulch overwintering crops

<p>References: <u>Home and Garden Information Center (HGIC):</u> https://extension.umd.edu/programs/environment-natural-resources/program-areas/home-and-garden-information-center</p>	<p><u>Howard County Master Gardeners</u> https://extension.umd.edu/locations/howard-county/environment-and-natural-resources</p>
---	---

The University of Maryland Extension programs are open to any person and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, national origin, marital status, genetic information, political affiliation, and gender identity or expression.