Fall and Winter Vegetables

Zack Dowell
2014
Produce in this garden is harvested to provide food for the hungry and homeless.

Please do not pick.

UBC Botanical Garden and Centre for Plant Research
OVERVIEW

Garden Planning/Management
Fall and Winter Vegetables
Resources
OUTCOMES

Plant or expand a vegetable garden
Grow healthy, nutritious vegetables
Adopt IPM strategies
Share your surplus
Access resources
LOCATION
TIMING
SOIL & FERTILIZER
IRRIGATION
STARTING SEEDS
IPM
LOCATION
6-8 HOURS SUN
LEVEL
WATER
MICROCLIMATES
ACCESSIBILITY
TIMING
### Winter/Spring Vegetable Planting Guide

#### El Dorado County Master Gardeners

<table>
<thead>
<tr>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
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- **Planting and harvest dates** are for a typical garden in Placerville. Adjust planting dates by about one week for each 1000' elevations or below Placerville, earlier for lower elevations and later for higher. These are guidelines only. Microclimates can vary.

El Dorado County topography is quite diverse. Official elevations for some areas are provided below for reference:

- Cameron Park: 10340'
- Camino: 9190'
- Cool: 10518'
- Donner Lake: 1780'
- El Dorado: 1800'
- Sierra Vista: 222'
- Washoe: 3500'
- Warm Springs: 5900'
- Placerville: 1860'
- Pollock Pines: 3980'

While weather can be unpredictable, these rules of thumb for seed frost dates can be useful:

- 1000': April 15
- 2000': April 22
- 3000': April 30
- 4000': May 7

**Seeds require cold frame (shelter area)**

- **Cassava**: Seed
- **Carrots**: Seed
- **Cauliflower (Brassica)**: Seed
- **Cabbage**: Seed
- **Cauliflower (Brassica)**: Seed
- **Cantaloupe**: Seed
- **Cucumber**: Seed
- **Eggplant**: Seed
- **Peppers & Eggplant**: Seed
- **Potatoes**: Seed potatoes
- **Radish**: Seed
- **Shallot & Onion**: Seed
- **Tomato**: Seed
- **Spinach**: Seed
- **Zucchini**: Seed

**Soil & Water Factors**

- **Soil**: Well-drained, fertile
- **Water**: Regular watering

**Adapted for El Dorado County by a Master Gardener team directed by Carolyn Bloomberg and Randy Repen, this chart is based on a guide created for Sacramentans by Dr. Robert P. Harris of U.C. Davis.**
PLANNING
RECORD KEEPING
CROP ROTATION
GROWING HABITS
IRRIGATION NEEDS
<table>
<thead>
<tr>
<th>Asparagus</th>
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<tbody>
<tr>
<td>Peas</td>
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<td>Chard</td>
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<td>Kohlrabi</td>
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<td>Broccoli</td>
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<td>Onions</td>
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SOIL & FERTILIZER
pH 5.5-7.5 (6.5 opt)

N - NITROGEN
P – PHOSPHROUS
K – POTASSIUM
IRRIGATION
HAND SPRINKLERS DRIP
STARTING SEEDS
SOIL
TEMPERATURE
WATER
AIR
IPM

INTEGRATED PEST MANAGEMENT
PREVENT (KEEP PLANTS HEALTHY)
IDENTIFY
(KNOW YOUR ADVERSARY)
CONTROL
(DEAL WITH IT)
"DDT is good for me-e-e-e!"
CONTROL

Mechanical controls
Accept minor damage
Use less toxic alternatives
  • Bacillus thuringiensis (Bt)
  • Insecticidal soap
Use chemicals prudently
SPRING/SUMMER VEGETABLES

• Root Crops
• Potatoes
• Tomatoes
• Peppers
• Eggplant
• Squash

• Melons
• Cucumber
• Beans
• Corn
FALL/WINTER VEGETABLES

• Roots
• Leaf Crops
• Peas/Favas
• Cole Crops
• Onions
• Perennials
ROOTS
ROOT CROPS – GROWING TIPS

Soil – super important
Timing – plant early
Variety – very important
Thinning – most critical
Pests
Fertilizer
CARROTS
CARROTS

Growing Tips

• Use shorter varieties
• Long harvest period
• Tapered carrots easier to pull
CARROTS

A. Burpee Hybrid
B. Orange Rocket
C. Toudo II
D. Nantes*
Danver*
E. Sweet Sunshine
F. Red Core
Chanterey
G. Sweet Treat
H. Short n’ Sweet
RADISHES
RADISHES

Growing Tips

• Use as a nurse plant
• Interplant in garden
• Use tops in salads
• Heat makes them taste angry
LEAF CROPS
LEAF CROPS: GROWING TIPS

Soil
Sowing Instructions
Thinning
Fertilizing
Watering
Harvesting
Problems
LETTUCE
LETTUCE

Four Types:

**Loose Head**
- Butterhead
- Bibb

**Loose Leaf**

**Romaine**
- Cos

**Crisphead**
- Iceberg
LETTUCE

Suggested Varieties

**Loose Head**
- Buttercrunch

**Loose Leaf**
- Red Oak Leaf
- Black-Seeded Simpson
- Thai Green
- Romaine
- Paris Island Cos
SPINACH
PEAS
PEAS

Best in October
OK in cool spring
Early varieties better
Pre-sprouting best
Good in raised beds

Pests and diseases
  • Powdery mildew
  • Birds and squirrels
  • Aphids
FAVA BEANS
COLE CROPS
COLE CROPS: GROWING TIPS

Soil: rich and deep

Varieties: short maturation (Early)

Best time is fall

Pests: lots!

Fertilizer – use side dressings
BROCCOLI
BROCCOLI

• Matures in 60 to 110 days
• For spring crops, choose earliest varieties
• Pests – aphids and worms
• Row covers very effective
• Calabrese***
CAULIFLOWER
KOHLRABI
KALE
COLLARDS
MUSTARD
ALLIUMS

ONIONS

GARLIC

LEEKS

SHALLOTS
ONIONS

- Strong (American)
  - Red, yellow and white
- Mild (European)
  - Red, yellow and white
- Bunching (Scallions)
Onions

Varieties

• Strong (American)
• Mild (European)
• Bunching (Scallions)

Red, yellow and white
GARLIC
ELEPHANT
GARLIC
SHALLOTS
MULTIPLIER ONIONS (POTATO ONIONS)
PERENNIALS
PERENNIALS

Prepare soil
Add Phosphorous

- Artichokes
- Asparagus
- Rhubarb
ARTICHOKE
PERENNIALS - RHUBARB
PERENNIALS - RHUBARB
ASPARAGUS
PERENNIALS – ASPARAGUS

- UC 157, Jersey Giant
- Seed vs roots
- Plant in trenches
- Slowly fill in as plant grows

1st yr. - let grow
2nd yr. - pick a few, smaller than pencil size
3rd yr. - pick until size of pencil
Mulch to feed & control weeds
PERENNIALS - ASPARAGUS

Female

Male
PERENNIALS - ASPARAGUS
Resources

UC Vegetable Research and Information
• http://vric.ucdavis.edu/

UC IPM Website
• http://www.ipm.ucdavis.edu/

Plant A Row for the Hungry
• http://www.par-edc.org
THANKS
Fall and Winter Vegetables

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