

San Luis Obispo County Cool Season Vegetables Planting Guide

Plant cool season veggies during the months in the shaded areas, according to your location. Use the frost dates and average days to maturity for each vegetable to determine planting and harvest dates. Extend seasons by protecting from frost or summer sun, and use soil temperature controls such as mulch and wind protection.

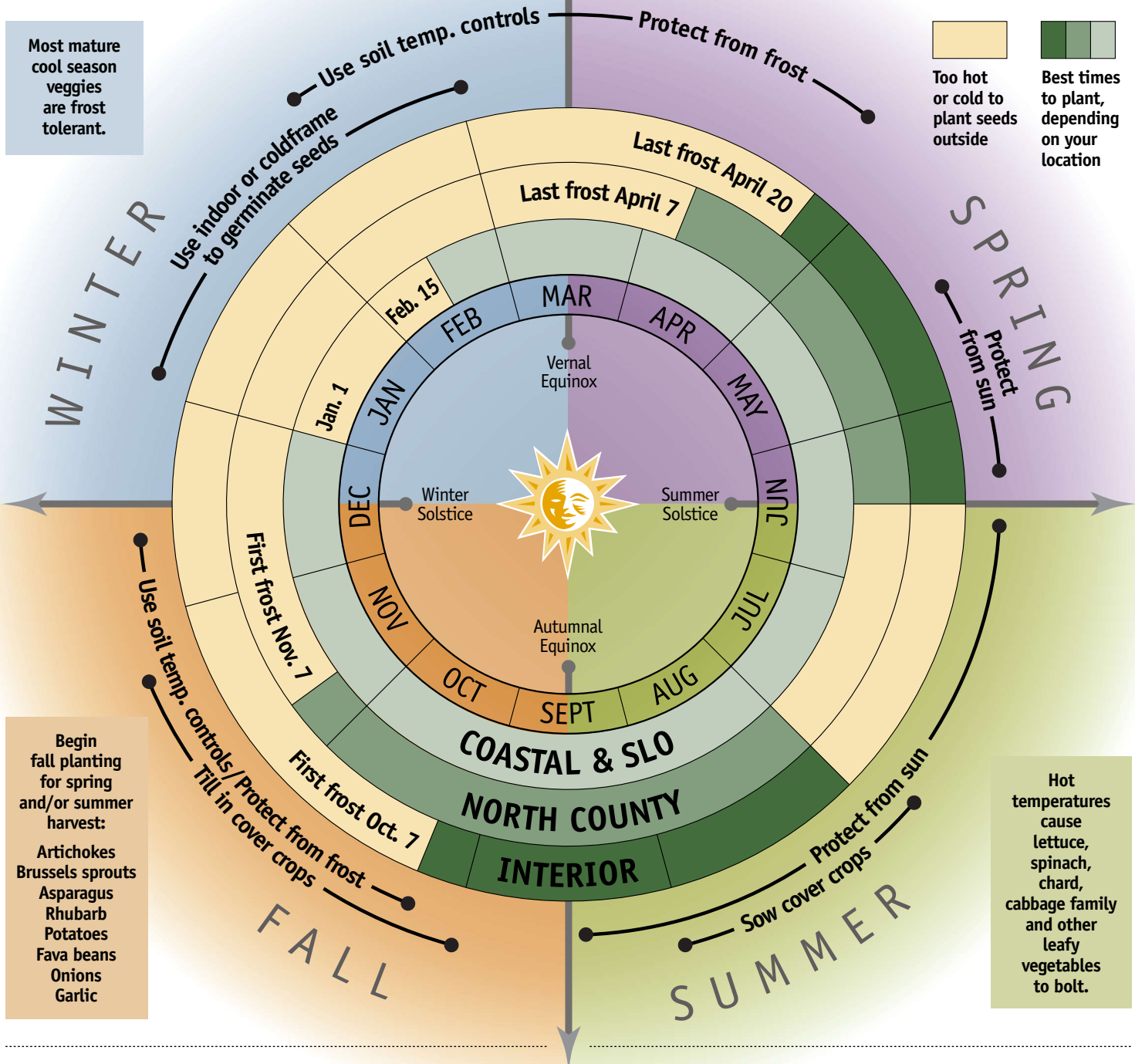
COMMON COOL SEASON VEGETABLES

(average days to maturity from seed)

ROOT	FLOWERS	STEM	LEAVES
Beet (60)	Artichoke (120)	Asparagus (1.5 yrs.)	Arugula (40)
Carrot (120)	Broccoli (70)	Kohlrabi (60)	Bok choy (55)
Garlic (150)	Cauliflower (90)	Potato (90)	Brussels sprouts (140)
Green Onion (50)	Turnip (60)	Rhubarb (1.5 yrs.)	Cabbage (80)
Leek (120)	FRUIT		Celery (180)
Parsnip (120)	Fava beans (120)		Chard (55)
	Snow peas (60)		Chinese cabbage (75)
			Chives (60)
			Cilantro (60)
			Endive (90)
			Lettuce (50)
			Mustard greens (40)
			Parsley (60)
			Spinach (50)
			Watercress (35)

Most mature cool season veggies are frost tolerant.

Too hot or cold to plant seeds outside
Best times to plant, depending on your location



Begin fall planting for spring and/or summer harvest:
Artichokes
Brussels sprouts
Asparagus
Rhubarb
Potatoes
Fava beans
Onions
Garlic

Hot temperatures cause lettuce, spinach, chard, cabbage family and other leafy vegetables to bolt.





Cool Season Vegetables

The Plan

Things you'll need to plan your garden:

Calendar

Journal

Frost Dates

Average seasonal temperatures

Days to germination for selected seeds

Days to maturity for each crop

Recommended planting dates

How will you use the produce?

How many people will be enjoying the produce?

<u>ROOT</u> beet carrot garlic leek parsnip radish rutabaga shallots turnip	<u>STEM</u> asparagus kohlrabi potato rhubarb	<u>LEAVES</u> bok choy brussel sprouts cabbage celery chard cilantro Chinese cabbage chives collards endive	<u>LEAVES</u> lettuce mustard greens parsley spinach watercress
	<u>IMMATURE FLOWERS</u> artichoke broccoli cauliflower		<u>FRUIT</u> fava beans snow peas

CHARACTERISTICS OF COOL SEASON VEGETABLES

- Grow best in average temperatures of 55 – 75 degrees
- Will tolerate slight frost when mature
- Food value is higher per pound than warm season vegetables because edible parts are the vegetative parts rather than the fruit
- Most have shallow to medium root systems making them well adapted to small gardens or container gardens
- Can be grown all year in temperate zones
- Can be grown in most zones with shade in summer

Frost Protection:

- Cover individual plants with cut-off plastic bottles or cardboard cones
- Start seedlings in coldframes

Warm Soil Temperature:

- Cover soil with dark plastic;
- Shield plants from wind

Cool Soil Temperature:

- Cover soil with organic mulch
- Use shade structures to shield from sun and wind

FROST DATES:

	<u>First Frost</u>	<u>Last Frost</u>
Interior	Oct. 7	April 20
North County	Nov. 7	April 7
Coast/SLO	Dec. 31	Feb 15

FOR MORE INFORMATION:

Home Vegetable Gardening: <http://cagardenweb.ucdavis.edu/>

Dealing with pests: <http://www.ipm.ucdavis.edu/PMG/menu.homegarden.html>

Master Gardener Helplines: Arroyo Grande 473-7190
 Templeton 434-4105
 SLO 781-5939