

INTRODUCTION TO WINTER GARDENING

There are many nutritious and flavorful vegetables that, with proper care, planting and variety choice, can be grown in an extended season. Our mild climate permits this type of gardening, but you need to plan carefully.

Many factors other than just temperature are involved. One major factor is excess moisture, either in the ground or falling as rain on the plants. A raised bed, south-facing garden with some protection from prevailing winds will generally be more successful. Gardens in the city also tend to be much warmer than rural gardens. The use of windbreaks, cloches, cold frames and row covers can make your garden more productive. The most important factor is the microclimate of your garden. Microclimates vary from yard to yard.

Crops that are to go through the winter must be well established, but not yet mature (unless you are simply storing them in the ground). Over-wintered crops should not have much nitrogen as it encourages water-filled tissue. Most plantings will be made from June to early August.

FALL AND WINTER VEGETABLES

I. Will Survive down to 0° F+

Start Well Ahead	Mature & Store in Garden	Mature earliest in Spring
Leek (Durabel, Alaska)	Leek (Durabel, Alaska)	Kale (Westland Winter, Winterbor, Winner)
Jerusalem Artichoke (Restrict spread)	Jerusalem Artichoke (Restrict spread)	Collards (Blue Max Champion, Winner)
Salsify	Salsify	Chives (perennial)
Parsnip (Cobham Marrow, Gladiator)	Parsnip (Cobham Marrow, Gladiator)	Spinach (on well-drained soil. Bloomsdale Savoy, Tyee, Olympia)
Parsley (Italian Plain Leaf, curled types with some protection)	Horseradish (perennial)	Onions (bulbs: Walla Walla, Cardinal, Radar; Bulblets and Tops: Egyptian Top, Multiplier; scallions: White Lisbon, Hardy White Bunching)
	Garlic (mulched – plant in September-October)	Corn Salad, Feticus, Feldsalat, Lambs Lettuce (small leaf best, plant in September)

II. Will survive down to 10° F

Start Well Ahead	Mature & Store in Garden	Mature earliest in Spring
Brussels Sprouts (Fortress, Stabolite, Widgeon, Rubine Red.)	Turnip (also late fall harvest. Purple Top, White Globe)	Swiss Chard (Perpetual, French Swiss, Ruby Red.) Even spring planted often come through the winter and re-sprout.
	Broccoli (Purple Sprouting, White Sprouting Late)	Broccoli (Purple Sprouting, White Sprouting Late)
	Oriental Radish (All Season's White Long, China Rose)	Celery (Dinant, Utah Improved with some protection)
		Cauliflower (Armado Series, Purple Cape)
		Cabbage (January King, Savoy types, Springtime, Green Glow)

III. Plants survive down to 15° F

Start Well Ahead	Mature & Store in Garden	Mature earliest in Spring
Beet (Mangel, Lutz, Winterkeeper, Albina Verduna. Will re-sprout in spring for beet greens.)	Carrot (Tamino, Fakkell, Merida, Royal Chantenay)	Leaf Lettuce (Best under cloche to prevent rain damage. Winter Density, Annenuc, Oak Leaf, Merveille des Quatre Saisons, also known as Continuity)
Kohlrabi (Winner, Kolpak)	Beet (Mangel, Lutz, Winterkeeper, Albina Verduna. Will re-sprout in spring for beet greens.)	Beet (Mangel, Lutz, Winterkeeper, Albina Verduna. Will re-sprout in spring for beet greens.)
	Endive (best under cloche, President, Perfect, can go to 7 degrees F.)	Endive (best under cloche, President, Perfect, can go to 7 degrees F.)
	Winter Cress	Winter Cress
		Fava Beans (Plant September-October for May harvest. Many varieties are even hardier. Aquadulce Claudia for eating.)

IV. Plants survive down to 20° F. Use cloches for most in this class.

Start Well Ahead	Mature & Store in Garden	Mature earliest in Spring
	Rutabaga@ (Marian, Altasweet)	Fennel (self sows freely)
	Celtuce	Mustard (especially Mizuna)
	Celeriac	

Schedule for well-drained soils for fall & winter vegetables.

Vegetable	Planting Date
Beets	July 15
Broccoli	July
Brussels Sprout	July 10-15
Carrot	July 15
Celeriac	June
Chinese cabbage	Early to mid-July
Collards	July 15
Corn Salad	September
Fava Beans	September, then Feb. 1 to March 31
Lettuce	August 10 & broadcast December – January for loose-leaf. For crisphead to July 15.
Mustard	Mid-August to early October
Onions	August 1 for bulbing September for perennial multipliers
Parsnips	Mid-May to Mid-June
Rutbagas	July 10-31
Spinach	Early August
Swiss Chard	June and July
Turnips	August

Transplant vegetables may be direct seeded in June also.

Vegetable	Planting Date
Cabbage	May 20-June 25 (late) July 15-August 1 (extra early)
Kale	July 20-August 10
Kohlrabi	July 20-August 10

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