

FALL VEGETABLES

August and September are a perfect time to plant a fall garden to extend the growing season. Planting a fall garden not only adds more vegetables to your supply, but makes use of a full growing season and involves less labor, since the ground was already prepared in spring.

Fall vegetables include:

- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Collards
- Endive & Escarole
- Kale
- Lettuce, Head
- Lettuce, Leaf
- Mustard Greens
- Spinach
- Swiss Chard
- Turnip Greens

Many vegetables, such as broccoli or cauliflower are of a higher quality when grown in

the fall, while others, like kale, develop better flavor after a frost.

Prior to planting, remove all previous crop residues. Prepare the ground as you would for spring planting by spading the soil to a depth of 6 to 8 inches and apply an all-purpose fertilizer. Keep the ground evenly moist until the seedlings are up and growing.

For transplants, set the plants at the same depth they were in the container and firm the soil around each plant. Water in with a root stimulator.

Since you will be planting while it is still warm, you'll need to keep the ground moist. The seedlings may also need to be protected from extreme heat. Protect them by shading them from the sun until they are established.

