

WHERE TO PLANT

Cool-season greens can be planted in the setting of your choice, whether in a container, raised bed, or a garden plot in the ground

PLANTING IN A CONTAINER: Select a container that will allow enough root space for all the plants. Make sure the container has adequate drainage. Use organic potting mix rather than plain garden soil. Container plants will need to be watered more frequently depending on the size of the pot. Dwarf or bush forms of larger vegetable plants are most suited to container gardens.

PLANTING IN A RAISED BED:

A 4'x4' or 4'x8' plot is a good beginner size. For soil, The Farm at Green Village recommends **Coast of Maine Castine Blend Organic Raised Bed Mix**.



PLANTING IN THE GROUND:

A 10'x10' garden (100 square feet) is a good suggested size. Pick 3 to 5 of your favorite fall greens and buy 3 to 5 plants of each.

EXTENDING THE COOL-SEASON GROWING PERIOD

You can get even more from your favorite fall greens when you take steps to extend the growing season later into autumn. Extending your growing season further by covering your greens is easily accomplished.

Rows covers, cold frames, or cloches will help sequester heat to keep the soil warm for more vigorous plant growth.

As an added bonus, row covers can also help keep many pests, such as beetles and caterpillars as well as deer and rabbits, from ravaging your fall greens.

Summer isn't the only season for salad, and if you follow these simple steps, you can enjoy a delicious, nutritious harvest long pasted the warm days of summer.

PROPER CARE FOR GREENS

Regardless of which greens you want to add to your fall garden, they all respond well to similar treatment and care. Before planting, clean out spent summer plants, including unpicked produce, weeds, and other debris, just as you would prep the garden area in the spring. You can position fall greens anywhere in the garden, but they will grow best in rich soil, which you can amend with compost or similar organic material for soil improvement.

A light application of balanced fertilizer can help keep the plants well-fed as they grow. The Farm at Green Village recommends **Espoma Tomato-tone** for vegetable plants every two weeks.



Leafy greens will thrive in full or part sun locations, though they can benefit from some light shade on hot afternoons in late summer. Planting fall greens in sturdy containers on movable carts or plant stands with casters can give you the option to move the plants around as sunlight levels change through the season.

If possible, consider planting at the top of slopes or in raised beds, since cooler air will sink into lower landscaping areas as autumn advances. By taking advantage of the microclimates in your own garden space, you can dramatically impact your fall gardening efforts.

Keep greens well-watered, particularly in late summer or on hotter days that can quickly wilt even the hardiest greens. Adequate spacing of plants will promote good air circulation to minimize the potential for disease.

As plants grow, you can quickly begin harvesting the baby leaves even before the plants reach full maturity. Use sharp shears or tear off the leaves off by hand. Thinning out smaller leaves is also another way to improve air circulation and keep plants healthy for a more productive harvest.

GUIDE TO COOL-SEASON GREENS



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TOP COOL-SEASON GREENS

There are many delicious greens perfect for the cool-season garden, and they are easier to grow than many gardeners realize. There are even ways to extend the autumn growing season to grow your favorite greens for extra weeks, giving you healthy, delicious produce to enjoy long after traditional harvests have ended.

A wide variety of greens are hardy during spring and fall, and can easily be grown in the garden as well as in containers or window boxes. Depending on your tastes and which greens you enjoy, try some of these Farm favorites!



LETTUCE

Different varieties of lettuce, particularly leaf and butterhead types, grow well during the cool season. Plant lettuce 4-8 weeks before the first frost, in loose soil. For a prolonged harvest, stagger plantings every few days for different maturity dates.



KALE

A great option for beginning gardeners, kale grows well in loose soil and will taste even sweeter after its leaves have been touched by light fall frost. Plant kale 6-8 weeks before the first frost to allow it to reach its full potential.



COLLARDS

A popular southern green through the cooler seasons, collards should be planted 6-8 weeks before the first frost. These greens have a hefty appetite and do best in rich soil. Like kale, the flavor of collards improves after a touch of frost.



MUSTARD GREENS

A fast growing option, mustard greens should be planted 3-6 weeks before the first frost. Staggering plantings will increase the harvest yield and ensure an ongoing supply of these peppery-tasting leaves.



SPINACH

Healthy and hearty, spinach will grow best in loose soil and should be planted 4-6 weeks before frost is anticipated. Harvesting the outer leaves will encourage better growth and provide an ongoing supply of deliciousness for salads, soups, and stews.



SWISS CHARD

This colorful green is best started indoors so it can begin to establish solidly before being transplanted outdoors. Start seeds 9-10 weeks before the first frost and transplant seedlings after a few weeks.



CABBAGE

Rich and vigorous, cabbage should be started indoors 6-12 weeks before the first frost. The seedlings should then be transplanted outdoors when they are 3-4 weeks old, and they will rapidly take to the new space and produce a bumper crop.

The Farm at Green Village carries a wide variety of seeds for cool-season greens. We also carry plenty of starter plants in market packs and flats for your convenience, so a good deal of the work is already accomplished!

