Fall and Winter Gardening
Learn How to Grow Crops Beyond Summer
Presentation by Gia Parsons

Resources
The information contained in Growing Groceries presentations is based on WSU home gardening publications and other science and research based materials. Resource lists are provided on the King County Growing Groceries website and at the end of some presentations.

To enliven the learning experience, speakers may use examples from their own garden experience and draw from their personal gardening successes and failures.

Why Garden in the Fall/Winter

- You want to enjoy veggies all year long.
- You may want to try varieties that grow at cooler or cold temperatures.
- You want to overwinter your crops to get a jump start in the spring. (Garlic is a great example.)

Garlic bulbs 10.31.2019
Photo taken 3.17.2020
If only more plants could survive a week of snow in February.

**Decide What You Want to Grow**

- Choose cold hardy varieties.

**How to Choose Your Crops**

- Choose varieties that are suited to fall and winter harvest. Some varieties are designated specifically for fall planting.
- Most winter crops are planted from June to early August.
- To determine the time to plant a particular vegetable, you need to know the average date of the first killing frost in your area and the number of days to maturity for the variety grown.
Check Reliable Seed Catalogs

- New cold tolerant and cold hardy varieties are available every year.
- The variety that will grow in your area depends on the temperatures in your microclimate and the structures you will use to house your crops.

Check Your Seed Catalogs for Winter-Hardy Varieties

Claytonia or Miner’s lettuce

When to Start Your Crops

- Always read the instructions for individual crops on your seed packet.
- Remember to find the average last frost date.

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Gathering Your Materials

- Fall/winter crops will require extra time, effort and money to establish
- Collect, purchase, or construct each of the structures/materials
- Monitor daily temperatures and expected changes

Types of Season Extenders

Raised Beds

- Can be uncontained or framed
- An uncontained bed is simply native soil mounded in a narrow bed.
- Framed beds often use imported soil held in place by a structure of wood, concrete blocks, or other materials.
- Should be narrow enough for gardeners to reach easily into the center to tend plants and soil (typically two to four feet wide).
Cloches and Covers

- Come in many types-shapes/materials
- Vary in price
- Help to keep plants warmer
- Protects from frost

Secure them so they do not blow way.

Cold Frames
Cold Frames II

Hoop Houses

- Can be made with galvanized pipe, fiberglass sticks, metal rods, etc.
- Decide what covering you want to use—plastic or row cover
- Decide the height of your hoop house (Do you want to be able to walk inside?)
- Think about how you will water your crops

Hoop House Construction
Low Hoop Houses

Garden fleece aka Remay aka frost blanket are made from non-woven polyester and come in a variety of thicknesses. They also let in water.

Another option: Remember plastic coverings are not breathable.
Sources

www.amazon.com
https://permies.com/t/520/17/Paul-Wheaton-hugelkultur-article-thread#t90368
www.permies.com
Q & A

Thank you to El Centro de la Raza, Master Gardener Foundation of King County, Growing Groceries, and all our speakers and volunteers.