



GARDEN RESOURCE PROGRAM

2019 Fall Crop Varieties and Planting Instructions

What are Fall Weather Crops?

Fall crops are plants that grow in the late summer and are often cold hardy and frost-tolerant to be harvested through the fall. They are planted in late summer when temperatures are still warm. Use these plants to replenish plantings from the spring which may be losing vigor or to fill in spaces after harvesting crops such as garlic, beets and carrots.

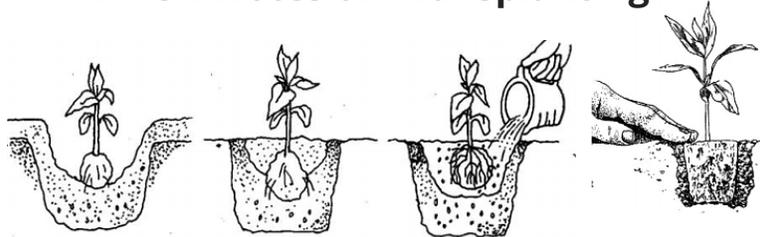
SPECIAL NOTE ABOUT FALL TRANSPLANTS!

Some transplant varieties are smaller than usual for this fall's distribution including broccoli, dinosaur kale, collards, red russian kale, and scallions. The good news is that given a few more weeks, they will be mature enough to be ready to plant. These plants will need TLC. Ideally plants should be grown to 3 inches tall in their cells and have at least 2-3 true leaves on them before transplanting. **SO, WAIT 7-14 DAYS BEFORE PLANTING! Keep them in partial shade and water them daily.** One of those weeks should be spent hardening off your plant, follow the instructions below. Once plants are hardened off they can be kept outside.

Transplants need to be Hardened Off!

Hardening off is a process of letting your plants slowly get accustomed to the outdoor conditions after being gently cared for since they were first planted in the greenhouse. To harden off, slowly expose your plants to the outdoor conditions. Set them outside for a few hours on the first day and then bring them back inside. On the second day and third day, leave them out for an entire afternoon. After that leave them out all day long for a few days, perhaps in a more shady area on the really hot and sunny summer days. They should be ready to plant after 5-7 days.

A Few Notes on Transplanting



Planting:

It's best to choose an overcast day for planting. Before planting loosen the soil of the area you are planting with a shovel. Then, make a small hole about the same size and shape as the soil bottom of the transplant. Place the plant in the hole and gently firm in the soil around it. Do not plant deeper than the existing soil level of the transplant.

Watering:

Water plants daily until you plant them and water immediately after transplanting. Apply a generous amount of water to the soil just around the base of the plant. To ensure that you have watered enough, follow these steps: 1. Water the plant until you see the water glisten at the top of the soil. 2. Water the next plant the same way. 3. Go back to the first plant and re-water, then repeat for the second, etc.

Spacing:

Pay attention to the plant spacing in the attached directions. Plants that are placed too closely together will tend to be stunted and prone to problems with pests and diseases.



Keep Growing Detroit (KGD) coordinates this distribution as a part of the Garden Resource Program. To learn more about the Garden Resource Program, contact us at 313-656-4769, www.keepingrowingdetroit.org, or email info@keepingrowingdetroit.org. Like us on Facebook www.facebook.com/keepingrowingdetroit

Transplant Varieties

Mixed Kale Pack

VARIETY: Dinosaur: **Lacinato** (50 days to harvest) has tender, blue-green leaves with mildly sweet flavor. **Red Russian** (50 days to harvest) Stems are purple; leaves are flat, toothed, and dark green with purple veins. The plants mature medium-tall and leaves are tender compared to other kales. **Curly** (60 days to harvest) is a standard, medium green, curly kale. These tall plants grow up to 2-3 feet, with excellent yield and cold hardiness. Leaves are well-curved, blue-green, and ruffled. Plants are vigorous and will continue growing to produce leaves for successive harvests as the lower leaves are harvested.

SPACING: 12-18 inches between plants. One pack contains 4 transplants which will plant approximately a 3 ft by 2 ft area.

GROWING TIPS: Kale and collards are among the hardiest of garden vegetables.

Harvests can be extended by harvesting the bottom older leaves and leaving younger top leaves to grow. Remove all yellow and dying leaves from the plant.

Putting row cover over the plants right after planting will help keep your crops free from flea beetles.



Broccoli

VARIETY: **De Cicco** (50 days to harvest) produces medium blue-green, domed, medium-sized heads. This variety is an excellent choice for extended harvest because of its side shoot production after the harvest of the main head.

SPACING: 15 inches between plants. One pack contains 4 transplants which will plant a 3 foot by 3 foot area.

GROWING TIPS: Broccoli is ready to harvest when a large, tight head has formed, before buds have begun to stretch and separate. After the center head is harvested, smaller side shoots will continue to form and can be harvested the same way. Using row cover right after planting will help keep plants free from flea beetles. In order to minimize the chances of black rot on broccoli heads, avoid watering the crown or leaves, instead water at the base of the plant.

Collard

VARIETY: **Champion** (60 days to harvest) is a large, sweet, smooth-leafed collard.

SPACING: 12 inches between plants. One pack contains 4 transplants which will plant approximately a 3 ft by 2 ft area.

GROWING TIPS: See tips for kale.

Scallion

VARIETY: **Evergreen Hardy White** (65 days to harvest) is a hardy bunching onion. It can be harvested through the winter with protection such as quickhoops or a hoophouse. Harvest when 6 inches tall.

SPACING: Plant bunches 8 inches apart.

GROWING TIPS: Plant 2 inches deep with 3-4 inches of leaves showing above the soil surface. Plants may be handled as a perennial by dividing the clumps the second summer to produce a new crop. Harvest when stems are pencil size.

Savoy Cabbage

VARIETY: **Alcose** (F-1, 72 days to harvest) produces a round, 2-4 lb. deep blue-green, crinkled heads. It's well-packed, thin, yellow interior leaves quickly fill in, making it a smart choice for closely spaced plantings of mini cabbages. Flavor improves with cold weather. Best in cooked dishes.

SPACING: 12-18 inches between plants. One pack contains 6 transplants which will plant a 3 ft by 3 ft area.

GROWING TIPS: Control flea beetles and cabbage root maggots with floating row covers from day of planting. To harvest, cut when heads are very firm.

Fennel

VARIETY: **Bronze** (50 baby; 80 full sized) A highly aromatic perennial herb, Fennel is widely cultivated for its edible, licorice-flavored leaves and seeds. Great for slaws, fresh or steamed. This variety has dark, smoky foliage that will make it stand out in most gardens.

SPACING: 6 inches between plants. Each pack contains 6 transplants which will plant a 3 ft by 3 ft area.

GROWING TIPS: Harvest when base thickens to 3-4 inches in diameter. Use sharp pruners to cut bulb just above the taproot.



Transplant Varieties (cont'd)

Cilantro

VARIETY: *Calypso* (55 days to harvest) is a delicious, strongly-flavored herb. Full, bulky plants. Slower to bolt (go to seed) than other common varieties.

SPACING: 8 -10 inches between plant. Each pack contains 4 plants.

GROWING TIPS: Leaves may be harvested once the plants have become established and before flowering begins. Mature seeds are produced about 3 months after planting and are harvested when dry on the plant.

Spinach

VARIETY: *Bloomsdale* (37 days to harvest) is an extremely heat tolerant spinach variety with rich flavor and semi-savoyed (wrinkled) deep green leaves. The plant grows upright so even the lower leaves grow big and meaty.

SPACING: Sow 1 seed every inch, ½ inch deep. Thin plants to 4-6 inches apart. 6-10 Days to germination.

GROWING TIPS: Spinach is a great crop for experimenting with season extension. Spinach planted in the late summer or early fall should stay alive all winter long, under row cover or even just under the snow. You may even be harvesting into the early spring of the next year! Spinach doesn't germinate well in soils above 75F.

Lettuce Mix

VARIETY: *GRP Lettuce Mix* (28 days for baby mix, 55 days for full size heads) is a mix of lettuces in different colors and textures including Outrageous, Black Seeded Simpson, Parris Island, and Rouge D'Hiver.

SPACING: Gently shake the packet to mix the seeds. Sow 5 seeds every inch, 1/8 inch deep, in rows 2 inches apart for baby mix. For full size heads, thin to 1 plant every 8 inches, in rows 8 inches apart. Each pack will plant about 20 feet in 1 row. 2-12 days to germination.

GROWING TIPS: Lettuce needs sunlight to germinate, so cover seeds with only a very light sprinkling of soil.

All Greens Mix

VARIETY: *GRP Mix* (21 days to harvest) is a beautiful mix of greens including Mizuna, Red Mustard (Scarlet Frills and Red Giant), Tatsoi, and Tokyo Bekana.

SPACING: Gently shake the packet to mix the seeds. Sow about 5 seeds every inch, 1/8 inch deep, in rows that are 2 inches apart. Each pack will plant about 20 feet in 1 row. 4-8 days to germination.

GROWING TIPS: Harvest individual leaves when they are 3-4 inches tall, cut above the growing point for continuous growth.

Arugula

VARIETY: *Astro* (38 days) is a milder variety of this spicy salad green with deeply lobed leaves.

SPACING: Sow about 5 seeds every inch in a band, ¼ inch deep, in rows that are 2 inches apart. Each pack will plant about 13 feet in 1 row. 5-7 days to germination.

GROWING TIPS: Harvest individual leaves when they are 3-4 inches tall, above the growing point for continuous growth. Baby leaves are generally milder than more mature leaves. Harvest white flowers and add to stir-fries and salads for a bright, spicy, and nutty flavor. Plant when soil temps cool off a bit in late summer. To avoid flea beetles, cover crops immediately after sowing with row cover.

Seed Varieties

Beet

VARIETY: *Early Wonder Tall Top* (60 days to harvest) They produce tall, tasty green leaves with red stems and slightly flattened roots with wonderfully sweet flavor.

SPACING: Sow 1 seed every inch, ½ inch deep, in rows 4 inches apart. Thin to 1 plant every 2-3 inches if you want fewer, larger beets. Each pack will plant about 15 feet in 1 row. 5-10 days to germination.

GROWING TIPS: Beet greens are edible too! Prepare as you would other greens like chard, kale, collards, or mustard.

Radish

VARIETY: *French Breakfast* (25 days to harvest) is an heirloom variety with scarlet skin that shades to white at the base. It produces oblong shaped, crisp flesh, and mildly pungent roots when young. ***Watermelon*** (50 days) is a large, round radish with sweet, delicious, dark pink flesh.

SPACING: Sow seeds in 2 inch wide bands. Thin to one plant every 2-4 inches. Each pack will plant about 9 feet in 1 row. 4-8 days to germination.

GROWING TIPS: Use row cover from sowing until harvest to protect against pest damage. Use a fork or shovel to loosen the soil before harvest, to avoid breaking the long, delicate roots. Trim the leaves about 2 inches above the top of the root, and store radishes unwashed in refrigerator. Plant when soil temps cool off a bit in late summer.



Carrot

VARIETY: *Danvers* (75 days to harvest) This modern improvement features 7 inch orange roots that taper to a point. Easier to grow in heavy soils than the longer more refined types. Outstanding for cooking and winter storage

SPACING: Sow ½ inch apart, ¼ inch deep, in rows 2-4 inches apart. After seedlings emerge, thin plants to between 1 and 3 inches apart.

large of a carrot you want. Each pack will plant about 12 feet in 1 row. 1-3 weeks to germination.

GROWING TIPS: Keep them well-weeded, as carrots will easily be taken over by weeds. Make sure to cover the tops of carrots that are exposed with soil to keep the carrot tops from turning green. Will taste sweeter after frost.

Turnip

VARIETY: *Shogoin* (30 days to harvest) A popular Japanese salad variety that has high quality, smooth white roots and delicious, mild-tasting greens. Perfect for steaming or frying.

SPACING: Sow 1 seed one inch apart for smaller turnips and 2 inches apart for larger. Each pack will sow approximately 10 ft in a row. 4-8 days to germination.

GROWING TIPS: These turnips are suitable for harvest after frost for late fall delights. Turnips left to overwinter in the ground will nearly triple their fall sugar content.

Snow Pea

VARIETY: *Oregon Giant* (50 days to harvest) An early harvest and heavy bearing variety produces 2 inch long flat, stringless pods.

SPACING: Sow 1 seed every inch, 1 inch deep. Each pack will sow approximately 6 feet in a row. 7-14 days to germination.

GROWING TIPS: These snow peas will benefit from some support to make harvesting easier. Sow in double rows with a trellis between rows. Help the young vines to begin climbing up the fence or trellis as soon as they are able. Harvest regularly for maximum productivity.

Amaranth

VARIETY: *Red Leaf Vegetable* (40 baby; 60 mature) Known as "Red Callaloo" in the Caribbean. Has beautiful medium-green, heart-shaped leaves overlaid with burgundy red. Comparable to spinach in flavor. Often used in soups

SPACING: For full-size leaves, direct seed 12-15 seeds/ft. in warm soil, covering 1/8- 1/4"; thin to 6" apart. For baby leaf, sow 60 seeds/ft. in a 2-4" band.

GROWING TIPS: Vegetable Amaranth performs best in hot, humid weather. Start harvesting leaves when plants are at least 1' tall. The plants will continue to produce young, edible leaves. Pick individual leaves; pinch off terminal buds to encourage branching.



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