

The Stanislaus County Nutrition Action Plan Partnership (CNAP) is a collaboration of the many nutrition assistance program providers within the County, working towards a common goal of increasing fruit and vegetable consumption of program participants. Stanislaus County CNAP was established in June 2006. Partners include providers of the SNAP (Food Stamp) Program, the WIC Program, Child and Adult Care Food Program, School Lunch and Breakfast Programs, Summer Food Service Program, the Elderly Nutrition Program, and the SNAP ED and EFNEP Programs.

My Garden

Fall Veggies

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My Garden

The Series

Fall Veggies



An informational guide provided by the Stanislaus County Nutrition Action Plan Partners



Fall...

Growing your own vegetables is fun and easy to do. This guide will tell you what to plant, when to plant, and how to harvest your vegetables.

Vegetables can be divided into two categories: spring veggies and

fall veggies. Fall veggies can be planted in fall and harvested in fall, winter or spring, depending on the crop.

How Do I Get Started?

It's easy to get excited and create a huge garden. But if you've never gardened before, it's a good idea to start small. Choose a few veggies and plant 3-4 of each kind.

When Should I Get Started?

Many fall vegetable plants like cauliflower, Brussels sprouts and celery can be started in August. Or wait until September to start gardening. The "What to Plant and When" guide tells which months to plant. If plants are available from a local nursery, purchase them there. Be aware that crops planted in fall will grow much quicker than those planted in the winter months.

How Should I Prepare the Soil?

Mix compost into the soil to a depth of 6-12 inches. Use a rototiller or a shovel. Do not dig in wet soil. This can cause the creation of dirt clods, which make it harder to garden. Wait until soil is somewhat dry. If you want to add manure to your soil, do this several months ahead of time so it can break down into your soil.

into Gardening!

Should I Plant Seeds or Small Plants?

EBT card holders can use Food Stamp Benefits to buy seeds and/or small vegetable plants. Most fall vegetables are easy to grow from seed. Plant them directly into the ground.

How Do I Plant Seeds?

1. Follow seed packet directions on how deeply to plant the seed.
2. Never bury seeds too deep.
3. Keep soil moist until seeds sprout.
4. Keep young seedlings well-watered until they are big.

Where Should I Plant My Garden?

Veggie plants need 6-8 hours of full sun to thrive. Crops that grow on vines like **peas** should be planted near a heavy wire fence and trained to grow up it.

What Should My Garden Look Like?



Measure your yard space. Then, design your garden on paper. Don't be afraid to experiment with your design. There is no wrong way to create a garden.

How Should I Water My Garden?

Locate your garden near a water source. A garden hose is the most common way gardeners water their plants. This takes a little time because you have to move the hose to each plant.



A garden can be planted in rows, with basins dug around the plants. Then water can flow down the rows from a hose. Long furrows

can be hard to water. Short (20 ft) furrows are easier to water.

Or, you can plant your vegetable plant or seed, and then dig a small basin around it. Fill the basin with water several times when watering. Then allow it to dry out in between watering.

Drip irrigation is a great way to water without having to be there, because you can use a timer. Consult a hardware store or nursery on installation methods. Check drip emitters weekly to make sure they do not clog.

Sprinkler irrigation is not recommended for vegetable gardens because it does not provide enough deep water. It can also encourage some diseases.

Should I Fertilize My Veggies?

If you amended your soil with compost before gardening, chances are your plants will have enough nutrients. If you wish to use fertilizer, purchase a 'vegetable' fertilizer and apply it at the rate recommended on the package.

What to Plant & When

Sept 	Beets, Carrots, Cauliflower, Celery, Garlic, Leaf Lettuce, Onions, Kohlrabi, Peas, Radish, Spinach, Swiss Chard. From Seed or 6 pack.
Oct 	Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Chard, Fava Beans, Garlic, Kohlrabi, Lettuce, Onions, Peas, Radish, Rutabaga, Turnips, Celery, Chard, Spinach. From seed or 6 pack. (onions and garlic from bulbs, bunches or 6 pack)
Nov & Dec 	Radishes, Spinach. Now is the time to begin preparing for planting potatoes, artichokes and asparagus. It's also a good time to remember to exercise even though the weather is cold outside. Try to do easy things like taking short walks instead of driving. Or start a compost pile outside in your yard.
Jan 	Potatoes, Beets, Kale, Kohlrabi, Cabbage, Chinese Cabbage, Chard, Head and Leaf Lettuce, Radish. Seed only. Artichokes and asparagus are available as dormant plants.
Feb 	Beets, Carrots, Cabbage, Chard, Chinese Cabbage, Kohlrabi, Head or Leaf Lettuce, Peas, Radish. Seed only.

Can I Garden at My Apartment?

Yes! Many veggies can be grown in 5 gallon containers. Use soil that contains fertilizer. This will last for 8-10 weeks. Then, use a vegetable fertilizer. Follow directions on the package. Make sure your container has drain holes. If not, drill 4-5 holes that are at least 1/4" wide.

Root vegetables like carrots, beets and radishes can be grown in containers. It's ok to plant a few plants in one pot. Just make sure they have at least 3" of space on each side of them to grow. The pot should be at least 5-8" deep. Potatoes make a neat container crop also. Use a large barrel (old 1/2 wine barrel works well). Cut potatoes into pieces 1 1/2"

thick, making sure each potato has an "eye." Then bury them 6" deep with the "eye" facing up.

Keep pots in full sun for 6-8 hours. Water containers until water drains through. Let soil dry out in between watering. Do not keep soil moist during cool weather. In warm weather, make sure soil does not dry out.

How Do I Harvest My Veggies?

For crops like lettuce and chard and other leafy greens, harvest by carefully cutting 2-3" from the base of the plant with a sharp knife. Or carefully bend and pull the stems off by hand. Remove several leaves from each plant, but not so many that none are left. The plant will need a few leaves to continue to grow. Leafy greens will continue to grow until weather gets too warm.

Harvest root crops at size desired. Some people like to eat beet greens. Just trim some of the leaves as they grow and add to your salad. Potatoes are ready in spring when tops begin to fall over. Gently dig them up and dust them off to store them.

When peas reach full size, grasp the pod with one hand and the plant with the other, then gently pull off the pod.

Onions and garlic will not be ready until spring. Keep watering them as the weather



warms. Eventually the stems will begin to turn brown and fall over. Harvest them at any size. Store them in a cool, dry place for 3 weeks to "cure" them. They can be kept for months as long as they stay dry.

Try to use veggies soon after you pick them. Keep them on the countertop or for longer storage (up to a week), in the refrigerator.



Simple Salad

Break lettuce, chard, spinach and kale into bite sized pieces. Slice radishes, carrots, beets, turnips, kohlrabi, onions, and broccoli. Add peas, shelled from their pods. Or use snow peas. Any combination of these vegetables will make a tasty salad!

Dressing

1/4 cup olive oil or canola oil

1/4 cup balsamic vinegar

Mix together. Add rosemary and sage leaves for extra flavor.