

Fall/Winter Planting Suggestions

We are all familiar with the summer crops of tomatoes, squashes, cukes, eggplant, peppers, potatoes, etc. but winter presents a opportunity to plant the cooler season plants. And, as a bonus most of them are very nutritious. Some good choices for this area by experience are collards (Georgia), broccoli(Pac Man), Brussels sprouts, cabbage, Swiss chard, spinach, garlic, beets, carrots, turnips, and kale. Most of these are frost tolerant and will reward you with fresh produce in the winter/spring months and keep you in the gardening spirit year round.

Lettuce is also a wonderful plant to seed this month, especially right before a nice rain storm. Consider Romaine, Salad Bowl, Red Sails, Loose-Leaf, Mesclin mixes, Red Oak Leaf, Black Seeded, Buttercrunch. There are many selections and if you get the seed in early, there will be lots to share at Thanksgiving and Christmas time. Dig your soil very loose by turning up the soil. Add compost. Sprinkle out a pepper shaker full of seed and water in lightly. Mother Nature will take over from there and will supply you and your neighbors with an abundance of fresh lettuce. Enjoy!

Happy cool weather gardening,

Bob & Ann Jones

Helping Hands Gardeners at Coppell Community Garden