

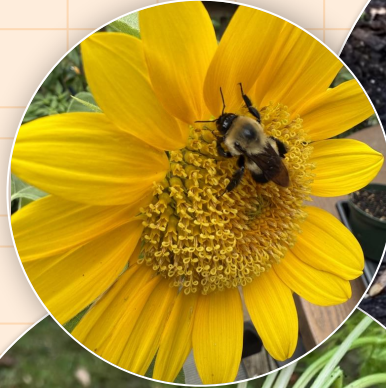
Fall Vegetable Gardening



Growing doesn't end just because Summer does

Workshop Topics Overview

- 1 Spring vs. Fall
- 2 Temperature & Light
- 3 Preparation
- 4 What to Grow
- 5 Direct Sowing & Transplants
- 6 Watering
- 7 Protection



Spring

vs.

Fall

- Cool crops followed by warm crops
- Most crops are started indoors or from transplants; direct sowing is limited
- Pest pressure increases
- More options; longer season
- Warming temperatures cause bolting (going to seed)
- Wet and muddy conditions

- Warm crops followed by cool crops
- Germination is easier in warm soil
- Pest pressure decreases
- Less options; shorter season
- Frosts can kill some crops if left unprotected
- Dry conditions

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Temperature & Light



Air Temperature

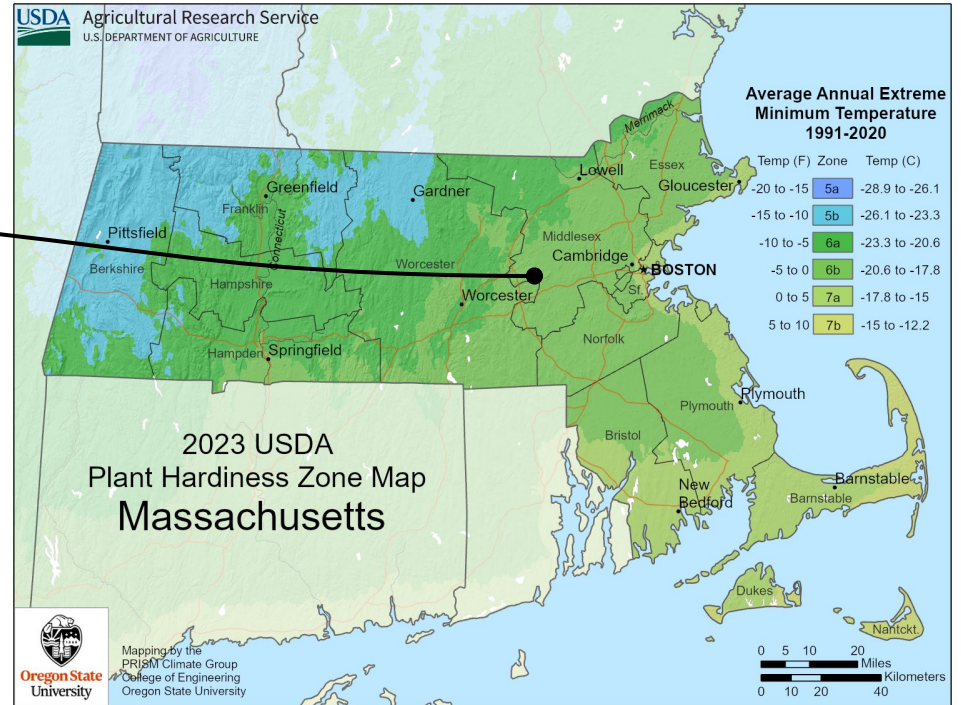
Zone 6

Minimum temperature of
-5° to 0° Fahrenheit



Oct 6

Estimated first frost



Find out your frost date:
[Almanac Frost Date Calculator](#)

Soil Temperature

On sunny days, the ground can be much warmer than the air. During cold winter nights, the ground temperature can be cooler than the air. After a continuous warm period, soil keeps its warm temperature when the air cools at night.



Generalized Temperatures

- 60–65°F: Ideal for cabbages, beans, lettuce, and peas.
- Below 75°F: Best for corn, as excessive heat can dry out soil too quickly.
- 75°F: Preferred for peppers, tomatoes, eggplants, and squash.

Hours of Daylight



Nov 10, 2025

Beginning of
Persephone Period



January 31, 2026

End of
Persephone Period

The Persephone Period is the time of year when there are **less than 10 hours of daylight** each day

Other Resources:
[Daylight/Darkness Table](#)
[Sow True Seed](#)



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Preparation

Weeding

- Remove plants that are on their last legs or diseased
- Remove any weeds where you want to plant new crops
- Put down a layer of mulch if needed





Work that Soil

Old Soil


Using your older soil is eco-friendly and cost effective. Till the first 4" of the soil and add amendments to revitalize the soil.

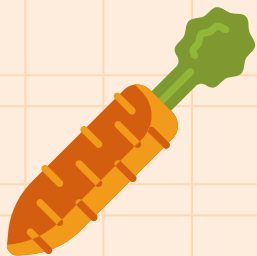
New Soil

When you use a bagged mix of potting soil or garden mix, it comes with all the nutrients and amendments needed for your plants success.

Amendments

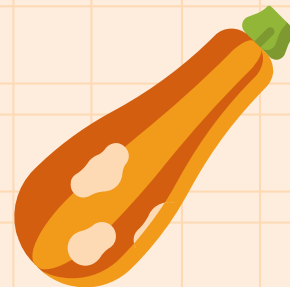
Compost, Manure, Worm castings, Fertilizers, Vermiculite, Perlite



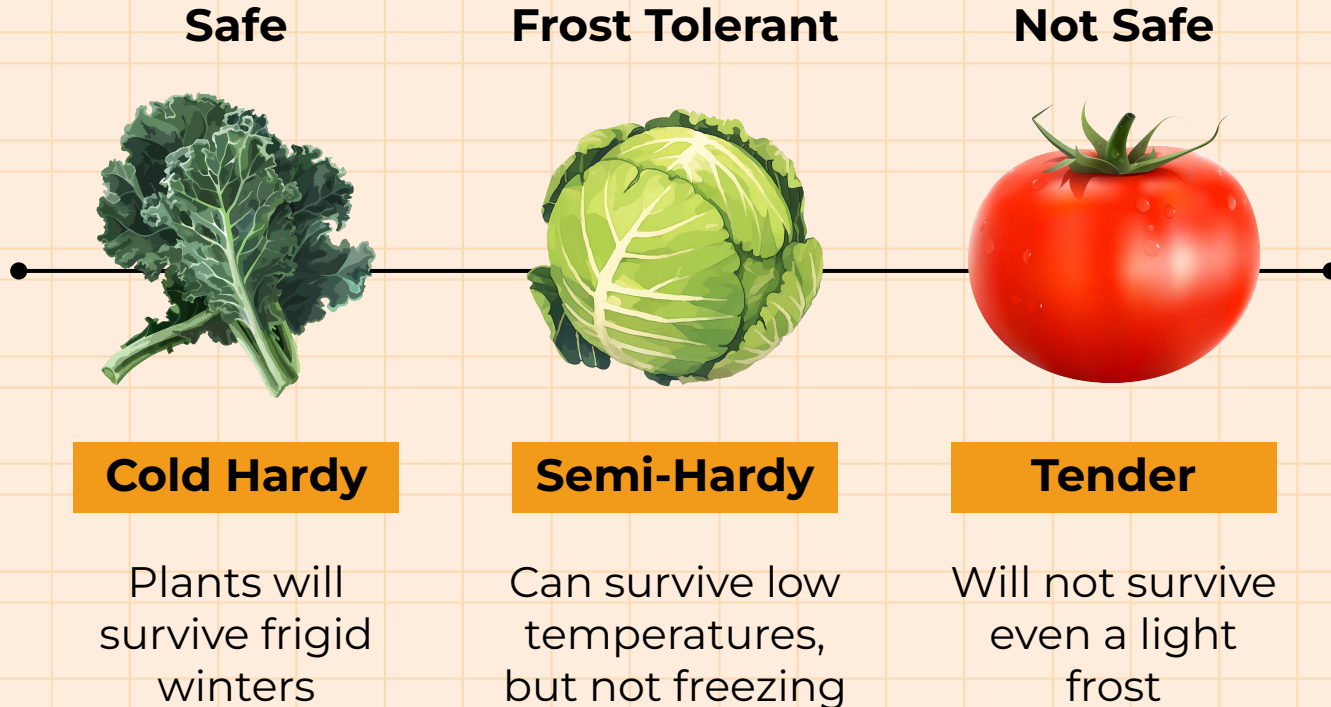


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What to Grow?



Types of Hardiness



Calculate the last planting date for fall harvest:

1. Take the average date of your first fall frost (Oct. 6)
2. Subtract the DTM (days to maturity) for your chosen plant.
3. Subtract an additional 7-14 days for the SDF (short day factor) to account for slower fall growth.
4. The resulting date is the latest recommended date to plant that crop to allow for maturity before the first frost.

Warm crops we can still grow (plus tender herbs)

- Bush Beans
- Squash/Zucchini
- Bunching Onions

Tender Herbs thrive in the cooler weather, but are not as cold-hardy as their perennial counterparts

- Dill
- Parsley
- Cilantro

REMINDER! Look at how many days to maturity each plant needs and calculate if you have time before our estimated first frost.

Cool Crops Families

1. Root Vegetables
2. Leafy Greens
3. Brassicas
4. Alliums
5. Perennial Herbs

Cool Crop Families

1. Root Vegetables

2. Leafy Greens

3. Brassicas

4. Alliums

5. Perennial Herbs

- Carrots
- Beets
- Parsnips
- Radishes
- Turnips
- Rutabagas

Cool Crop Families

1. Root Vegetables

2. Leafy Greens

3. Brassicas

4. Alliums

5. Perennial Herbs

- Lettuce
- Spinach
- Kale
- Collards
- Arugula
- Asian greens
- Swiss Chard
- Mustards
- Sorrel
- Mâche
- Claytonia

Cool Crop Families

1. Root Vegetables

2. Leafy Greens

3. Brassicas

4. Alliums

5. Perennial Herbs

- Broccoli
- Cauliflower
- Cabbage
- Brussels Sprouts
- Kohlrabi
- Bok Choy
- Tatsoi
- Broccoli Rabe

Cool Crop Families

1. Root Vegetables

2. Leafy Greens

3. Brassicas

4. Alliums

5. Perennial Herbs

- Garlic
- Shallots
- Scallions
- Onions (tricky)

Cool Crop Families

1. Root Vegetables
2. Leafy Greens
3. Brassicas
4. Alliums
5. Perennial Herbs

- Sage
- Oregano
- Thyme
- Chives
- Mint
- French Tarragon

5 Direct Sowing & Transplants

Which one is right?



General Veggie Planting Guide

Transplant	Veggies that <u>need</u> to be transplanted	Brassicas, Onions, Perennial Herbs
Direct Sow	Veggies that <u>need</u> to be direct sown	Root Crops, Garlic
Both	Veggies that can be planted <u>either</u> way	Leafy Greens, Tender Herbs



Why do brassicas and alliums need to be transplanted?

- Seeds generally germinate best at temperatures between 65-75°F
- Stronger plants due to consistent temps while sprouting
- Seeds are sensitive to high temps and may not properly germinate or take too long

Watering

- As the temperature drops, so does watering frequency
- Consistent watering is important for the transition period from warm to cool
- The amount of watering should be adjusted based on rainfall, temperature, and type
- Focus on deep watering less often rather than frequent, shallow watering



Frost Protection



Mulch



Row Cover



Cold Frame



Low Tunnel

Start now!

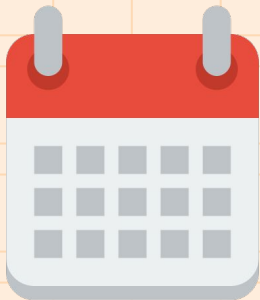
Time is a luxury we don't have in our region



What to do now

Everything we talked about, but in short...

- Sow seeds of the last of fast growing warm season vegetables
- Purchase transplants or start them from seed inside with quick maturing varieties
- Direct seed root crops, leafy greens, and tender herbs
- Enjoy the extended growing season by watering and protecting your crops



More workshops!

Seed starting, Transplanting, Container gardening, general plant maintenance, etc. Keep an eye on our website and sign up for our newsletter so you don't miss out on all our great events!

Dates are coming soon!

[Sign up for our Newsletter](#)