FALL VEGETABLE GARDEN

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FAMILY AND CONSUMER SCIENCES

COLLEGE OF EDUCATION AND HUMAN ECIOLOGY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
BENEFITS OF FALL VEGETABLE GARDEN

• Many like cooler weather
• Insect and disease pests may be less
• Some vegetables have improved flavor
• Do you miss eating springtime, cool-weather crops?
• Garden restart
POTENTIAL CHALLENGES

• Do not know the first frost date of fall 2020
• Availability of seeds
• Typical gardening challenges (weather, insects, disease, etc.)
WHAT’S YOUR GROWING PREFERENCE?

• Containers
• Small space
• Large garden
• Enough for home food preservation
• Extending the growing season into winter
SUGGESTION

• Start small, grow big
• go.osu.edu/fallveggarden
  • **Factsheets**: small space gardens, traditional row gardens, extending the season
  • **Charts**: fall vegetable plants, what to plant in upcoming months
• **Summary of the following**: beans, greens (leaves), beets and one herb – cilantro
TYPES OF FALL VEGETABLES

- The last planting of *warm-season* plants
  - Beans and summer squash

- *Cool-season* plants
  - Usually a shorter growing season
  - Often planted in both early springtime and again in late summertime
  - Can often withstand a light frost (semi-hardy) or a hard frost (hardy plants)
  - Might bolt or go to see when it’s too hot
  - Greens, radishes, beets, carrots and more
## WHEN TO PLANT THE FALL GARDEN

<table>
<thead>
<tr>
<th>Vegetable Crops (SEEDS)</th>
<th>Time to Plant (Seeds)</th>
<th>Average Days to Maturity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bush beans</td>
<td>Mid July – mid August</td>
<td>50 -65</td>
</tr>
<tr>
<td>Beets - roots, (leaves)</td>
<td>Mid July – mid August (early Sept)</td>
<td>60-75 (30-40)</td>
</tr>
<tr>
<td>Carrots</td>
<td>Early July – early August</td>
<td>80-90</td>
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<tr>
<td>Chinese cabbage</td>
<td>Mid July – early August</td>
<td>50-70</td>
</tr>
<tr>
<td>Chard</td>
<td>Mid July – mid August</td>
<td>50-60</td>
</tr>
<tr>
<td>Cilantro</td>
<td>Mid July - late August</td>
<td>45-70</td>
</tr>
<tr>
<td>Collards</td>
<td>July</td>
<td>80-95</td>
</tr>
<tr>
<td>Kale</td>
<td>Early July – early August</td>
<td>70-80</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Mid July – mid August</td>
<td>60-70</td>
</tr>
<tr>
<td>Lettuce (leaf)</td>
<td>July – late August</td>
<td>40-60</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>Mid July – mid August</td>
<td>50-60</td>
</tr>
<tr>
<td>Radish</td>
<td>July – mid September</td>
<td>30-40</td>
</tr>
<tr>
<td>Snow Peas</td>
<td>Late July – early August</td>
<td>50-70</td>
</tr>
<tr>
<td>Spinach</td>
<td>All August</td>
<td>50-60</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>Mid July – early August</td>
<td>80-100</td>
</tr>
<tr>
<td>Turnips – roots, (leaves)</td>
<td>Early July – mid August</td>
<td>40-75 (30-45)</td>
</tr>
</tbody>
</table>
# Frost Tolerance of Fall Vegetables

<table>
<thead>
<tr>
<th>Tender Vegetables (damaged by light frost)</th>
<th>Semi-Hardy Vegetables (withstand light frost)</th>
<th>Hardy vegetables (tolerates hard frost)</th>
</tr>
</thead>
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<tr>
<td></td>
<td></td>
<td>Turnips</td>
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</table>

Note: although not considered fall vegetables (since they have a longer growing season) warm weather plants like tomatoes, peppers, okra, corn, melons, etc. are also tender and will be damaged by a light frost.
BUSH BEANS

- Warm weather plant
- Plant seeds mid-July until mid-August (50 – 65 days maturity)
- Succession planting (approx. every 10 days)
- Square foot: 5 seeds
- 15 – 20 plants = several meals for 4 people
- Can be frozen or canned (must use a pressure canner for all low-acid vegetables like beans)
BEETS

- Can eat the tops (leaves) or bottoms (roots)
- Plant mid-July through early September,
  Approximate number days:
  - Beet roots, 60-75 days (plant by mid-August)
  - Beet leaves, 30 – 40 days (plant until September)
- Semi-hardy
- Other fall root crops: turnips, carrots, radishes
- Remove leaves before storing roots in refrigerator
GREENS (LEAVES)

• Eat fresh or cooked (depending on plant, size of leaf, recipe and preference)
• Lettuce and Chard, semi-hardy
• Collards, Spinach, Mustard greens, Kale, hardy vegetables
• Many people prefer the flavor of kale and collards after a frost
• Freezing is a good way to store greens
CILANTRO/CORIANDER

• Cilantro (leaves), coriander (seeds)
• Cool season plant, tends to bolt in the heat
• Plant mid July - late August (45-75 days)
• Semi-hardy frost tolerance
REFERENCES

Cool Season Crops, (2020), Seed Savers Exchange, Retrieved from https://www.seedsavers.org/cool-season-plants


Gardening in small spaces, bulletin #2761, University of Maine Cooperative Extension, Retrieved from https://extension.umaine.edu/publications/2761e/


ADDITIONAL RESOURCES

• Find your local OSU Extension Office
• Submit garden questions online to Master Gardener Volunteer
• Online Lessons with Family and Consumer Sciences
• Purchase 4-H garden project books

go.osu.edu/fallveggarden