

The Garden Saver

Fall Gardening Edition! When it comes to extending the harvest, fall gardening gives you a chance to have fresh vegetables until October and maybe beyond. *The trick is to plant your fall garden early enough.* For those in mid-Missouri or nearby, that means planting in **late July through early August**. It seems crazy, but it works. We've included a few tips to help you be successful.

Fall Gardening Basics: Why do we plant when we do?

The time to plant a fall garden is generally late July through early August. Here's why:

Day Length: Days start getting shorter after June 21, especially in September. As the days get shorter, plant growth slows. You will need to plant early enough to take advantage of available daylight.

Frost: Some vegetables deal with frost and freezing temperatures better than others. Thankfully, fall vegetables, except green beans, can take some frost and freezing weather. Keep in mind that the average date of the **First Fall Frost** for most of central Missouri is around **October 15**.

How Fast Vegetables Grow: Fall vegetables can be lumped into two groups – those that take less than 60 days to grow and those that take 60-90 days to grow.

Faster growing (less than 60 days)	Slower growing (60-90 days)
Cilantro Kohlrabi Lettuce Mustard Radish Spinach Turnips	Beets Broccoli (plants) Cabbage (plants) Carrots Cauliflower (plants) Collards Dill Green beans Kale Swiss chard

You have a wider window to plant fast growing vegetables. You'll need to plant the slower growing vegetables in late July and no later than the first week of August to get a good harvest.

What to Plant for a Fall Garden

Start as early as July 20:

- **Green beans** and **Turnips** from seed
- **Cabbage, Cauliflower** and **Broccoli** from plants
- **Kale** and **Collards** can be grown from plants or seed.

Start as early as July 25:

- **Carrots** from seed

August 1:

- **Beets, Dill, Lettuce, Mustard, Radishes, Spinach,** and **Swiss chard,** all from seed

Tips of the Trade:

- Start early. If we have some cooler weather a bit before July 20, feel free to do some early planting.
- Go later. Experiment with planting faster growing crops as late as the end of August. It might just work out depending on how early winter comes.
- Beware. Some seeds have a hard time sprouting when temps are over 90.

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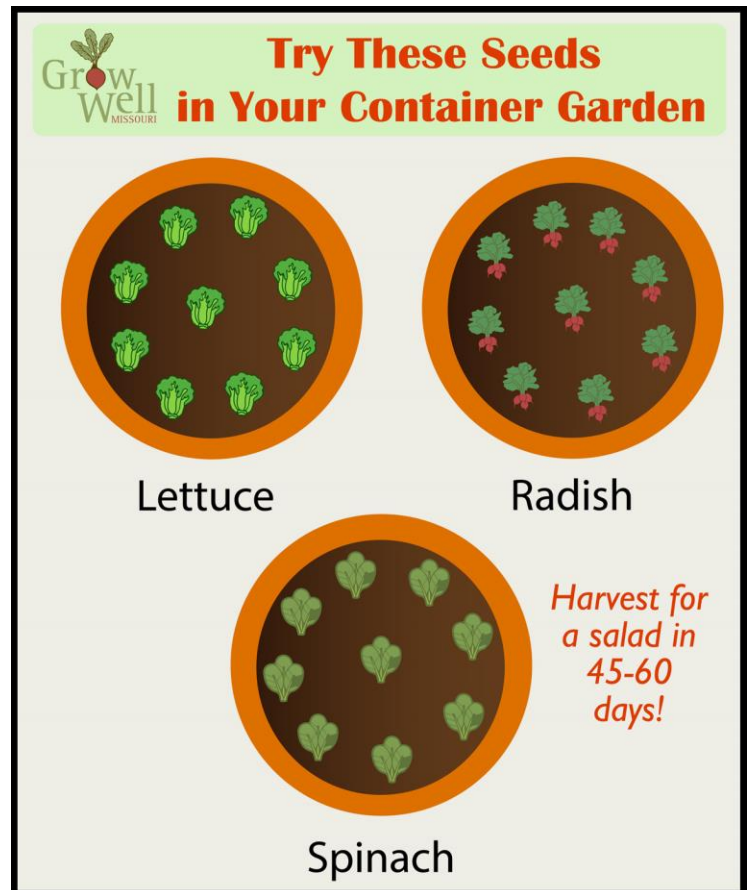
Small Plot and Container Gardening in the Fall

Small garden plots and container gardens go a long way toward keeping the fridge stocked with fresh vegetables. You can do your fall gardening in small plots and containers, too.

Salad crops like lettuce, radishes, and spinach do very well. To spice things up for salads, sow mustard and kale and harvest at the baby leaf stage (when the leaves are 3-4 inches long).

Herbs are nice. Cilantro and dill do well planted from seed. If you are interested in expanding your options, see if a friend has herbs in their garden they'd like to divide. Take a clump and plant it up.

Keep in mind that raised beds and containers require frequent and additional watering. Because they are raised off of the ground, the sun and hot weather dry them out quicker. If your containers are not too heavy, they can be moved around to take advantage of a bit of shade. Most vegetables still need around 6 hours of direct sunlight to be productive.



Taking Care of the Harvest

It would take us many newsletters to cover this topic in detail. Since space is short here, we will simply share some helpful websites from the University of Missouri Extension.

- Vegetable Harvest and Storage - <http://extension.missouri.edu/p/g6226>
- Quality for Keeps: Freezing Vegetables - <http://extension.missouri.edu/p/GH1503>
- Quality for Keeps: Freezing Fruits - <http://extension.missouri.edu/p/GH1502>
- Quality for Keeps: Before your Start to Can, Learn the Basics - <http://extension.missouri.edu/p/GH1451>
(Look on the left hand column of the page for Related Publications and more information on canning.)



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