

Winter Gardening

Being able to grow and harvest during the fall and winter months is just one more benefit of living on the West Coast! This fact sheet will give you the information you need to get started wrapping your head around seeding in June to harvest in December. Read on to find out about what to plant, when to plant it, how to keep your veggies going through the cold and how to manage your soil so it doesn't get tired from year-round activity.



When to Sow	What to Sow	When to Harvest
Mid-late June	Purple Sprouting Broccoli, Cauliflower, Cabbage, Parsnips	Fall and Winter
July	Beets, Carrots, Collards, Chard, Kale,	Fall and Winter
Late July– Early August	Asian Greens, Beets, Carrots, Collards, Kale, Lettuce, Mustard Greens, Onions, Spinach	Fall and Winter
Late August—September	Arugula, Chives, Cilantro, Corn Salad, Miner's Lettuce, Parsley, Turnips *Cover crops: Crimson Clover, Buckwheat, Vetch	Fall and Winter *till in or shear and add to compost in early spring before they go to seed
October	Poppies, Wildflowers, Garlic, Broad Beans	Spring and Summer



The Goal: grow your vegetables large enough so you can get a good harvest from them when their growth has slowed down from winter light and temperature conditions.



Mulch

- Insulates roots from freezing
- Protects soil texture from compaction by heavy winter rains
- Prevents nutrient loss from weather erosion
- Apply 4-6 inches of fall leaves, leaf mulch or straw around plants before cold weather sets in



Protective Covers

- Extend the season by keeping soil warm
- Retain humidity
- Protect from rain/snow
- Stretch plastic over PVC pipe to make "cloche", grow in greenhouse or cold frame



Tools for Season Extension/Crop Protection

Top: Crops being protected by the greenhouse

Bottom Left: Cold frame

Bottom Right: Temporary cloche

Soil Management

Because you are growing intensively year-round now, you will need to pay extra attention to replenishing your soil's nutrients. Here are some helpful tips to help your soil ecosystem grow the best plants possible!

- Test your soil every couple years to assess its acidity (pH) and nutrient content. Add lime or agricultural sulfur 3 weeks before planting if necessary to bring the pH to a more basic or acidic state (don't do this without testing!).
- Amend your garden beds before planting with a generous 2 inches of compost dug in to the top 6-8 inches of soil. You can do this wherever you have empty beds waiting to be planted, whether it's in the spring or fall. Top dress around plants in spring and/or summer if you miss the chance to amend the whole bed in the fall.
- A "complete **organic** fertilizer" mix can greatly help out your soil nutrient content. Add the recommended amount (ask at the store you buy it from or read the label) before seeding/planting.
- ◆ Other soil amendments that can be useful are well-rotted horse manure, llama manure, leaf mould, fish/sea soil



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