

Fall Vegetable Gardening

Mid August means two things, the dog days of summer are here, and plan your fall garden

Why start your garden in August?

Fall Vegetable Garden

Because Mid August is when you need to begin preparing and planting your fall garden.

Before digging and planting you should do one thing.....Plan.

Now is when you should decide the type of gardening you want to do.

Should you utilize regular traditional in the ground gardening, or raised beds, or Square Foot gardening, or container gardening?

Because it is going to get much cooler let me suggest raised beds, Square Foot or container

Why one of these three?

Because you can probably extend your growing season by two to four weeks using these and a little help.

Because the average first frost date in Murfreesboro is October 15, you can protect your vegetables by using some type of row cover

Here are examples of raised beds, wooden box with metal brackets supporting plastic and wooden box with hoops supporting floating row covers.

Raised beds with covers provide the protection garden plants would need to protect them from an early frost. Use of row covers works well on a regular raised bed or a square foot type vegetable bed.

Containers can be used for vegetables or flowers. Clay pots, half barrels, 5 gallon buckets all work.

Another type of container is a elevated bed (to waist high), this bed is appropriate for elderly and handicapped gardeners.

Another type of container is an earthbox which is good for any garden vegetable.

Some containers are small enough to move to a sheltered area for the winter and continue to harvest from if covered with a floating row cover. The row cover forms a micro-climate

Another type of container is a cold frame. This is a raised bed which is a box sunken into the ground with windows angled towards the sun. Some cole crops can be raised all winter in a cold frame.

A different type of cold frame is bales of straw with glass panels placed over the top for solar collection.

Now how do we grow our vegetables in our fall garden? First we decide what to plant.

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| Broccoli | grows well when it is cool |
| Brussels Sprouts | closely related to broccoli and cabbage |
| Cabbage | will tolerate cold |
| Carrots | flavor improves with exposure to cold |
| Swiss Chard | harvest individual leaves |
| Kale | grows well in cooler weather, referred to as a super food |
| Spinach | will survive frost and freezing weather |
| Kohlrabi | similar to a turnip |
| Mustard greens | greens are quite tasty |
| Leaf lettuce | can be grown in a cold frame all winter |
| Turnips | greens and root |
| Collards | frost make the leaves taste sweeter |
| Onions | plant in winter where the winter is mild |
| Rutabagas | grow well in cool weather |
| Leeks | easy to grow in cold weather |
| Pak choi | mustard family |