

Planning and Planting Your Fall & Winter Garden

With Ann Naffziger

Plants that do well in Alameda in the fall and winter:

Vegetables:

Lettuce
Spinach
Carrots
Garlic
Onions
Beets
Swiss Chard
Kale
Peas
Potatoes
Broccoli
Cauliflower
Cabbage
Turnips
Other leafy greens
Radishes

Fruit trees are best planted around January when dormant

<u>Good Choices for Alameda</u>	<u>Less Reliable</u>	<u>Not a Good Choice</u>
Apples	Apricot	Grapefruit
Oranges	Cherry	
Mandarins	Pears (fire blight)	
Tangerines		
Lemon		
Limes		
Peaches		
Plums		
Persimmons		
Figs		
Avocado		
Pineapple guava (feijoa)		
Pomegranates		

As with all trees, it is best to do some research to insure you choose an appropriate variety well-

suited for our area, especially for the less reliable choices. These can be trickier to get to bear fruit depending on the microclimate, chill hour requirements, and the variety of the fruit.

Other fruits that grow in Alameda:

Blueberries, strawberries, raspberries, blackberries, grapes, kiwi

Space considerations... Broccoli, cauliflower, & cabbage need the most space, followed by potatoes, kale, and swiss chard.

Preparing and amending the soil

Compost! Compost! Compost! When in doubt, add compost.

Other nutrient rich additions: worm castings, rabbit droppings, chicken manure (must be aged first)

Organic material – periodically add grass clippings, dried leaves, and other plant materials back into the ground to replenish it for future years.

Fall is a great time to rake leaves and add them to your garden

Weed and mulch around plants.

Seeds versus seedlings

Can directly seed in September	Plant Seedlings/Transplants in September
Lettuce	Peas
Spinach	Broccoli
Carrots (almost never transplanted)	Cabbage
Onions (as sets or bulbs)	Cauliflower
Beets	Dill
Swiss Chard	Cilantro
Kale	Parsley
Garlic	
Potatoes (planted as potato ‘eyes’)	

Harvesting – pick before crops they are overgrown, then eat them, share them, preserve them!

Resources:

Alameda County Master Gardeners website at: <http://acmg.ucdavis.edu/>

More about growing food: <http://acmg.ucdavis.edu/Growing Your Own Food/>