



LEAFY GREENS

– the backbone of any –

FALL VEGETABLE GARDEN



Leafy greens are the most productive and reliable fall vegetable garden crops.

They grow quickly in cool weather, tolerate light frost, and provide continuous harvests right through autumn.

LETTUCE



The perfect fall vegetable garden crop. Sow 45–60 days before first frost for a continuous supply of fresh salad leaves. Choose butterhead and loose-leaf varieties for the best autumn performance. Unlike summer lettuce which bolts quickly, fall lettuce grows slowly and sweetly.



Plant: Aug–Sept



Harvest: Sept–Nov

SPINACH



One of the most cold-hardy crops for a fall vegetable garden. Spinach can survive temperatures well below freezing and often overwinters successfully under a light mulch or row cover, ready to resume growing in early spring.



Plant: Aug–Sept



Harvest: Sept–Nov
(or early spring)

KALE



Perhaps the most valuable of all fall vegetable garden crops. Kale becomes noticeably sweeter and more tender after frost, and continues producing leaves through hard freezes that would kill most other vegetables. A single kale plant can provide fresh greens from September through January in many climates.



Plant: Aug–Sept



Harvest: Sept–Jan

SWISS CHARD



Hardy enough for most fall vegetable gardens and very productive. Harvest outer leaves continuously and the plant keeps producing.



Plant: Aug–Sept



Harvest: Sept–Nov

ARUGULA



Fast-growing (30–40 days) and very cold-hardy. Excellent for a fall vegetable garden started late – if you have only six weeks before frost, arugula is one of your best options.



Plant: Aug–Sept



Harvest: Sept–Oct

ASIAN GREENS

(Bok Choy, Pak Choi, Tatsoi)



Extremely fast-growing cool-season crops that excel in the fall vegetable garden. Ready in 30–45 days and very frost-tolerant.



Plant: Aug–Sept



Harvest: Sept–Oct



TIPS FOR SUCCESS:



Plant in late summer for fall harvest.



Keep soil consistently moist.



Use compost and mulch to retain moisture.



Use row covers for extra frost protection.



**Grow Greens.
Grow Health!**

