



Master  
Your Garden

## FALL GARDENING IN THE WILLAMETTE VALLEY

VEGETABLE	Mid July	August 1st	Aug 15th	Sept 1st	Overwinter from Spring
Arugula					
Beets					
Broccoli					
Brussels Sprouts					
Cabbage					
Carrots					
Cauliflower					
Celery					
Collard Greens					
Garlic	October				
Greens					
Kale					
Leeks					
Lettuce					
Mustard Greens					
Onions					
Pac Choy					
Parsley					
Parsnips					
Peas					
Radishes					
Spinach					
Swiss Chard					
Turnips					

Vegetables that are planted in the fall to harvest early the following spring.

Leeks

Onions

Celery

Parsnips

Carrots

Swiss Chard

Beets

### WHEN TO PLANT SEEDS FOR A FALL GARDEN

1. Find the number of days to maturity
2. Add 2 weeks (The Fall Factor)
3. Count back from first frost and that is last possible time to plant. First frost date for this area is October 20.

The Fall Factor accounts for the fact that plants grow more slowly during the cool weather of fall.

### WHERE TO PLANT

Plant directly in the soil, in raised beds or containers

Plant in location with full sun during fall and winter

Plant in well drained soil and in an area easy to access during wet winters



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### HOW TO PREPARE THE SOIL FOR FALL

Clear area of all plant material

Amend soil with compost or fertilizer if needed

Work soil to prepare a seed bed

Irrigate

Allow time for weed seedlings to emerge

After weed seedlings appear pull or lightly scratch the soil surface. Do not go deeper than 2 inches or you will bring more weed seeds to the surface. Repeat if you have time before planting.

## WINTER PROTECTION OPTIONS

Plant winter garden in a more protected area.

Cover plants with garden row cover during freezing periods.

Garden tunnels help to keep insects out and provide protection from cold weather.

If using plastic check soil moisture frequently and open the ends on sunny days, even in the middle of winter.

**Garden Row Covers vs Plastic** Garden row covers are made of a synthetic fabric that allows light and water to reach the plants while allowing good air circulation. It can be reused.

Plastic allows light through but not water nor does it allow air to circulate. Warms up quickly in winter sun and will need to be opened up.



Lay Garden Row Cover on top of planting area and secure the edges. Garden Tunnels placed over the bed make it easier to access plants.

## INSECTS & DISEASE PREVENTION

Rotate crops from spring planting

Diseased plant parts need to be taken out of the garden and thrown into the garbage. DO NOT compost and do not work into the soil.

Leave extra space between plants for fall gardens for good air circulation. Plants that are close together are more susceptible to rot and slugs.

Water only as needed especially as weather gets cooler in fall. Water the base of plants not the foliage. Water early morning so the soil has time to absorb the water before nightfall. Wet soil and wet leaves encourages disease.

Bait for slugs soon as fall rains start (the sooner the better)

Insect populations are usually less in fall. It is helpful to learn the life cycle of insects so you know when they are most active.

## COVER CROPS

Cover crops prevent soil compaction, improve soil fertility and soil structure.

**PLANTING:** Plant when the garden is finished producing in mid to late September. Remove any weeds or debris from the area. Dispose of all diseased plants in the garbage. DO NOT COMPOST or WORK DISEASED PLANTS INTO THE SOIL. Loosen top few inches of soil by rototilling or raking. Broadcast seed over the area and lightly rake into soil

**TERMINATING:** In spring Cut the plants down and leave the residue on the soil surface to decompose. Plant without working into soil and the decomposing cover crop will help preserve moisture in the soil. Alternately work the decomposing cover crop into soil to improve soil structure. Use as a “green manure” by working cover drop into soil without cutting or decomposing.

## COVER CROPS FOR WESTERN OREGON

Crimson Clover Annual grows quickly and provides abundant mass to work into soil in Spring. Provides good ground cover during winter and fixes nitrogen in the soil.

Austrian Field Peas Adds nitrogen to soil and provides adequate ground cover during the winter

Fava Beans Add nitrogen to soil and is edible

Soil Buster Radish Helps with compacted soil. Easy to till under in spring.

Hairy Vetch Provides good ground cover in spring and fixes large amounts of nitrogen;