

# GARDEN RESOURCE PROGRAM

## 2025 Fall Crop Transplant Instructions

### What are fall crops?

Fall crops are plants that are grown in the late summer. These crops are often cold hardy, frost-tolerant, and can be harvested throughout the fall. They can be used to replenish your plantings from the spring, which may be losing vigor, or to fill space after harvesting crops like garlic, beets, and carrots.

### Plant your transplants

The best time to plant is on an overcast day. Choose a location that gets 8-10 hours of sunlight a day. Before planting, loosen the soil with a shovel. Make a small hole about the same size and shape as the soil bottom of the transplant. Carefully take plant out of its plastic tray, place it in the hole, and gently fill in the soil around it. Do not plant deeper than the existing soil level of the transplant. See transplant varieties below for spacing instructions. Plants that are overcrowded can lead to stunted growth and problems with pests and diseases.

### Water your transplants

Water after each bed or section is planted. Apply a generous amount of water to the soil just around the base of the plant. To ensure that you have watered enough, water the plant until you see the water glisten at the top of the soil, water the next plant the same way, go back to the first plant and re-water, then repeat for the second, and so on. As they establish themselves in the soil, check your plants daily to ensure that they do not dry out. If they look dry or thirsty, water them using the instructions detailed above.

### Managing fall crop pests

Check your plants regularly for pests on the undersides of leaves and near the growth point. Holes in the leaves of your broccoli, collards, or kale (ex. brassicas) are common indicators that pests are present in your garden. Don't worry! Your plants can still recover and be successful if the pests are removed promptly. Likely culprits include cabbage white butterfly/cabbage loopers and aphids. If you spot green or orange eggs or green caterpillars, remove them from the plant. Try crushing them by hand, spraying plants with diluted soapy water, blasting them off with a water hose, and/or removing infested leaves on larger plants and infested plants entirely.

## 2025 Fall Crop Transplant Varieties

### BASIL

**Variety:** 'Genovese' is a heavy yielding basil variety, great for fresh or dry use.

**Spacing:** 8-10 inches between plants.

**Growing tips:** 30 days to harvest. Pinch off flowers as they form to avoid a bitter leaf flavor and to encourage continual production. Keep the leaves dry by watering close to the ground in order to discourage fungus and disease. Air circulation will also help prevent disease. Harvest branches from the bushiest areas of the plant first.



### BROCCOLI

**Variety:** 'Marathon' is excellent for overwintering and is highly tolerant to cold.

**Spacing:** 18 inches between plants. One pack contains 4 transplants which will plant a 3 foot by 3 foot area.



**Growing tips:** 68 days to harvest. Before flower buds open, cut center head. Run broccoli under very cold water immediately after harvesting before storing in the refrigerator. Harvest secondary side shoots regularly to encourage continued production.

## CABBAGE

**Variety:** 'Storage #4' can be used fresh or for storage. Excellent eating quality from storage. Makes nice cabbage even under fertility or weather stress. Firms up in as few as 75 days for fresh use, continuing to enlarge to 4-8 pounds for mid-fall harvest. The solid heads have delicious, crisp leaves, and are capable of long-term storage into spring. Flavor is superior to the typical cabbages available at the supermarket.



**Spacing:** 18 inches apart for high yields of upright, dense heads. One pack contains 4 transplants which will plant a 3 foot by 3 foot area.

**Growing tips:** 95 days to harvest. Early varieties may split or burst at maturity or from rapid new growth if rain or heavy irrigation follows a dry spell. Splitting may be partially avoided by slowing a plant's growth. To accomplish this, you can slightly twist the plant to sever some of the root system. Relatively young heads (still green and actively growing) store best.

## COLLARDS

**Variety:** 'Flash' is a compact, rich, dark-green collard plant with long, broad, wavy, tender leaves; prefers cooler growing temperatures, but will produce good crops under warmer, summer conditions.

**Spacing:** 12-18 inches between plants. One pack contains 6 transplants which will plant approximately a 3 foot by 3 foot area. See kale for growing tips.

**Growing tips:** 60-75 days to harvest. Plant in well-drained soil with full sun. Collard greens thrive in cool weather and tolerate light frost, which enhances their flavor. Keep soil consistently moist but not waterlogged. Harvest young, tender leaves for the best flavor. Pick larger outside leaves as the plant grows or harvest the entire plant. Fertilize every few weeks for continuous growth. Watch for pests like cabbage worms and aphids; use organic pest control if needed. Mulch to retain moisture and reduce weeds.

## KALE

**Varieties:** 'Winterbor Curly Kale' is a standard, green, curly kale. Plants are tall, with excellent yield and good cold hardiness. The ruffled, blue-green leaves have an attractive curl. Vigorous plants will continue growing to produce leaves for successive harvests as the lower leaves are harvested. 'Dazzling Blue Dino Kale' has blue-green strap leaves with bold purple midribs. These tall, vigorous plants grow quickly, especially for a Lacinato type. Exhibits some variability in depth of color and leaf shape.

**Spacing:** 12-18 inches between plants. One pack contains 6 transplants which will plant approximately a 3 foot by 3 foot area.

**Growing tips:** 60 days to harvest. Kale and collards are among the hardiest of garden vegetables. Beginning about 2 months after planting, harvest by clipping individual leaves. Harvests can be extended through the whole season by harvesting the bottom older leaves and leaving younger top leaves to grow. Remove all yellow and dying leaves from the plant. Putting row cover over the plants when they are first planted will help to keep your crops free from flea beetles and other pests. Check your plants for pests before you add row cover as doing so could exacerbate an existing pest problem.

## KOHLRABI

**Variety:** 'Terek' is a fast-growing, early-maturing kohlrabi variety with smooth, light green bulbs and crisp, sweet flesh.

**Spacing:** 8-12 inches between plants. One pack contains 6 transplants, which will plant approximately a 2-foot by 3-foot area.

**Growing tips:** 45-50 days to harvest. Plant in well-drained soil with full sun exposure.

Kohlrabi prefers cool weather, so it's best to plant in early spring or late summer for a fall harvest. Keep the soil consistently moist, but not waterlogged. Harvest when bulbs are 2-3 inches in diameter for the best texture and flavor. Larger bulbs can become woody and tough. You can also harvest leaves for a nutritious green. Watch out for pests like cabbage worms and aphids. Use row covers or organic pesticides if necessary. To encourage healthy growth, thin seedlings to the recommended spacing. Mulching around the plants can help retain soil moisture and reduce weeds.

## PAC CHOI

**Variety:** 'Joc Choi' is a dark green pac choi. Plants are vase-shaped with bright red leaves and greenish-red stems. Excellent as a baby leaf.

**Spacing:** 1 foot between plants. One pack contains 6 transplants which will plant approximately a 2 foot by 2 foot area.

**Growing tips:** 45 days to harvest. Harvest when plants get 10-12 inches tall.

## SCALLION

**Variety:** 'Deep Purple' has a rich reddish purple color and is the first red buncher that is highly colored at any temperature.

**Spacing:** Plant bunches 8 inches apart.

**Growing tips:** Plant 2 inches deep with 3-4 inches of leaves showing above the soil surface. Plants may be handled as a perennial by dividing them the second summer to produce a new crop. Harvest when stems are pencil size.



# GARDEN RESOURCE PROGRAM

## 2025 Fall Crop Seed Instructions

### Plant seeds at the right time

The insert in your seed packet will give you one of these planting instructions:

- **"Sow in early spring or late summer/early fall"** means this crop likes cold weather and won't do well in the summer heat. Plan for two plantings and harvests. Some of these crops (like carrots and spinach) will taste sweeter after a light frost.
- **"Sow in spring through late summer/early fall"** means these seeds can be sown throughout the summer for a continuous harvest. Pay attention to the days to maturity and allow enough time for them to grow before the first frost.

### Prepare a proper seed bed

Only plant fall crop seeds after all danger of frost has passed. Make sure the soil is free of weeds, loosen the soil, remove any rocks, and use a rake to make it as smooth as possible. This ensures that all seeds are at the same depth, makes it easier to water evenly, and provides a smooth seed bed for consistent seed germination.



### Maintain good moisture

Check the seeds daily to make sure they are getting enough water. Water in the morning to avoid fungal issues. Once plants have germinated keep a consistent watering schedule. One thorough watering per week is a good rule of thumb. This will provide enough water to keep the soil moist 4 to 6 inches deep.

### Don't give up!

Some crops can take a long time to germinate. Carrots are infamous for taking as long as three weeks. Don't give up and replant too soon! If you have done everything else right, it is often just a matter of waiting.

### Thin crops that need to be thinned

Plants need room to grow! For some plants it is a good idea to plant too many seeds in case not all of them germinate. When they are baby-sized, the extras need to be removed, or "thinned", so that the others have room to mature. Gardeners can be reluctant to thin crops because they cannot stand to kill their little babies, but if you do not thin them they will all suffer.



### Rotate crops

Moving crops to different places in your garden each year helps to keep insects and disease at bay and soil from being stripped of its nutrients. Crops should be rotated along with other crops in their family.

### Soak seeds before planting (optional)

Soaking seeds can help expedite germination for seeds that are big, slow to sprout, or have a hard seed coat (peas, beans and beets). Using enough warm water to cover seeds, soak smaller seeds for 2-6 hours and larger seeds no longer than 24 hours, then plant and water in as usual.

# 2025 Fall Crop Seed Varieties

## ALL GREENS MIX

**Varieties:** 'GRP Mix' is beautiful mix of greens including mizuna, red giant, scarlet frills, tatsoi, and red Russian kale.

**Spacing:** Gently shake the packet to mix the seeds. Sprinkle about 2-3 seeds per inch, 1/8 inch deep, in rows that are 4 inches apart.

**Growing tips:** 28 days to maturity. Harvest individual leaves when they are 3-4 inches tall, above the growing point for continuous growth.

## ARUGULA

**Variety:** 'Astro' is a slightly heat tolerant salad green with a mildly spicy flavor.

**Spacing:** Sow about 5 seeds every inch, 1/8 inch deep, in rows that are 2 inches apart.

**Growing tips:** 21 days to maturity for baby, 38 days for full size. Use fresh in salad, sandwiches, and pesto. Cook on pizza and in stir-fry. Excellent tossed into hot pasta. Flowers are edible!

## BEET

**Variety:** 'Detroit Dark Red' is a classic red beet with good size roots and tasty greens.

**Spacing:** Sow 1 seed every 1 inch, 1/2 inch deep, in rows 4 inches apart. Thin to 1 plant every 3 inches. Sow every 2 weeks for a continuous supply.

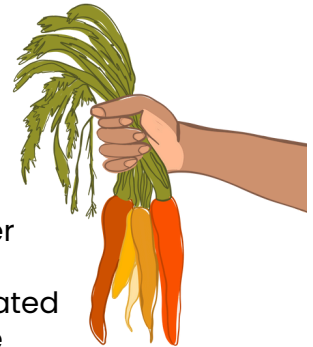
**Growing tips:** 60 days to maturity. Beet greens are edible! Prepare as you would other greens like chard, kale, collards, or mustard.

## CARROT

**Variety:** 'Scarlet Nantes' is an attractive, deep orange, uniform, almost coreless carrot. Old standard for sweetness, tenderness and crispy texture. Stores well.

**Spacing:** Sow seeds 1 inch apart, 1/2 inch deep, in rows 18-24 inches apart. Thin plants to 1-3 inches apart. More space will produce bigger carrots. Sow every 2 weeks for a continuous supply.

**Growing tips:** 68 days to maturity. Carrots perform best in soil cultivated 6-8 inches deep. Make sure to cover the tops of carrot roots that are exposed with soil to keep the carrot root tops from turning green. Keep well weeded because carrots do not compete well with weeds.

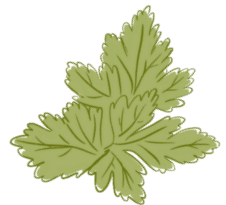


## CILANTRO

**Variety:** 'Cruiser' has large leaves and sturdy stems, ideal for market sales.

**Spacing:** Sow 2 seeds every 1 inch, 1/4 inch deep. Thin to 1 plant every 3 inches, in rows that are 4 inches apart. Sow every 2 weeks for a continuous supply.

**Growing tips:** 50 days to maturity for leaves, 120-150 days for coriander seeds. To harvest leaves, cut straight across stems, leaving the growth point intact for regrowth. Harvest early to avoid plant going to seed, though it can also be grown for the cilantro seed, known as coriander.



## LETTUCE MIX

**Varieties:** 'GRP Mix' is a mix of lettuces in different colors and textures. including Outredgeous, Black Seeded Simpson, Parris Island, Red Salad Bowl , Flashy Trout and Tango.

**Spacing:** Gently shake the packet to mix the seeds. Sprinkle about 2 seeds per inch, 1/8

inch deep, in rows that are 4 inches apart.

**Growing tips:** 28 days to maturity for baby mix, 55 days for full size heads. Lettuce seed needs sunlight to germinate, so cover seeds with only a very light sprinkling of soil.

### MUSTARD

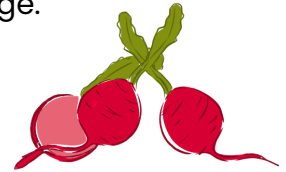
**Variety:** 'Red Giant' has large, purple- tinted leaves with a mild mustard flavor.

**Spacing:** Sprinkle 2-3 seeds per inch, 1/8 inch deep, in rows that are 4 inches apart.

**Growing tips:** 21 days to maturity for baby leaves, 45 days for full size. Flea beetles are common pests of mustard greens. Using row cover can reduce damage.

### RADISH

**Variety:** 'French Breakfast' is an heirloom variety with scarlet skin that shades to white at the base. It produces oblong shaped, crisp flesh, and mildly pungent roots when young.



**Spacing:** Sow 1 seed every inch, 1/4 inch deep. Thin to 1 plant every 3 inches, in rows that are four inches apart.

**Growing tips:** 25 days to maturity. Row cover can be used from sowing until harvest to protect against pest damage. Trim the leaves about 2 inches above the top of the root and store radishes unwashed in refrigerator. Plant when soil temps cool off in late summer.

### SNOW PEA

**Variety:** 'Oregon Sugar Pod 2' provides an early and heavy bearing harvest with 2 inch long flat, stringless pods.

**Spacing:** Sow 1 seed every inch, 1 inch deep. Each pack will sow approximately 6 feet in a row. 7-14 days to germination.

**Growing tips:** 50 days to maturity. These snow peas will benefit from some support to make harvesting easier. Sow in double rows with a trellis between rows. Help the young vines to begin climbing up the fence or trellis as soon as they are able. Harvest before seeds mature. Harvesting regularly will maximum productivity.

### SPINACH

**Variety:** 'Space' is a tried-and-true variety for all seasons with fast growing, medium-green leaves that are smooth to slightly savoyed.

**Spacing:** Sow 1 seed every inch, 1/2 inch deep. Thin plants to 4-6 inches apart. 6-10 Days to germination. For a continuous supply, sow every 7-10 days.

**Growing tips:** 25 days to maturity. Harvest the long stems just above the basal plate, or, by cutting just below the basal plate for whole-plant harvest. When growing winter spinach, harvest largest leaves and allow the smaller ones to size-up for later harvests. Spinach can be overwintered and is delicious in the springtime.

### SALAD TURNIP

**Variety:** 'Purple Top White Globe' is a traditional American turnip with smooth, round roots 3-4 inches in diameter that are white below the soil line and bright purple above. Its large, lobed greens are suitable for cooking.

**Spacing:** Sow 1 seed every 1-2 inches, 1/4 inch deep, in rows that are 12-18 inches apart. Thin to 1 plant every 3 inches.

**Growing tips:** 40-50 days to maturity. Roots are smoothest when small.