

Cool Weather School Garden Planting Guide

| Vegetable | When to Plant | What to Plant | Depth/ Spacing | Varieties | Days to Harvest | Notes | Date Planted |
|---------------------------------|--|---------------|-----------------------------------|---|-----------------|---|--------------|
| Arugula | Oct.-Nov. & Jan.-Feb. | Seeds | 1/4" (broadcast) | Astro; Roquette (wild) | 21-40 | Easy, harvest often. Bolts quickly & spicier in hot temps. | |
| Beans, bush | late Sept.-Oct. | Seeds | 1" / 6" | Contender; Provider; Derby; filet beans | 50-57 | Plant first weeks of school for fall harvest in November. | |
| Beets* | Oct.-Feb. | Seeds | 1/2"/4" | Detroit Red, Bull's Blood, Chioggia, Golden | 53-80 | Soak seeds 24-48 hrs. to improve germination (seed sinks) | |
| Bok choy/Pac choy | Oct. & late Jan.-early Feb. | Seeds | 1/2"/thin to 12" & eat thinnings | Joi Choi, Mei Qing Choi, Black Summer, Red Pac | 30-50 | Harvest outer leaves or entire plant when large enough. Aka, Asian celery cabbage. Germinates in 50-90 deg. | |
| Broccoli | late Oct.-Nov. 2nd round in early Jan. | Transplants | 14-18" | Packman, Waltham | 55 | Plant by mid-October for harvest in early Dec. Heavy feeders. Harvest main head & feed to promote sideshoots. | |
| Cabbage | late Oct.-Nov. 2nd round in early Jan. | Transplants | | Savoy, Early Jersey Wakefield, Red | | | |
| Carrots | Oct.-early Feb. | Seeds | Broadcast > thin 2" | Mokum; Nantes; Rainbow; Yellow Sun; Early Nelson | 55 | Moist soil is key to germination; Thin to 2" spacing & eat! | |
| Chard* | Oct.-Jan. | Seeds | 1" / 6" | Bright Lights; Rainbow | | Presoak seed; beet family. Leaves & stems edible. | |
| Collards | Oct.-Nov. & Jan. | Seeds | 1/2" / 18" | Georgia, Vates, Champion, Green Glaze | 75 | Keep soil moist until germination. Thin to 18" spacing. | |
| Kale | Oct.-Dec. | Seeds | 1/2" / 18" | Tuscan Nero (dino), Winterbor (curly), Red Russian | 65 | Easy to grow, thin to mature plant spacing. Grow same as collards. Harvest leaves often from bottom. | |
| Lettuce | Oct.-Jan. | Seeds | Broadcast > thin if desired | Loose leaf ("cut-n-come again"), Romaine, Butterheads (many varieties & colors to choose) | 28-45 | Will not germinate in hot soil. Sow seed when temps are below 80 or start inside & transplant. Grows well in shade. | |
| Mustard | Oct.-mid Jan. | Seeds | Broadcast > thin 12" | Tendergreen, Vitamin Green, mizuna, mibuna, tasoï (mild-flavor); Southern Giant, Osaka purple (spicy) | 35-56 | Start when temps cool to avoid flea beetles. Tastes best after frost. Add mild varieties to salads; cook spicy. | |
| Onions | Oct.-Feb. (multiplying) Nov.-Dec. (bulbing) | sets/bulbs | Approx. 1" with top below surface | Multiplying onions (separate clump/week & replant several for continuous supply); bulbing onions | Dec-May | Add rock phosphate to planting hole for bulbing onions; fertilize to improve size; plant along edges of beds. | |
| Peas | Nov.-Jan. | seeds | 1" / 2" under trellis | Sugar Snap, Super Sugar Snap, Snow | 70 | Harvest lasts up to 12 weeks; needs cooler weather. | |
| Radish | Oct.-Jan. | seeds | Broadcast > thin 2" | French Breakfast; Easter Egg; Cherry; Icicle | 30 | Fast-growing, cool weather crop; plant last round by mid-Feb. | |
| Turnip | mid Oct.-mid Jan. | seeds | 1/2" > thin 2" | Purple top, Hakurei (salad turnip) | 38-50 | Roots & leaves edible; harvest when 2" for best flavor. | |
| Herbs | | | | | | | |
| Cilantro | late Oct.-Nov. | Seeds | 1/2" / 6" | Santo | 30-45 | Harvest outer growth; self seeds; attracts pollinators. | |
| Dill | late Oct.-Nov. & Feb. | Seeds | 1/2" / 6" | Bouquet | 30-45 | Harvest outer growth; self seeds; attracts pollinators. | |
| Fennel/Parsley | late Oct.-Nov. & Feb. | Seeds | Broadcast > thin 6" | Zefa-fino Fennel; Giant of Italy, Curled Parsley | 50-60 | Harvest outer growth; self seeds; attracts pollinators. | |
| Flowers (Habitat/Garden) | | | | | | | |
| Calendula | Oct.-Nov. | seeds | 1/4" > thin 12" | Flashback Mix | 55 | Edible flower petals; add to salad mixes; save seeds. | |
| Nasturtiums | Oct. & Feb. | seeds | 1" / 2" > thin 6-12" | Flower & leaves are edible; improve germination by presoaking seeds until they sink. | 55 | Allow some flowers to form seed for next year. Damaged by frost/freezes. | |

School Garden Planting Guide based on *Year Round Vegetables, Fruits and Flowers for Metro Houston*, by Dr. Bob Randall & modified for 10-month school year.

KEY: Green Italicized are Recommended Crops

* Extra Credit Crops: May be space issue or challenging to grow

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