

Cool Weather School Garden Planting Guide

Vegetable	When to Plant	What to Plant	Depth/ Spacing	Varieties	Days to Harvest	Notes	Date Planted
Arugula	Sept.-Nov. & Feb.-March	Seeds	1/4" (broadcast)	Astro; Roquette (wild)	21-40	Easy, harvest often. Bolts quickly & spicier in hot temps.	
Beans, bush	mid-Aug.-September	Seeds	1" / 6"	Contender; Provider; Derby; filet beans	50-57	Plant first weeks of school for fall harvest in November.	
Beets*	Sept.-Oct. & Jan.-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	Sept.-Nov. & late January	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 Sept.-October; 2nd round in early January	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		Transplants		Savoy, Early Jersey Wakefield, Red			
Carrots	late September-January	Seeds	Broadcast > thin 2"	Mokum; Nantes; Rainbow; Yellow Sun; Early Nelson	55	Moist soil is key to germination; Thin to 2" spacing & eat!	
Chard*	September-October	Seeds	1" / 6"	Bright Lights; Rainbow		Presoak seed; beet family. Leaves & stems edible.	
Collards	September & January-February	Seeds	1/2" / 18"	Georgia, Vates, Champion, Green Glaze	75	Keep soil moist until germination. Thin to 18" spacing.	
Kale	late September-January	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	October-February	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	October-mid January	Seeds	Broadcast > thin 12"	Tendergreen, Vitamin Green, mizuna, mibuna, taso (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	October -November	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	Late October-January	seeds	1" / 2" under trellis	Sugar Snap, Super Sugar Snap, Snow	70	Harvest lasts up to 12 weeks; needs cooler weather.	
Radish	Mid September-February	seeds	Broadcast > thin 2"	French Breakfast; Easter Egg; Cherry; Icicle	30	Fast-growing, cool weather crop; plant last round by mid-Feb.	
Turnip	Mid October-Mid January	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.-November	Seeds	1/2"/6"	Santo	30-45	Harvest outer growth; self seeds; attracts pollinators.	
Dill	late Oct.-November	Seeds	1/2"/6"	Bouquet	30-45	Harvest outer growth; self seeds; attracts pollinators.	
Fennel/Parsley	late Oct.-November	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	October-November	seeds	1/4" > thin 12"	Flashback Mix	55	Edible flower petals; add to salad mixes; save seeds.	
Nasturtiums	October-February	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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