

The Sprout

Fall Vegetable Gardening In Southern California

Fall in Southern California is the golden time for garden do-overs. The weather becomes milder, the insects are fewer and less watering is required.

While in other parts of the country gardeners are hanging up their hoes SoCal gardeners are popping cool season crops into the ground. Looking forward to their results of crisp sweet carrots and parsnips, spicy greens, and the earthy flavors of beets, chard, turnips and rutabagas. Stepping out into the Fall or Winter air to pick fresh lettuces, peas, broccoli and crunchy cabbages.



Fall just seems to present a quieter and softer time in the garden. As we plant and harvest our cool weather crops, we move along in other areas of our plots prepping and conditioning them for the coming spring. Giving time to allow those sections to mellow a bit before Spring.

Every season in the garden has its own unique beauty and excitement. Each arrives carrying in our hands new plantings and harvests.

Brandy Escamilla



Get All The Dirt!

On What to Plant For Fall

Check out the last page of this issue for a large list of both Fall and Winter vegetables suitable for growing. There are more varieties of vegetables to grow than you think.

Follow the recommended planting dates (and notes) closely for success.

Pull out all the dead plant material and weeds. Amend your soil—as needed. You may need a little compost—or you may not need any, depending on how heavily you have already added to your soil during the year. Do not forget to mix in some organic fertilizers.

Now your 75% on your way to success before you have placed your first seed or plant into your garden beds.

If you have not already purchased your seeds for Fall planting—better get moving. . . .



Ready, Set, Get Gardening!



What Is Calimesa's Hardiness Zone?

We are in zone 9a and 9b. Why two zones? Because temperatures vary a bit depending on exactly where you're located. There are always micro-climates within zones as well.

Zone 9a = 20°F to 25°F

Zone 9b = 25°F to 20°F

Average First Frost = usually November 21 - 30

Average Last Frost = usually March 11 - 20

The Community Garden had snow fall on April 7th once, so always check the 10-day weather forecast before planting.



UNDERSTANDING FROST ADVISORIES AND FREEZE WARNINGS

What Is a Frost?

"Frost" refers to the layer of ice crystals that form when water vapor on plant matter condenses and freezes without first becoming dew.

- * A **light frost** occurs when the nighttime temperature drops to at or just below **32°F (0°C)**.
- * A **hard freeze** is a period of at least four consecutive hours of air temperatures that are below **28°F (-2°C)**.

Many plants can survive a brief frost, but very few can survive a hard freeze.

Frost Advisory vs. Freeze Warning

As with other significant weather events, meteorologists will often issue a "warning" or an "advisory," depending on the likelihood of the event happening and its severity. According to the National Weather Service, the warning terms for frosts and freezes are defined as follows:

- **Frost Advisory:** Issued when minimum temperatures are expected to be **between 33° and 36°F (0.5° and 2°C)**. Skies are generally clear and winds light.
- **Freeze Watch:** Issued when minimum temperatures are expected to be **32°F (0°C) or less within the next 24 to 36 hours**.
- **Freeze Warning:** Issued when minimum temperatures are **imminently** expected to be **32°F (0°C) or less**.
- **Hard Freeze Warning:** Issued when minimum temperatures are expected to be **28°F (-2°C) or less**.

Why Is Any Of This Important To Gardeners?

Setting out tomato or pepper plants just before a frost may cost the life of your plants, or at least cause them to be damaged.

Planting seeds into ground that is too cold can cause them to not germinate.

Understanding your gardening zone as well as frost and freeze dates, helps gardeners to plan their gardens more carefully and enjoy greater success.

Keeping an eye out for frost and/or freeze warnings will allow you time to cover your plants with some form of protection.

Plants shown below with floating row covers to prevent damage



Cultivating Facts on Cabbage



- The leaves of cabbage have different colors, textures and shape.
- The color of cabbage can range from white to green to purple .
- Cabbage was cultivated in China around 6000 years ago!
- Greeks and Romans loved cabbage. They thought (and rightly so!) that these vegetables have medicinal properties. They even thought that this would reduce drunkenness, thanks to their excessive drinking of wine.
- By 17th and 18th centuries, cabbage was a staple vegetable in most of the European countries.
- There are more than 100 varieties of cabbage all over the world.
- China is the world's top producer of cabbages.
- Russia is the world's top consumer of cabbages, averages 44 lbs per person a year.
- Americans consume about 6 lbs of cabbage per year per person.

Vintage Cabbage Seed Packets



The Bug Buzz- The Cabbage Looper

Cabbage Looper damage typically appears as jagged holes in plant leaves. It is a common vegetable garden pest that feeds on many different species of crops, such as: broccoli, cabbage, cauliflower, and other brassica crops.

A good organic biological control for caterpillars is *Bacillus thuringiensis*, commonly referred to as Bt. Bt is a non-pathogenic bacterium that is found naturally in the soil. This bacterial spore suspension is best applied as a liquid spray, which is ingested by the insect during feeding. The bacterium releases toxins causing the caterpillars stop feeding.



Ethiopian Cabbage Dish

It is healthy and delicious. Do not add liquid.
The cabbage and potatoes release enough
moisture on their own.

Ingredients

- ½ cup olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ½ head cabbage, shredded
- 5 potatoes, peeled and cut into 1-inch cubes

Directions

Heat the olive oil in a skillet over medium heat.
Cook the carrots and onion in the hot oil about 5
minutes. Stir in the salt, pepper, cumin, turmeric,
and cabbage and cook another 15 to 20 minutes.
Add the potatoes; cover. Reduce heat to medium-
low and cook until potatoes are soft, 20 to 30
minutes.



Nutrition Facts Per Serving:

428 calories; protein 6.9g; carbohydrates 54.1g;
fat 22.2g; sodium 428.5mg

A Traditional German Red Cabbage Recipe



Ingredients

- 1 medium onion, halved and sliced
- 1 medium apple, sliced
- 1 medium head red cabbage, shredded (about 8
cups)
- 1/3 cup sugar
- 1/3 cup white vinegar
- 3/4 teaspoon salt, optional
- 1/4 teaspoon pepper

Directions

In a large Dutch oven coated with cooking spray,
cook and stir onion and apple over medium heat
until onion is tender, about 5 minutes. Stir in
remaining ingredients; cook, covered, until
cabbage is tender, about 1 hour, stirring
occasionally. Serve warm or cold.

Nutrition Facts Per Serving:

1 cup: 64 calories, 0 fat (0 saturated fat),
0 cholesterol, 23mg sodium, 16g carbohydrate
(12g sugars, 2g fiber), 1g protein.

*In the night the cabbages catch at the moon, the leaves drip silver, the rows of
cabbages are a series of little silver waterfalls in the moon.*

Carl Sandburg

Gardeners – Now Is The Time To Fix Your Plot Borders!

- ➡ Are your borders pushing over the line?
- ➡ Are your borders allowing water to flood the aisle ways?
- ➡ Do they need staking, bracketing, or new edging?
- ➡ Strengthen and straighten your plot's edges.
- ➡ Wood, block, plastic or dirt, if they need work do it now.

If you are using dirt to form your borders, **ONLY** use dirt from inside your plot. **Under NO Circumstances** are you to remove dirt from any aisle ways. If you have, you must repair that aisle way ASAP.

A huge amount of fundraising and hard work went into the purchasing and spreading of decomposed granite through the Gardens to make them less slippery when it rains, thereby safer to walk on.





Located at:
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Visit us online at:
www.calimesacommunitygarden.org

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Did You Know We Have A Library ?

It's just inside Shed #1

If you are not using the library, you're missing out on some gardening resources sitting right there at the Garden.

What's Inside?

- ✓ Books on pests and diseases.
- ✓ Books on different approaches to vegetable gardening.
- ✓ Learn ways to improve your soil.
- ✓ Find information on compost and mulching.
- ✓ Find information on various varieties of veggies.
- ✓ Read on how to plan out your plots.
- ✓ Read on successive planting and other tips to help you extend your harvests.



Books can not be removed from the Garden Property - but there is pen and paper to write down notes. You can also snap a picture of a book's page with your phone.

PLANTING CALENDAR—with notes

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.

January

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

February

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

March

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

April

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

May

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

June

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

July

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

August

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

September

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

October

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

November

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

December

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

