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Passionate for Pets, Plants & People

Winter Vegetables
Why do winter vegetables? *BOLD LG*

I tend to think that a trip down the produce aisle in winter will let you answer this yourself. But I'll tell you why I do it. As is the case with summer vegetables, fresh from-the-garden produce simply tastes better than its supermarket counterpart. Because it is harvested closer to the time it is consumed, it is higher in vitamins (this is probably even more true in winter than in summer, since so much of the commercially available winter produce is grown in the southern hemisphere). The eating quality is often remarkably higher: For instance, many vegetables store more sugars when they are exposed to cold temperatures. Also, a lot of winter vegetables are poor shippers; so if you want quality leeks or kale you have no choice but to grow them yourself. In addition, you know what has, and hasn't, been sprayed all over your own plants!

Plant	Sowing date	Hardy to	Notes	
Arugula	August 15-September 15	15F/-9C	Holds up reasonably well to rain	
Beets	Best in July 1-10, will work if sown until the 20th	20F/-7C	Can go colder with mulch	
Broccoli	fall/winter	Anytime in June	25F/-4C (?)	Rain will probably kill it before the frost does
	overwintered	July 15-August 1	10F/-12C	these are the biennial sprouting broccolis
Brussels Sprouts	May 15	0F/-16C	Seriously, these taste nothing like the store-bought ones	
Cabbage (for winter)	June 1	5F/-14C (hardest varieties)	I haven't grown the spring cabbages like First Early Market, so I really don't know the timing	
Cauliflower	fall/winter	June 1-30	25F/-4C (?)	Rain and slugs tend to do mine in before the cold does
	overwintered	July 15-August 1	5F/-15C	Takes soggy soil somewhat better than sprouting broccoli
Chard	Up until early August	20F/-7C	Even if the plant dies back, often the crown survives to regrow in the Spring	
Kale	July 1-15	At least 8F/-13C	Needs no protection	
Garlic	September/October	At least 8F/-13C	I plant in late September. Basically, if the ground isn't frozen, you can put them in.	
Lettuce	August 1-10	24F/-4C	Another good cloche candidate	
Onions	Most types	August 10	0F/-18C	Most overwintered onions dry down in June. Waterlogged winter soils can be a problem for all overwintered onions
	Walla sweet	Walla September 1-15	Reportedly -10F/-24C	Walla Wallas dry down in July.
	Scallions	June-September	At least 10F/-12C	This applies to Allium cepa types of scallions. A. fistulosum types are much hardier and non-bulbing, but also are less tender and hotter in flavor.
Spinach	August 1-15	At least 8F/-13C	Under a cloche they can be depended on to overwinter	