

Fall Vegetables

Dear Garden Families,

Each week, your child is bringing home seed packs or vegetables in a small containers, these are fall and winter vegetables.

Since our school year is September until June, we could miss some of the best veggies if we didn't plant a few things in our school gardens.

You can enjoy these vegetables at home too.

Most of our fall vegetables are small seeds. and should only be planted the depth of the seed or so small, just on the surface.

Soaking the peas overnight will help them grow.

General instructions for planting seeds are included on every seed package. We are using these for soups, and salads and adding to our winter diet. Eating vegetables in season is healthy and always available at the local farmers' markets.

Farmer's markets are in Santa Rosa at the Vet's Building on Saturday mornings, the Marin Civic Center on Sunday mornings and the Sonoma Market on Tuesday mornings. Local farms also sell produce in Petaluma. Check out our many local farmers on the list. My favorite is Green String Farm, owned by Bob Cannard. His prices are great and the produce, delicious. Eat local, eat in season, and be healthy! -

Denise Ward

Great Vegetables for Your Fall Garden

Beets	Bok Choy	Broccoli
Broccoli Rabe	Brussels Sprouts	
Cabbage	Carrots	Cauliflower
Celery Root (Celertiac)	Collards	
Fava Beans	Garlic	Kohlrabi
Jerusalem Artichokes	Kale	
Leeks	Lettuce	Mixed Greens
Onions Parsnips	Peas	
Rutabaga	Salsify Snow Peas	
Spinach	Sweet Potatoes	
Swiss Chard	Turnips	Watercress

Seed Planting Instructions

Containers: Gardeners have the choice of separate pots for each plant or flats holding many plants. The choice depends on various factors including your space limitations and the fragility of your desired plants. I use the separate pots or plug trays for most of my plants because there is less of a chance of damaging roots when transplanting. However, trays may be the more practical choice for lettuce, spinach, kale and other small seed crops.

Reuse last year's small nursery pots if you have them. Alternatively, ask friends and family. Most gardeners have them lying around. If neither of these options work out, any container two to three inches deep will do, including disposable cups, yogurt containers and milk cartons. You can also buy kits at your local plant nursery. My favorites are compressed peat discs and re-useable plastic plug trays. Make sure your containers are clean by washing with hot water. Ensure that each pot has good drainage, i.e. a hole or two in the bottom. Place containers in a water-catching tray lined with pebbles. This ensures that the drained water stays out of the pot preventing root rot.

Seeds and seedlings are extremely sensitive to disease and nutrient levels. Seedlings will appreciate it if you buy a seed starting mix from your local nursery. Fill each container with soil up to 1/4 inch from the top of the container.

Ready, set. SOW!

Sowing the seeds: Moisten the soil in the containers before sowing the seeds. Put two seeds in each container to ensure something emerging. Generally, gardeners cover the seeds to a depth about 3 times the thickness of the seeds. Be sure to read seed packets for seed specific instructions. Pat the soil lightly and water with a fine mist.

My Favorite Local Farms

Green String Farm
on Frates Road at Adobe Road
3571 Old Adobe Road
Open 7 days a week 10 to 6
\$2.00/pound for organic produce

Anderson Organic Vegetable Stand & Pumpkin Patch

tel. +1 707.763.3852
4588 Bodega Avenue
Petaluma, CA 94952

Crane Melon Barn

tel. +1 707.795.6987
4947 Petaluma Hill Road
Santa Rosa, CA 95404

County Line Harvest Farm

David Retsky
tel. +1707.769.1802
5112 D Street Petaluma CA 94952
colineharvest@aol.com

Carstensen Farms

tel. +1 707.778.8934
400 Casa Grande Road
Petaluma, CA 94954

Grossi Farms

tel. +1 707.664.1602
6652 Petaluma Hill Road
Santa Rosa, CA 95404

Hallberg Butterfly Gardens

tel. +1 707.823.3420
8687 Oak Grove Road
Sebastopol, CA 95472

Just a Few Chickens Ranch

tel. +1 707.887.0298
555 Bailey Avenue
Petaluma, CA 94952

Lavender Bee Farm

tel. +1 707.763.4777
764 Chapman Lane
Petaluma, CA 94952

Oh! Tommy Boy's Organic Farm

Tom and Heidi Kirkland, Jason Jonas
tel. +1 707.876.1818
5880 Carroll Road
Petaluma, CA 94952

Peterson's Farm

Ettamarie and Ray Peterson
tel. +1 707.765.4582
Ettamarie@petersonsfarm.com
636 Gossage Avenue
Petaluma, CA 94952

Skippys-the Incredible Edible Egg Store

tel. +1 707.763.2924
700 Cavanaugh Lane Petaluma, CA
94952

FOR PLANT STARTS AND GARDEN PERENNIALS

EverMay

Garden Center

**301 Wilson Street @ D St.
Petaluma CA 94952**

Passanisi Nursery

**8270 Petaluma Hill Road
Penngrove CA 94951**

The Nursery at Emerisa Gardens

Muchtar and Rohana Salzmann

**555 Irwin lane
Santa Rosa, CA 95401**

North Coast Native Nursery

**2710 Chileno Valley Road
Petaluma, CA 94952**