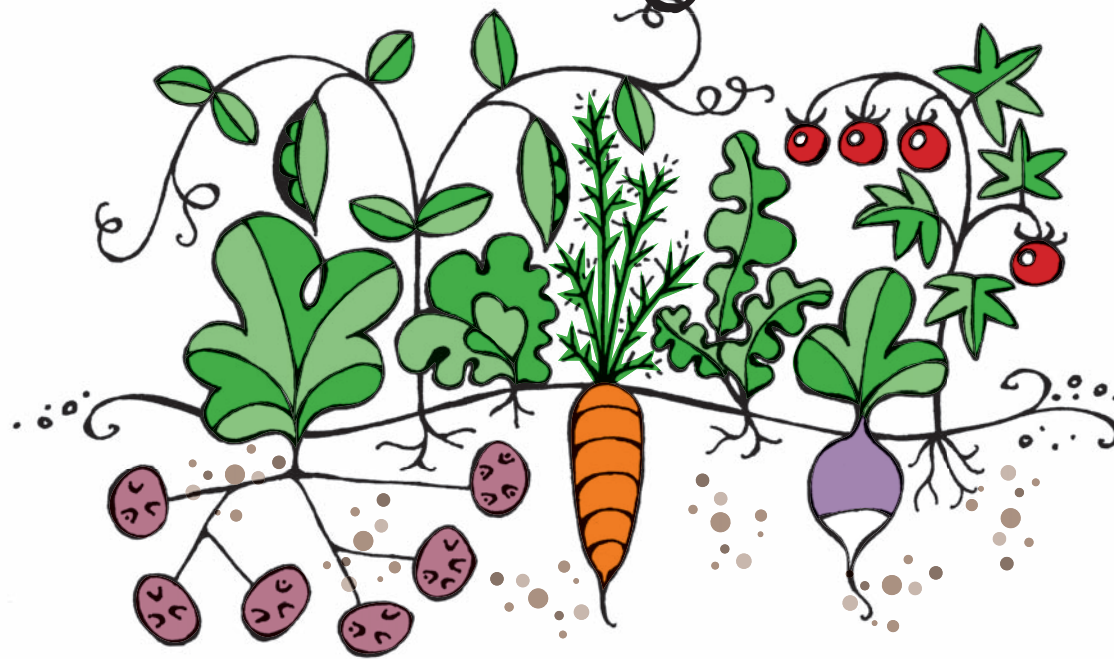


the West Coast Gardening Guide





the West Coast Gardening Guide

Using this guide

The West Coast Gardening Guide was written to help gardeners living on the west coast of Vancouver Island start growing some of their own food. Although it targets the new gardener, the month-to-month guide is a helpful resource for gardeners of all levels. The space for notes helps you customize this booklet. Record your successes as well as tips and ideas for the next growing season.

Remember this booklet **is just a guide**. Changing weather conditions, differing seed sources, soil conditions, and your experience as a gardener will all affect your gardening efforts. Learn from your own successes and from fellow gardeners, too.

What the symbols mean



Sow seeds directly into an outdoor garden, as long as the soil is not frozen or waterlogged.



Sow seeds indoors in flats or small pots. All plants other than those that need heat (e.g., tomatoes), can eventually be planted out in the garden. Heat-loving plants should eventually go in the greenhouse.*



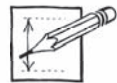
Plants that need to be in a greenhouse. (Heat-loving plants, but also plants sown early or late in the season.)



Sow seeds directly into an outdoor garden, for late fall, winter, early spring harvests.



Garden chores.



Planning your garden.



Ideas for using your garden produce.

*For tips on growing your own seedlings, see page 7.

The basics:

Know Your Soil – As your plants grow they use the nutrients from the soil, so it is important to continue to feed the soil. One of the best things you can add is compost. (For tips on starting a compost pile, see page 6.) Shredded leaves, seaweed and well-rotted manure also add nutrients and create a rich, light soil.

At times, you may also want to add some other nutrients to the soil, such as dolomite lime, bone meal, or a slow-release organic fertilizer. Seed packages, seed catalogues, gardening books and other gardeners can provide tips on when and how to fertilize, but a rich, healthy soil is the best place to start. If it needs a boost, organic fertilizers can help.

Know Your Zone – Much as it would be great to grow melons, peaches or corn on the west coast, with our cool, moist climate, it is a challenging task. Understanding the local climate and matching it with the best seeds and plants for our region is the first step to a successful garden. Growing regions are defined by the minimum temperatures. The west coast is usually categorized as Zone 9 (minimum temperatures between -7°C to 1°C [19°F to 30°F]), although the zone number can vary depending on the source. The main thing to consider is that although the west coast has a mild climate, it is very wet and there are days where the fog doesn't burn off until noon. As well, even after a warm day, summer evenings can be cool. This makes it a challenge to grow heat-loving plants such as tomatoes outdoors. But many plants love the cool weather and gardeners have learned to extend the growing season – and introduce heat-loving plants – by using greenhouses and even simple covers. (For more on ways to protect plants, see page 7.)

The vegetable gardens on Stubbs Island are planted in large raised beds. A retractable plastic “roof” on top of the beds helps extend the growing season and provides protection during extreme cold or excessive rain.

Where to Plant – Plants will grow just about anywhere – an old wheelbarrow, a plastic bucket, a clay pot on your deck, or in a garden bed. Regardless of where you put them, plants will not be happy if their roots are waterlogged. All planters and garden beds must have **excellent drainage**. If you use a container, ensure that holes in the bottom allow water to drain through.

On the west coast, most gardeners use “raised beds.” This could be a frame filled with soil or even just soil that is mounded up. The bed could be 15 cm (6 inches) high or it could be one metre (3 feet) high. The higher the bed, the better the drainage, the happier the plants (and your back). (If you do use boards to build a bed, try to avoid pressure treated or painted wood.)

Plants also need **sun exposure**. When you build a garden bed, take the best advantage of the sun. If you can, ensure your garden is exposed to the south. Try to avoid locating it near tall buildings, trees or fences, which may provide too much shade.



The basics:

Where to Plant continued...

With the west coast's high winds and heavy rains, it is also important to try and provide **protection from the weather**, especially if you plan on having a winter garden. This could be as simple as planning your garden near the south side of a building or low wall. Roof overhangs also provide some protection. For more on using simple garden covers, see page 7.

How (easy) Does Your Garden Grow?

Gardening on the west coast can provide you with good food and exercise, but sometimes gardening can be an exercise in frustration. If you are a new gardener, consider starting with plants that are easier to grow. Although every gardener has different levels of success, these are the plants that grow on the west coast.

Easy: most leafy greens (arugula, chard, kale, lettuce, mesclun, mustard greens), artichokes, beans (bush and pole), beets, blueberries, carrots, garlic, gooseberries, green onions, parsnips, peas, potatoes, radishes, rhubarb, strawberries, most herbs.

Moderate: broccoli, Brussels sprouts, cabbage, cauliflower, cucumber, currant, dill, fava beans, kohlrabi, leeks, onions, raspberries, spinach, summer squash, turnips.

Challenging: tomatoes, peppers, squash, basil, winter squash, soy beans, fruit trees

Situating a Greenhouse

The best location for a greenhouse has:

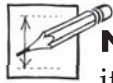
- level ground
- good drainage
- maximum exposure to sunlight
- protection from things that might damage it, such as falling branches, strong winds, wayward baseballs
- a handy location; the more you see it, the more you'll use it!

For Greenhouse Growers

A greenhouse extends the growing season on the coast, allowing you to start earlier and end later. A greenhouse also allows you to grow crops that love the warmth, such as tomatoes, cucumbers, peppers, grapes, and perhaps even some small melons. All of the plants in this growing guide can be grown in a greenhouse, but there are a few things to consider:

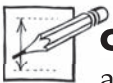
- **Space** – Plants that take up a large amount of space and are probably not the best use of your greenhouse space. Cauliflower, potatoes and cabbage, for instance, grow very large and will do just fine in the cool of an outdoor garden.
- **Heat** – A greenhouse allows you to start crops early in the year, but some will “protest” when it gets too hot. Peas, carrots, spinach, lettuce and most leafy greens will do fine in a greenhouse during the spring, but should be outdoors during the summer.
- **Overheating** – On a hot summer's day, a greenhouse can become too hot. Ensure good air flow during the warmest days of the year.
- **Water** – You and a hose or watering can are the only sources of water for a greenhouse, so make sure plants get a thorough watering on a regular basis.

December/January



Make a Garden Map – Before you put in your seed order, it is a good idea to create a garden map. Measure the space you have to work with, how much room you will need for each crop and sketch out your garden on a piece of graph paper. (Seed catalogues and gardening books provide information on spacing.) Remember that a location can be home to different crops throughout the year. A spring seeding of peas, for instance, can be replaced by beans later in the summer when the soil has warmed (and your peas are eaten). Early crops of radishes can be followed by early plantings of spinach, then by carrots.

Save your map for next year. This will help you with crop rotation. It is important to rotate the planting location to avoid the build-up of disease. Carrots, for instance, can get carrot fly, so it is important not to plant your carrots—or its relatives, celery and parsnips — in the same place each year. Gardening books and on-line resources will provide you with more information on crop rotation.



Order your seeds – Many gardeners plan their gardens and order seeds early in the year. It is often tempting to order a lot of seeds and before you know it you may have a very long, and very expensive, list! If you are just getting started as a gardener, it is best to talk to other gardeners. Learn about the varieties that work in your climate and soil. Staff at local garden shops are also a great resource and can help you select seeds that are appropriate for your garden.

Seed catalogue codes:

GM – seeds have been genetically modified

Organic – seeds that come from an organically-grown plant

HA – hardy annuals (plants that can be sowed in the spring and can stand some frost)

HHA – half-hardy annuals (plants that can be sowed in late spring and are killed by frost)

BI – biennial (plants that are sowed in early spring and survive through the winter)

HP – hardy perennials (plants that can overwinter without protection in some climates)

HHP – half-hardy perennials (plants that can overwinter if they are protected by a cover or brought into a greenhouse)



Add Lime to Your Soil – Heavy rainfalls can leach the soil of nutrients, making the soil acidic. To balance this out, sprinkle lime on your garden beds. (Coarse dolomite is a good source of lime.) Avoid areas where you will plant potatoes, strawberries and blueberries. These plants prefer an acidic soil. You can lime your soil anytime in the winter and early spring.



Feed Your Soil – Winter is a great time to build up your soil. Add mulches that will create rich, natural humus, which plants love. Natural mulches include shredded leaves, grass clippings, straw and seaweed.



Build a Compost Bin – Food scraps and garden waste are free sources of organic matter for your garden. All you need to do is compost them, letting them rot or compost into a rich, nutrient-rich soil. Most hardware stores sell composters, but you can also make your own. A basic composter could simply be a pile, but it’s better to build some sort of structure to contain the compost. It could be a circular cage of chicken wire or wire fencing or several wooden bins. Having a system with a few bins allows you to have bins with compost at different stages of “readiness.” With a bit of searching on-line you will have lots of ideas to choose from. The Composting Hotline is a great place to start: www.cityfarmer.org/homecompost4.html

You could also use a worm composter (also called a vermicomposter), which can be kept indoors. Worm composters are fun for children, don’t take up too much space and have the added benefit of being bear proof since you can keep them indoors. You can purchase worm composter kits at most gardening shops or hardware stores.

notes: _____

Composting 101:

- Ensure the bin has good air circulation.
- Ensure the bin is protected from excessive rainfall.
- Turn your compost regularly.
- Add layers of green and brown materials.*
- **Do not** include any meat or fish; fat or grease; peanut butter; dairy products; food cooked with sauces; dog or cat waste.

***Greens and Browns:**

Greens: fruit and vegetable waste, grass clippings, weeds (without seeds) and garden clippings, eggshells, coffee grounds, tea bags, waste from small pets, such as rabbits, guinea pigs and hamsters.

Browns: fallen leaves, hay, straw, shredded cardboard or paper, cardboard rolls from toilet paper and paper towels, paper plates, paper bags, paper towels, twigs, bark, pine needles, dryer lint, cardboard egg cartons.

Bear-proofing Your Composter

On the west coast we have the added composting challenge: bears. Following the tips listed above will help reduce the smells associated with composting, but bears may still find your compost bin. If they do, stop using it for awhile until you are sure the bears have moved on. Dig any compost in the bin deep into your garden.

February



broad (fava) beans, peas, radishes



oriental greens, peas, radishes



leeks, lettuce, oriental greens (e.g., bok choy), peas, spinach, sweet onions. (Note: Transplant to an outdoor garden when the soil warms.)



leeks



Build some protective covers. Even if you don't have a greenhouse, using some simple protective covers in your outdoor garden can protect tender seedlings and extend the growing season. These will provide some warmth, protection against frost and heavy rains.

The simplest cover is a large sheet of clear plastic sheeting. You can drape it over your plants during frosts or heavy rains. The plastic should be supported on some sort of frame, such as one constructed from chicken wire, wood or PVC pipes. Weigh down the corners of plastic sheet with bricks or rocks.

Floating row covers – a light type of fabric – also can be used to protect tender plants from frost and also from insects. Check in garden centres or garden catalogs for other forms of plant protection.





Clean and sharpen tools.



Prepare and feed your soil if you haven't already done so. (See January.)

Growing Seedlings Indoors

You can give many plants a boost on the growing season by starting them indoors, either in your house or a greenhouse. If you can, use small pots and a light potting soil, rather than garden soil, for the seedlings. (You can buy commercial potting soil or create your own. See the recipe below.) This symbol  gives you a guide for when to plant seeds indoors. In general, once the plants have about four leaves open, they are ready to "harden off" in preparation for being transplanted into the garden. To harden off the seedlings, put them outdoors during the day only for about 10 days. Bring the seedlings in each night and make sure they are out of the wind and extreme heat during this period.

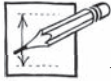


Soil for Seedlings


This is a great soil-less mixture to start your seedlings in.

- 1 part coconut coir fibre or peat**
- 1 part vermiculite
- 1 part perlite

**** If you can find coir, use it instead of peat. Coir is made from coconut husks, a sustainable resource.**



Storing Your Seeds – Store all of your seeds in a place that is cool and dry. An airtight plastic container (i.e., Tupperware) is a good choice. Keep it in a cool location, away from sunlight. Do not store seeds in the refrigerator or freezer. If you have a small desiccant package add it to the box. (They often come with shoes or in vitamin containers.) You can also put a teaspoon of dried milk powder in a tissue, secured it with a twist tie. This will also act as a desiccant to keep the seeds dry.



Stewed Rhubarb
 Rhubarb is one of the earliest plants to poke up out of the ground in winter. Stewed rhubarb is a healthy treat for breakfast or dessert.
 Harvest several stalks by gently twisting on them.
 Chop the stalks and add to a pot with a small amount of water.
 Steam the rhubarb until soft.
 Add sugar, honey or a sugar substitute to taste.



Plant to Know

Oriental Greens Pac choi, sui choi and komatsuna are three kinds of oriental greens. These leafy plants are easy to grow and like the cool west coast climate. They are great for adding to salads or stir-fries.

West Coast Fruit

The west coast climate is not warm enough for heat-loving fruits, such as cherries or peaches, but several fruits do quite well. Watch plant nurseries for small fruits such as strawberry, blueberry, rhubarb, currant, gooseberry and raspberry plants. Some west coast growers also have success growing apple and plum trees, and concord grapes do well in greenhouses.

notes: _____

March



arugula, broad (fava) beans, corn salad, kale, collards, leeks, lettuce, oriental greens, peas, radishes, spinach. (This early in the season you will have better success if you protect your plants from wind and excessive rain. For ideas, see page 7.)



arugula, corn salad, lettuce, oriental greens, peas, radishes, spinach



broccoli, cabbage, cauliflower, fennel, leeks, lettuce, onions, parsley, peas, peppers



leeks

If the weather is not too extreme, you can also plant out seedlings of broccoli, cabbage, cauliflower, fennel, leeks, lettuce, oriental greens, spinach, and strawberries. Ensure the plants are hardened off before putting them in the garden, and keep them covered on all but the warmest days.

Your Winter Garden

The mild west coast climate means that some plants can grow well into the late fall and even through the winter. It takes planning to have a winter garden though. Seeds are planted earlier in the year so that they are well-established by the time their growth starts to slow in the fall. This icon tells you what seeds to plant, when. You might want to reserve one garden bed solely for your winter garden.



Plant to Know

Broad (fava) beans are hard workers. Not only are they edible, but they help add nitrogen to your soil. If you plant these seeds in the spring, you'll be harvesting them by July or August.



To cook fava beans, remove the seeds from the pods. Add them to a pot of boiling water and cook for about 5 minutes. Remove the beans from the pot and add them to a bowl of ice and cold water. When they're cool, gently remove the tough outer coating of each bean. This leaves you with a bright green bean that is great on its own, or added to salads, stir fries and soups.



Fava Bean Salsa

Mince in equal parts the following ingredients
(Adapt the recipe with what you have on hand.):

fava beans
artichoke hearts
kalamata olives
garlic

Add to taste:
lemon juice
olive oil
salt and pepper

notes: _____

April



arugula, broad (fava) beans, beets, broccoli, cabbage, carrots, fennel, kale, collards, kohlrabi, leeks, lettuce, onions, oriental greens, parsnips, peas, potatoes, radishes, spinach, swiss chard, turnips. (Note: You can also plant out seedlings of any of these plants now, but remember to cover seeds & seedlings if it gets too wet.)



broccoli, cabbage, cauliflower, leeks



swiss chard, celeriac, parsley



Check your garden for slugs. Spring is a good time to check for (and destroy) slug eggs, which are small, whitish balls that look like tapioca. Slugs love the wet west coast, so do regular checks and eliminate hiding places (boards, debris, etc.) near your garden. Some gardeners have success keeping the slugs away by creating a barrier of crushed eggshells, coffee grounds, and even crushed clam or oyster shells, around plants. Non-toxic slug bait (such as Safer's brand) is also an option.



Plant to Know

Arugula is one of the easiest greens to grow on the coast. High in vitamins A and C, this green has a slightly nutty or peppery taste and is a great addition to salads and sandwiches.

Your Potato Patch

Potatoes grow well on the west coast, but the soil needs to be well-drained before you plant. Potatoes can go in at the beginning of April. (Some gardeners use the blooming of daffodils as the signal to plant their potatoes.) To plant, dig a hole or trench and place the tubers about 10-15 cm (4-6 inches) deep about 30 cm (1 foot) apart. Cover with a layer of soil. As the plants grow, continue to cover them with soil each time green growth appears. Eventually the potato plant will be growing out of a mound.

Potatoes are ready to harvest when the foliage begins to die back, although you can harvest "new potatoes" about two months after planting.

If you love potatoes, ensure you have enough for the season by planting a new crop at least once a month. If you time it right, you can start eating new potatoes in the early summer and will still be harvesting them into October.

notes: _____

May



arugula, beans (bush and pole), beets, broad beans, broccoli, cabbage, carrots, celery, fennel, kale and collards, kohlrabi, leeks, lettuce, onions (scallion), oriental greens, parsley, parsnips, peas, potatoes, radish, spinach, Swiss chard, turnips, zucchini. (You can also plant out seedlings of broccoli, cabbage, cauliflower, leeks, onions and parsley.)



beans, Brussels sprouts, cauliflower, cucumber, pumpkins, squash (e.g., zucchini), tomatoes.



cucumber seedlings, tomato seedlings



celeriac, parsley, Swiss chard

Planting in Containers

Regardless of available space, you can probably grow some food, especially if you use containers. A bit of space on a kitchen windowsill or on a deck or balcony, gives you space for a mini garden. Here are a few tips:

- All containers need good drainage, so poke drainage holes before planting.
- Match the container to the plant. Large plants, or those with long roots (such as carrots), require larger containers.
- Keep the containers well watered, especially during hot spells. At times, they may need to be watered twice a day.
- If possible, avoid using garden soil in pots. It is too heavy and can compact making it tough for growing plants. A lighter potting mix is better.
- Feed your plants using a slow-release organic fertilizer.



Plant to Know

Celeriac is a big white root that is fairly easy to grow.

It has a mild, celery-like flavour and can be cooked like a potato (boiled, roasted, scalloped, etc.).



Celeriac Mash

*Dice a celeriac root or two.
Boil it up with a potato or two.
When soft, mash.
Add milk, butter and seasoning as desired.*



Plant to Know

Kohlrabi is a great source of vitamin C, calcium and iron. It is slightly tangy (like a mild radish) and is great eaten raw or cooked. It's best not to allow kohlrabi to get too large before harvesting. The green leaves can also be added to salads. Kohlrabi should be peeled before eating.

*This recipe is easy to adapt. You

can substitute fennel, beets, or more kohlrabi or carrots for cabbage. Plan on 2 to 3 cups of grated and sliced veggies. Add minced garlic, onion and ginger if you like. If

you don't have the dressing ingredients listed here, make your own mixture using mayonnaise, yoghurt or sour cream with a bit of vinegar and seasonings.



Kohlrabi Slaw

1 cup chopped or grated cabbage
1 or 2 kohlrabi bulbs, peeled and grated
1 stalk celery, sliced thin
1 carrot, sliced thin
1 green onion or 1 tablespoon grated white onion*

Dressing

*1/4 cup sour cream, yoghurt or mayonnaise
2 teaspoons sesame oil
2 teaspoons rice vinegar*



Pest Patrol

Most gardens will get some pests. Keep the soil and your plants healthy and happy with the right amount of light, water and nutrients. If pests do appear here are some simple, organic home remedies.



Simple Soap Solution

For: aphids, spider mites, whiteflies.
30 mL (2 Tbsp.) soap flakes
1 litre (4 cups) warm water

Dissolve soap flakes in water and apply directly to infested areas every 5 to 7 days. Note: Too much soap can cause burning on plants.



Garlic Oil Spray

For: aphids, spider mites, whiteflies.
10-15 cloves of minced garlic
10 mL (2 tsp.) mineral oil
600 mL (2 1/2 cups) water
5 mL (1 tsp.) liquid dish soap

Soak garlic in mineral oil for 24 hours. Strain garlic out and add water and liquid dish soap. Mix thoroughly. Spray plants with this solution.

Cabbage Moth Patrol

Plants such as kale, broccoli and cauliflower grow well on the west coast, but they attract a persistent pest: the cabbage moth. Try to catch the moths using a butterfly net (a great job for kids) and watch for the eggs and caterpillars on your plant leaves. (Squishing them is another great job for kids.)



Fungicide for Mildew and Black Spot

5 mL (1 tsp.) baking soda
1 litre (4 cups) water
5 mL (1 tsp.) soap flakes

Dissolve baking soda in 1 litre of warm water. Add soap flakes to help solution cling to leaves. Remove infected leaves from plant then spray top and bottom of remaining leaf surfaces to control spread of disease.

Sticky Traps

For: flying pests, such as fungus gnats and whiteflies
15 to 30 mL (1 to 2 Tbsp.) Vaseline
10 cm x 20 cm (4" x 8") plastic cards or cardboard
Waterproof yellow paint

Apply paint onto both sides of the card and let it dry. Once the paint is dry, apply Vaseline liberally over both sides of the card. Place the card just above the plant canopy.



Sowbug Traps

1 small plastic container with lid
30 mL (2 Tbsp.) cornmeal

Cut a small hole at the base of the container, large enough and close enough to the bottom to allow sowbugs to climb in. Place cornmeal in the container. Place container into an area infested with sowbugs. Replace the cornmeal frequently.

Recipes used with permission from: *A Year on the Garden Path: A 52-Week Organic Gardening Guide*, Revised Second Edition, Carolyn Herriot, 2011, Harbour Publishing.

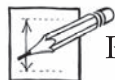
July



broad beans, beans (bush and pole), beets, broccoli, Brussels sprouts, carrots, cauliflower, kale and collards, kohlrabi, lettuce, onions (scallion), oriental greens, parsnips, peas, rutabagas, spinach, Swiss chard, turnips



arugula, beets, overwinter broccoli (e.g., sprouting broccoli), overwinter cabbage, carrots, fall and winter lettuce, kale, winter radish, rutabagas, spinach, Swiss chard, winter onions, scallions



Plan and plant your winter garden. (See notes from June.)



Plant to Know

Nasturtiums are one of the easiest flowers to grow in your garden. They come in a variety of colours and are edible, too. Chop up the leaves and petals to add a bit of colour and peppery zing to a salad. Some people pickle the seeds and use them in place of capers.



Plant to Know

Sprouting broccoli is a great, hardy plant to grow over winter. Rather than harvesting large central heads of broccoli, small “sprouts” of broccoli, grow throughout the fall and into the spring. Eat them steamed or raw or add to stir-fries and other dishes.



Plant to Know

Fennel

You may be familiar with fennel seeds, but you can also eat the bulb of the fennel plant. It has a slight licorice taste and is great grilled or roasted or even raw in salads. Try it in place of celery in recipes.



Orange and Fennel Salad

1 large fennel bulb, trimmed and thinly sliced
2 medium oranges, peeled and divided into sections
1 tablespoon olive oil
1 tablespoon red wine vinegar
salt and pepper
dried cranberries (optional)

Put the fennel and orange slices in a bowl. Mix the oil and vinegar together and add to the salad. Salt and pepper to taste. Sprinkle with dried cranberries.

notes: _____

August



arugula, carrots, corn salad, kohlrabi, lettuce, oriental greens, peas, spinach, Swiss chard, turnips.



arugula, corn salad, lettuce, kale, onions, oriental greens, spinach, winter cauliflower, onions (overwinter), winter radish



Saving Seeds

Save yourself money by letting some of your plants go to seed. This way you can gather and store the seed for next year.

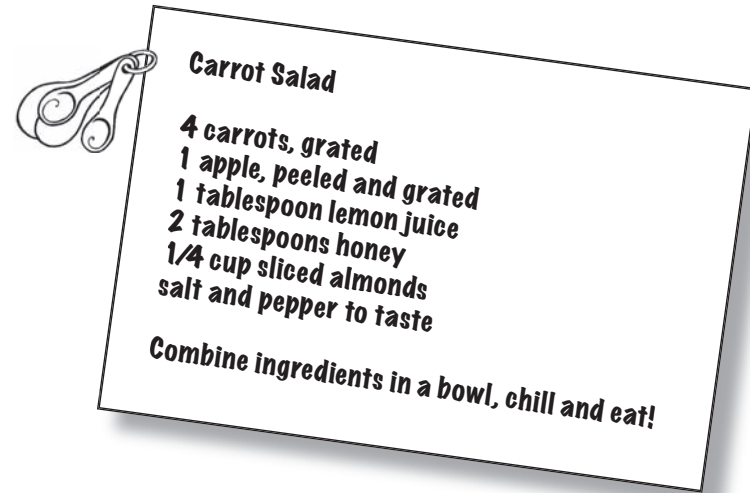
A few tips:

- Choose plants that are open-pollinated, rather than hybrid. (If you are unsure, check the seed packet)
- Leave the plants in the garden and leave the flowers on the plant. Eventually they will form a seed head or seed pod.
- Gather the seeds just before they are spread naturally by the wind or birds.
- Gather the seed from each plant in a different envelope or jar. Label it well.
- Dry the seeds by spreading them on dinner plates. Wait for them to dry thoroughly (at least two weeks) before storing them.
- Store the seeds in a cool, dry, dark area.



Plant to Know

Corn salad is an extremely cold hardy lettuce. It has a mild, nutty flavour and will continue to grow in your garden when it's become too cold for most other lettuces.



notes: _____

September



arugula, corn salad, kohlrabi, garlic, onions (scallions), radishes, spinach, turnips



lettuce, oriental greens, radishes



arugula, corn salad, onions (overwinter), winter lettuce



Plant a Tree

Fall and winter are good times to plant trees. They are dormant at this time of year and planting in the fall gives the trees time to settle and establish their root system. Small fruits, such as blueberries, raspberries, and strawberries, do best on the coast, but apple and plum trees have been grown with some success. Note that with apples, you need to have at least two different apple trees to ensure fertilization. Tips for planting trees:

- Dig a hole four times wider and a bit deeper than the size of the tree's root ball.
- Soak the hole with water.
- Carefully remove the tree from its pot or burlap sack, without breaking the roots.
- Position the tree in the middle of the hole and refill the hole with soil and some added well-rotted compost or manure.
- Use stakes to hold the tree upright.
- Tamp down the soil around the trunk and water well.



Plant Green Manures (Cover Crops)

Fall is a great time to plant green manures on your garden beds. These cover crops are left in over the winter and then dug under in the spring. They add nutrients and organic matter to your soil. They also help break down heavy soil with a high clay content.

Green manure crops include fall rye, broad (fava) beans, winter wheat, winter barley, alfalfa, buckwheat, white clover, oats, mustards, and *Phacelia*.



Maple Roast Parsnips

Preheat oven to 400°.
Clean your parsnip roots and slice lengthwise.
Place in a baking pan and drizzle with oil
Toss to spread the oil.
Drizzle with maple syrup and roast until
cooked through (about 30 minutes), stirring
once or twice.

notes: _____

October/November



broad (fava) beans, garlic, onions (scallion), radishes, spinach



lettuce, oriental greens, radishes, spinach



garlic



Put Your Garden to Bed

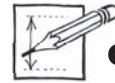
Once you have finished harvesting your garden, it's time for a bit of fall cleaning. Remove all plant debris and add it to your compost as long as it is free of disease. Do the same in the greenhouse and also take the time to clean and disinfect the panes. Remove any debris (such as boards or old pots) where slugs and other pests could overwinter.

Once your garden is tidied up and free of slug hideouts, give it a good cover. Grow a cover crop (see page 17) or cover the bare soil with leaves, seaweed, grass clippings, hay or another kind of mulch. When it's time to plant in the spring, just pull away the mulch and tuck your seedlings inside.



Plant to Know

Kale is one of the hardiest greens for the west coast garden. It grows well and is resistant to cold. It is very nutritious, too. Kale can be steamed, used in stir fries, eaten raw, dried and made into "chips," and even added in small amounts to smoothies, for an easy nutrient boost.



Companion Planting

As you plan next year's garden, consider putting particular plants close to one another. The chemicals in certain plants help fight diseases and repel insects in others. Here are some combinations to try:

- Garlic and chives near peas and lettuce.
- Nasturtiums near broccoli.
- Rosemary, thyme, sage, catmint near cabbages, cauliflowers, broccoli and Brussels sprouts.
- Pots of mints placed throughout the garden to repel cabbage pests and aphids. (Note: Keep mints in pots otherwise they can take over!)



Creamy Kale Soup

2 slices bacon (or 2 links of spicy sausage, like chorizo)
1 cup onion, diced
2 garlic cloves, minced
2 teaspoons flour
6 cups chicken stock

1/4 teaspoon dried chilies
2 potatoes
1 cup shredded kale
1 cup milk or light cream
parmesan cheese, grated

In a large saucepan, cook the bacon or sausage until crispy. Remove and put on paper towel. Drain away all but 2 teaspoons of fat from pan. Add onions and garlic and cook for about 5 minutes. Sprinkle with flour and cook about one minute. Add stock and chilies and bring to a boil. Add potatoes and cook until they can be easily pierced with a fork. Add kale and bacon (or sausage) and cook for about 5 minutes. Remove from heat and add the milk or cream. Stir, and add a sprinkle of cheese and enjoy!

Great Resources

The New West Coast Gardener: A Twelve Month Guide. By Elaine Stevens, et al., Whitecap Books, 2000.

A Year on the Garden Path: A 52-Week Organic Gardening Guide by Carolyn Herriot. Harbour Publishing, 2011.

West Coast Seeds Gardening Guide – www.westcoastseeds.com
This seed catalogue is full of great information for gardening on the west coast. They sell seeds that work in our climate and provide lots of great tips as well as a gardening calendar.

Year-Around Harvest: Winter Gardening on the Coast by Linda Gilkeson. Available from www.lindagilkeson.ca

The Zero-Mile Diet by Carolyn Herriot. Harbour Publishing, 2010.

Watch for the annual garden tour from the Tofino Community Food Initiative. The garden tour is usually held in the late summer and gives you access to all of the great gardens on the west coast.

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