



FRUITION'S GUIDE TO

SOWING AUTUMN ABUNDANCE IN AUGUST

SEEDS, STRATEGIES
& SIMPLICITY

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WHY WE LOVE AUTUMN ABUNDANCE

Even as we're surrounded by the fruits of high summer, we're planning & planting to keep the harvest going deep into fall and well into winter. Here's why:

SO SWEET

It's not your imagination: carrots, parsnips, kale, brussels sprouts, even lettuce harvested a few weeks or more after the first frost has become dramatically more sweet and more tender in fall than any other season.

WHY?

Vegetables are made up of abundant fibers, long chains of carbohydrates

& complex starches, that give them the structure to grow larger.

Fun Fact! Sugar is nature's anti-freeze, so as the temps dip plants convert starches into sugars, protecting them from the cold. Sugar in freezing cells makes water freeze as slush rather than piercing, sharp edges (think of a snowflake), thus maintaining cell structure and survival, at least for a while..

Delicious!



READY, SET, SOW!

THE EASIEST SEEDS TO SOW FOR FALL

The cool temps of autumn convert starches to sugars, making these crops the sweetest & most tender of the season. Explore our planting chart to plan your sowing!

ROOTS

carrots, beets, classic & watermelon radish, turnip, kohlrabi, rutabaga

HERBS

basil, dill, cilantro, scallion, garlic & shallots

GREENS

kale, chard, lettuce (both mix & head), spinach (classic & asian), mesclun mix, chinese cabbage & pac choi, arugula, rapini/broccoli raab, short-day cabbage, mache, claytonia, endive, all chicory & radicchio

AND DON'T FORGET MY FAVORITE!

dwarf peas



CONTAIN YOURSELF!

SEEDS FOR FALL CONTAINER GARDENS

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5 GALLONS OR LESS

any baby leaf green from salad mix to basil, as cut-and-come-again greens

10 GALLONS

beets, paris market carrots, dwarf peas, full-size heads of lettuce, large kale & chard, brocoli & cabbage

15+ GALLONS

garlic, shallots, beets, paris market carrots, turnip, full-size lettuce, kale & chard, broccoli & cabbage.

We love to intercrop baby leaves (cilantro, salad mix) between the larger crops (kale, chard, broccoli).

DON'T FORGET YOUR FERTILITY!

The foundation of nutrition & abundance, compost is awesome & our organic granular mix online is exceptional slow-release fertility.



DIRECT SOWING

All roots are best direct-sown as are peas, cilantro, dill & baby salad greens from arugula to lettuce. Other crops we'll direct sow to enjoy the greens as we thin.

PROS

- ~ direct sowing is simple
- ~ requires less planning
- ~ thinnings = YUM!
- ~ no seedling care while you just want to swim
- ~ some seeds strongly prefer to be direct sown (all roots, cilantro & dill, peas)

CONS

- ~ more weeding required
- ~ thinning = essential
- ~ some seeds are easier to cultivate as transplants (rapini, broccoli, cabbage, kohlrabi, endive)
- ~ don't skimp on fertility

TRANSPLANTING FOR FALL

Anything larger than a leaf of baby salad we generally transplant to save us the weeding and thinning of direct sowing, especially when planted into mulch.

PROS

- ~ less weeding, especially when planted into mulch
- ~ maximize every seed
- ~ lessen time between harvesting intervals
- ~ transplants may be dunked in dilute fish emulsion for an easy boost of nutrients
- ~ some seeds are most effectively transplanted (kohlrabi, scallions, sorrel)

CONS

- ~ more planning required
- ~ more maintenance in seedling stage
- ~ stressed transplants often don't bounce back as quickly as direct-sown plants



SIDE-STEP COMMON MISTAKES

Here are lots of little things we've learned over the years to help our fall plantings go smoothly. Most of all, stay curious and be adventurous, Friends!

TIMING

~ sown too late, plants may not mature

~ classic spinach doesn't germinate consistently well until soil temps drop into the 60s or lower (often early September)

THINNING

~ un-thinned plants, especially roots, won't reach their full potential

~ thinnings are often delicious, and you're going to eat them anyway, so what are you waiting for?!



SOIL MAKES ALL THE DIFFERENCE

~ sow into moist (not wet) soil, ideally just before rain

~ add compost, Fruition's organic granular fertilizer or other fertility prior to planting, especially if you're following a heavy-feeding crop like garlic or beets

A LITTLE ROW COVER GOES A LONG WAY

~ cover freshly sown carrots and other crops with floating row cover to maintain even & ample moisture, warm the soil & hasten germination

~ floating row cover + hoops extend the season for all cold-hardy greens for weeks to months past frost, depending on the crop & season