

# Helping Your Garden Grow



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## What to plant for fall and winter

**W**e are blessed to live in the Napa Valley, and as gardeners, we are fortunate to be able to keep our gardens growing year-round. Most people assume that once the cucumbers and tomatoes are done, the season is over. Well, not me—fall and winter are a fun time of year to work the gardens, and some of the food you use most, like garlic and onions, start in the fall and go through winter.

So how do you start? Your tomatoes may just be coming on now with the cooler weather, so keep those around, but try a few pea seeds underneath the tomatoes where they can take advantage of the shade to get started. Once the tomatoes are done, cut the plant out with your pruners carefully so you don't rip out the peas, then add a few handfuls of compost and let your peas climb up the tomato cage. Do the same with your cucumber trellis. Be creative and double up spaces where you can, especially in a small yard.

You're probably getting tired of the summer squash, so it's time to get it out of the ground, replenish the soil with a few inches of good compost and drop in some broccoli or cabbage starts. Some other favorites are carrots, beets, kale, chard, and one you've maybe never tried: collard greens. The root crops will be ready before the frost, but the onions, garlic and greens will continue to go all winter, and love the little frost we get.



Don't forget to replenish the life in your soil with good finished compost and seed a good cover crop as well. The old corn patch sucks the nutrients up, so right before the first fall rain, get those fava beans in for a natural nitrogen

boost—or mix vetch and oats together for a green manure you can turn in to the soil next spring. Happy fall gardening!

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