



## NOTES FOR OCTOBER 2013

### October 2013 Notes

You can find us at two locations

712 S. Elam Ave, Greensboro

OR

Walker and South Elam Market

8am to 12 noon Saturday



336.543.4144

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### Winter and Fall Growing

Here in Greensboro, Fall and Winter growing is probably one of the more productive times of the year for greens. Many folks will add frost protection devices (like fleeces), but depending on your location this may not be necessary. I've had plenty of success planting greens in sunny locations, especially those that get morning sun. I've even had plants that have survived hard ice storms. It's all about the unfreezing. If plants unfreeze too quickly their cells will burst and die, but a slow warm up seems to help plants spring back from the deepest cold we get. In terms of planting out, repeat planting are also successful.

Here is my set out dates for transplants for field grown greens, including repeat planting dates. These dates are based on the average first frost of October 15 - which we are already past.

	SET OUT	REPEAT 1	REPEAT 2	REPEAT 3	REPEAT 4	REPEAT 5
SPINACH	15-OCT	29-OCT	12-NOV			
LETTUCE	15-OCT	22-OCT	12-NOV	29-OCT	5-NOV	
ARUGULA	17-SEP	24-SEP	22-OCT	1-OCT	8-OCT	15-OCT
SWISS CHARD	15-OCT	5-NOV	26-NOV			

Now is also the time to plant garlic and onion sets.

# market garden & nursery



**Elam Gardens**  
Plants for our neighborhood  
712 S. Elam Ave.  
Greensboro, NC 27403

## MOTHER OF THYME

### Type of Plant

Perennial plant approximately 3" tall that produces light pink flowers. Flowers very early in the year. Great as container plant, edging, or ground cover. Creeping evergreen plant. Good bee attractor and ideal for sauces, soups, vinegars, and other cooking.

### Where to Plant

Full sun to partial shade in poor to average, well-drained soil. Drought tolerant, and prefers neutral soils. Can be propagated by division or cuttings.

### How to Plant

In containers (6" deep), or in the ground.  
Space 6" apart.

### Harvesting

Harvest as required, trim from the top.

**Seed Source:** Elam Gardens

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## LEAF LETTUCES

### Type of Plant

Best grown under cool, moist conditions. Leaf lettuces will tolerate some frost.

### Where to Plant

Partial shade is ideal. Grows in almost any well-aerated, loose, fertile soil with lots of organic matter. Keep moist but not soggy. Prefers slightly acidic soil (pH 6+).

Avoid planting where radicchio, dandelion, artichoke, or escarole, have grown.

### How to Plant

In containers (4" deep, 4" diameter), or in the ground.

Space 4-6" apart. Mulch to suppress weeds.

### Harvesting

Harvest as desired. Younger leaves are sweeter. Harvest outer leaves and allow center to grow.

**Seed Source:** Elam Gardens

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## COS (ROMAINE) LETTUCE

### Type of Plant

Heirloom plant. Large, tasty heads lettuce with compact, dark green rosette of tall, upright leaves is slightly curly with white hearts and has a crisp, sweet flavor. Slow to bolt. Resistant to mosaic.

### Where to Plant

Grows best in full sun, but will tolerate partial shade and even appreciates it in spring in hot climates. Partial shade is ideal. Grows in almost any well-aerated, loose, fertile soil with lots of organic matter. Keep moist but not soggy. Prefers slightly acidic soil (pH 6+).

Avoid planting where radicchio, dandelion, artichoke, or escarole, have grown.

### How to Plant

In containers (4" deep, 4" diameter), or in the ground.

Space 4-6" apart. Mulch to suppress weeds.

For maximum lettuce size, space plants 18 inches apart in rows 18 to 24 inches apart.

### Harvesting

Romaine lettuce forms its characteristic mid-rib before harvest; at full size it makes an upright leafy clump.

**Seed Source:** Seed Savers

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## SWISS CHARD

### Type of Plant

Best known for vitamin rich leaves. Will last all year, and may even be overwintered. As the plant ages the leaves become a little more bitter.

### When to Plant

As soon as soil can be worked.

### Where to Plant

Does best in full sun (6+ hours, with morning sun the best), to partial shade. Water weekly and don't allow the soil to dry.

Avoid planting in places that previously had beet, spinach, orach.

### How to Plant

In containers (6" deep, 6" diameter), or in the ground.

Space 4-6" apart, depending on the fertility of the soil, and how much work you want to do.

Mulch deeply to keep weeds under control.

Water weekly, or twice weekly in hot weather. Needs more water for good leaf growth.

### Harvesting

Harvest as needed. Cut off each outer stem at the base with a sharp knife when leaves are 6-9" long.

**Seed Source:** Elam Gardens

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## CHINESE CABBAGE (NAPA)

### Type of Plant

Napa style cabbage with strong flavor.

### Where to Plant

Full sun (ideally 6 or more hours of morning to late afternoon sun). Keep moist.

Avoid planting in places that previously had kale, radish, arugula, broccoli, brussel sprouts, cress, or other brassiceae.

### How to Plant

In containers (6" deep, 9" diameter), bags, or in the ground. Space 18" apart.

Keep well-watered until the head starts to form, then cut back on watering so the heads do not split.

### Harvesting

When heads are firm, but not too hard. Cut just above the soil and they MAY re-sprout.

Typically ready in late May or early June.

**Seed Source:** Botanical Interest

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## GIANT ITALIAN PARSLEY (FLAT LEAVED)

### Type of Plant

Bushy, massive, thick stalked plant that can grow to 3 feet. Produces a continuous supply of large flat leaves with a strong flavor. Biennial in zone 7. Perfect for containers.

### Where to Plant

Full sun to partial shade. Ideally avoid strong afternoon sun.

Avoid planting in places that previously had carrots, celery, parsnips and other apiaceae.

### How to Plant

In containers (6" deep, 6" diameter), bags, or in the ground.

Space 6" to 12" apart, depending on the fertility of the soil.

Keep well watered, if they dry out they become bitter and may bolt to seed in the first year.

Mulch heavily for winter harvest, and early spring growing the next year.

### Harvesting

Cut outer leaves as needed. For a large harvest, cut off the entire plant slightly above tiny middle shoots.

**Seed Source:** Seed Savers Exchange

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## **ONION CHIVES**

### **Type of Plant**

The plants form neat grass-like clumps of tubular leaves that contribute an onion flavor to salads, creamy soups, potatoes, egg dishes, and others. A wonderful addition to an herb garden. Great for containers, and makes a colorful border. Provides light purple blooms in the spring that are also edible. Frost tolerant.

### **Where to Plant**

Full sun (ideally 6 or more hours of morning to early afternoon sun) to part shade ( 4 or more hours of sun) Water weekly and when trying to establish.

They grow well in containers alone or in combination with other long-lived herbs such as rosemary.

### **How to Plant**

For fast growth, plant in rich, well-drained soil; plants are tough enough to withstand poor soil, too; they just won't grow fast. Be sure that the soil drains well. They need little care other than watering until well rooted.

### **Harvesting**

As desired, cut and either dry, freeze or use the leaves. The more you pick, the more it will thrive!

The plants produce more leaves if you pinch off the flower buds.

**Seed Source:** Elam Gardens

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## **CHOCOLATE MINT**

### **Type of Plant**

Great dried or fresh. Easy to grow, and like all mints will spread. Will die back come first frost, and spring back to life. Loves morning sun and relatively drought tolerant when established. Blooms in late summer with lavender flowers that are also a good pollinator attractor.

### **Where to Plant**

Full sun (ideally 6 or more hours of morning to early afternoon sun) to part shade. Water weekly and when trying to establish.

### **How to Plant**

In containers (4" deep, 4" diameter), bags, or in the ground.

### **Harvesting**

As desired, cut and either dry, freeze or use the leaves. The more you pick, the more it will thrive!

**Seed Source:** Elam Gardens

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