**VIRL Library Seminar: Winter Vegetables Gardening**

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***When to Plant Calculator***

1. When is Frost Date?
2. When do I want to harvest? (Jan? Feb? Cut and come again, Nov-Feb? Hungry Gap? Overwinter for early spring? Under cover?)
3. Days to Harvest (from seed packet)   
    + Days from seeding to transplant  
    + Fall /winter slow-down (2 weeks/14 days)

= Planting window (# days)

4. Count backwards from planting window  
 = Planting window dates (within a week, maximum)

For frost-tender crops:

1. + Frost Factor (crop must mature 1 week before frost date unless in heated greenhouse)

= Planting Window

… If using cloches, cover tender crops 1 week before frost to keep soil warm

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***These plants don't tolerate hot weather***

* Asian “cabbage” group  
  (bok choi, sui choi, etc.)
* Sprouting broccoli
* Brussels sprouts
* Carrots
* Cauliflower
* Kale
* Peas
* Kohlrabi
* Lettuce & delicate-leaved salad greens
* Radishes
* Swiss chard
* Spinach

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***Good Vegetables & Herbs for Winter Sowing Technique***

(Note: if crop or flower is tender, use a greenhouse, seedling mat with cover, or start in March-April

* Arugula
* Asian Greens
* Beets
* Bok Choi
* Broccoli & calabrese
* Cabbage
* Cauliflower
* Claytonia (miner’s lettuce)
* Collards
* Cress
* Edible flowers   
  (e.g., borage, calendula, nasturtiums, pansies)
* Fava beans
* Kale
* Leeks
* Lettuce
* Mustard greens
* Peas
* Radish
* Scallions
* Spinach
* Spring Onions Perennial  
   herbs & food crops

***VIRL Book List: Winter Vegetables***

**(click on link to go to VIRL site to order title)**

[Growing Winter Food: How to grow, harvest, store, and use produce for the winter months](https://search.virl.bc.ca/iii/encore/record/C__Rb1454500__SWinter%20gardening.__Ff:facetcollections:0:0:Adult::__P0,1__O-date__X0?lang=eng&suite=def) *by Linda Gray*

UK author. Book organized by crop type, and emphasizes cultivation advice, nutritional values, storage

techniques and recipes.

a. [Backyard Bounty: The complete guide to year-round organic gardening in the Pacific Northwest](https://search.virl.bc.ca/iii/encore/record/C__Rb1394216__SWinter%20gardening.__Ff:facetcollections:0:0:Adult::__P0,9__O-date__X0?lang=eng&suite=def)

b. [Year-around Harvest: Winter Gardening on the Coast](https://search.virl.bc.ca/iii/encore/record/C__Rb1151662__SWinter%20gardening.__Ff:facetcollections:0:0:Adult::__P1,25__O-date__X0?lang=eng&suite=def) *by Linda A. Gilkeson*

Canadian author, consultant and teacher (PhD entomologist, formerly with BC Ministry of Agriculture)

living on Salt Spring Island. Complete guide for local gardeners in Island climates.

[Winter Gardening in the Maritime Northwest: Cool-season crops for the year-round gardener](https://search.virl.bc.ca/iii/encore/record/C__Rb1171068__SWinter%20gardening.__Ff:facetcollections:0:0:Adult::__P0,17__O-date__X0?lang=eng&suite=def) *by Binda Colebrook*

American author with experience in both East Coast winters and Washington State. Book emphasizes how

inland gardeners can adapt to maritime winter gardening, choosing

cultivars, and how to take advantage of mini-climates

a. [The year-round vegetable gardener: How to grow your own food 365 days a year no matter where you live](https://search.virl.bc.ca/iii/encore/record/C__Rb1178873__SNiki%20Jabbour__P0%2C2__Orightresult__U__X4?lang=eng&suite=def)

b. [Growing Under Cover: Techniques for a more productive, weather-resistant, pest-free vegetable garden](https://search.virl.bc.ca/iii/encore/record/C__Rb1556533__SNiki%20Jabbour__Orightresult__U__X4?lang=eng&suite=def)

*by Niki Jabbour*

Canadian author and radio host Nova Scotia. Books have won awards from American Horticultural Society.

[How to grow winter vegetables](https://search.virl.bc.ca/iii/encore/record/C__Rb1157852__SWinter%20gardening.__Ff:facetcollections:0:0:Adult::__P0,20__O-date__X0?lang=eng&suite=def) *by Charles Dowding*

UK Author. Book promotes no-dig methods, emphasizes planning.

a. [The Winter Harvest Handbook: Year-round vegetable production using deep-organic techniques & unheated greenhouses](https://search.virl.bc.ca/iii/encore/record/C__Rb1123269__SWinter%20gardening.__Ff:facetcollections:0:0:Adult::__P1,28__O-date__X0?lang=eng&suite=def)

b. [The New Organic Grower: a master’s guide to tools and techniques for the home and market gardener](https://search.virl.bc.ca/iii/encore/record/C__Rb1181128__SEliot%20Coleman__P0%2C3__Orightresult__U__X4?lang=eng&suite=def)   
 *by Eliot Coleman*

American author in New England, but these techniques and methods are very relevant to all climates. Books

emphasize science-based methods, commercially tested techniques, multiple cultivar choices, with many

greenhouse and in-ground gardening methods. One of the most thorough, easy to read authors on the subject.

[Year-round Gardening: Growing vegetables and herbs, inside or outside, in every season](https://search.virl.bc.ca/iii/encore/record/C__Rb1482449__SGreenhouse%20gardening.__P0,3__O-date__X0?lang=eng&suite=def) *by Lena Israelsson*

Swedish author and journalist. Book emphasizes techniques and cultivars for vegetables and herbs using

outdoor and indoor environments for success in harsh climates.

[The Greenhouse & Hoophouse Grower's Handbook: Organic vegetable production using protected culture](https://search.virl.bc.ca/iii/encore/record/C__Rb1332565__SGreenhouse%20gardening.__P0%2C9__O-date__X0?lang=eng&suite=def)

*by Andrew Mefferd*

American author. Book focuses on all types of enclosures, emphasizing economic and energy efficiency of

various types of enclosures.

***Winter Vegetables: Reliable Websites***

**(click on link)**

**DIY calendar by Garden Focused**  
<https://www.gardenfocused.co.uk/adjust-dates-uk.php>  
 A UK site with **on-screen, interactive DIY planting calendar**! On this page, click on “specials” and the DIY calendar allows you to enter Nanaimo and Victoria. Just save the file or print.  
 **Linda Gilkeson**  
[www.lindagilkeson.ca](http://www.lindagilkeson.ca/)   
 Current, science-based, and local. A true gardening guru offering books, tips, workshops, and e-mail newsletter. Her information is specific to our area, and she has publications focused on year-round gardening. She also offers non-chemical methods of pest control, all from a career entomologist. Highly recommended!  
  
**Heritage Harvest Seeds**  
<https://www.heritageharvestseed.com/Heirloom-Vegetable-Seeds-c23980949>  
 One of the best Canadian sources for reliable, non-GMO heritage varieties for every season. Flavour and reliability of these cultivars is unmatched. Well-priced packages. Note: many heirloom vegetables have a naturally lower germination rate, so plant a few extra to trade with a friend or share with your local community garden, to get variety. Order now for next year as they run out early in the season.

**West Coast Seeds**  
<https://www.westcoastseeds.com/>  
 Local, reliable, many organic seeds, planting tables, and some of the best articles on every variety of winter vegetable proven successful in our area. Packages can be a pricey, but seed quality is high so last past fresh date. Trade with a friend or share with your local community garden, to get variety  
  
**Gardeners Path**  
<https://gardenerspath.com/plants/vegetables/best-crops-for-fall/>  
 An American site with a good overview of winter crops. Interactive pages to learn about individual crops. The websites also provides easy and practical articles on all aspects of gardening. Emphasizes non-chemical methods for pest control.   
  
**My Productive Backyard – over-winter potatoes**  
<http://www.myproductivebackyard.com.au/autumn/autumn-potato-growing/>   
 An Australian site, so a different viewpoint, yet with many good articles and tips on winter urban gardening in a climate similar to ours.

**Winter Sowing**[Fairfax Virginia Master Gardeners](https://fairfaxgardening.org/?s=winter+sowing)

DIY techniques for winter sowing, for overwintering/very early harvests in spring. Page is an overview only. For an in-depth explanation, click on PDF link at bottom left column for very good DIY on the subject.