

Things to Consider

Grow what you like!

There are so many vegetables to choose from but don't go crazy. Go what you like to eat.

Try only a few vegetable or herbs you are unsure about. The last thing you want is to not have time or space to care for your plants because you planted too much!

Placement

If possible, place your containers near a wall of your home. The wall will give off a little radiant heat and help keep your veggies a little warmer during cool fall nights.

Potting Soil

Choose a light, peat based potting soil. Look for the term `potting soil` or `container soil` when shopping.

This will help keep the weight of your garden down and will help your containers to hold moisture well.

A little bit about...



Green Venture is a community-based, non-profit organization committed to helping Hamilton-area residents live more sustainably where they live, work, and play.



The Hamilton Community Garden Network (HCGN) is a working group composed of community garden organizers, members, and supporters promoting community gardening in Hamilton.

Small Space Gardening



Growing Container Vegetables in the Fall



Learn more at:
www.hcgn.ca



What to plant?

There are many vegetables that like to grow in cooler conditions, making them perfect for fall planting.

Below are some vegetables you can begin growing late summer and into the fall.

Brassica Family

Kohlrabi
Rapini or Broccoli
Rabe/Raab
Kale
Turnip
Pak Choy or Bok Choy
Chinese Cabbage
Collards
Mustard Greens
Cress (upland)
Arugula
Radish

Greens

Mache or Corn Salad
Spinach
Mesclun Mix
Lettuce

Other Veggies

Carrots
Beets
Swiss Chard
Green Onions
Peas

Growing in Cool Weather

Sometimes it's necessary to protect your plants from the cool weather or an impending frost.

Row Cover

A light-weight fabric that lets light through but protects the plants from insects and cool weather.

Be careful using row cover if it is still hot because it also traps in heat.

You can use a light bedsheet as a quick replacement for a row cover if you need to protect your crops in a pinch.

Cloche

A cloche is a dome used to cover a plant and protect from frost.

Although normally made from glass, half a 2L pop or juice bottle works very well.

Cold-frame

Like a mini greenhouse, a cold-frame warms in the sunlight. It can be built using old windows or sheet of plastic.

Sprouts

Sprouts can be grown all year; they are super easy to grow and don't even require soil! You just need a glass jar, seeds and some counter space.

Basic Process:

1. Place seeds in jar and soak in water
2. Rinse seeds (use cheese cloth or mesh to hold seeds in jar when rinsing)
3. Rinse seeds twice a day and leave jar tilted on its side to drain
5. After about 5 days eat and enjoy some fresh sprouts!

Good for sprouting:

Alfalfa Radish Lentil
Mung Bean Garbonzo Bean

Micro-Greens

Similar to sprouts, micro-greens can be grown anytime of year.

Micro-greens are different than sprouts because they are grown in soil.

Plant seeds in soil and let them grow until the plants are about a week old.

Harvest with scissors and enjoy.

Good for micro-greens:

Peas Sunflower Popcorn