

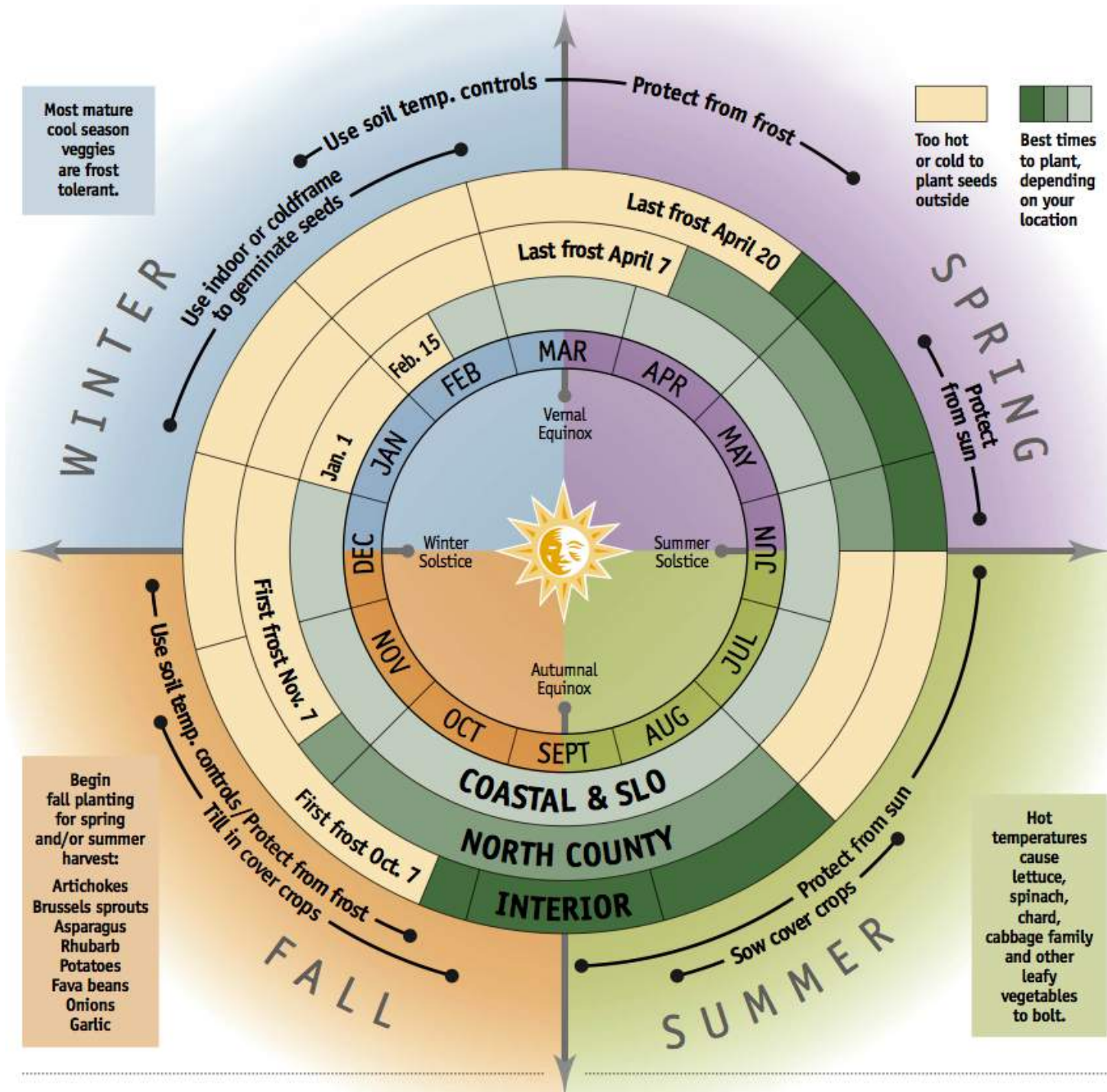
## UC MASTER GARDENER PROGRAM OF SAN LUIS OBISPO COUNTY



The UC Master Gardener Program is a public service and outreach program under the University of California Division of Agriculture and Natural Resources (UC ANR), administered locally by participating UC Cooperative Extension offices (UCCE). Our mission is to extend research based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California.

### VEGETABLES: COOL SEASON PLANTING GUIDE FOR SAN LUIS OBISPO COUNTY Created by Johannah Varland, Master Gardener

Plant cool season veggies during the months in the shaded area, according to your location. Use the frost dates and average days to maturity for each vegetable to determine planting and harvest dates. Extend seasons by protecting from frost or summer sun, and use soil temperature controls such as mulch and wind protection



## Cool Season Vegetables

### The Plan

*Things you'll need to plan your garden:*

Calendar

Journal

Frost Dates

Average seasonal temperatures

Days to germination for selected seeds

Days to maturity for each crop

Recommended planting dates

How will you use the produce?

How many people will be enjoying the produce?

### ROOT

beet  
carrot  
garlic  
leek  
parsnip  
radish  
rutabaga  
shallots  
turnip

### STEM

asparagus  
kohlrabi  
potato  
rhubarb

### IMMATURE FLOWERS

artichoke  
broccoli  
cauliflower

### LEAVES

bok choy  
brussel sprouts  
cabbage  
celery  
chard  
cilantro  
Chinese cabbage  
chives  
collards  
endive

### LEAVES

lettuce  
mustard greens  
parsley  
spinach  
watercress

### FRUIT

fava beans  
snow peas

### CHARACTERISTICS OF COOL SEASON VEGETABLES

- Grow best in average temperatures of 55 – 75 degrees
- Will tolerate slight frost when mature
- Food value is higher per pound than warm season vegetables because edible parts are the vegetative parts rather than the fruit
- Most have shallow to medium root systems making them well adapted to small gardens or container gardens
- Can be grown all year in temperate zones
- Can be grown in most zones with shade in summer

#### Frost Protection:

- Cover individual plants with cut-off plastic bottles or cardboard cones
- Start seedlings in coldframes

#### Warm Soil Temperature:

- Cover soil with dark plastic;
- Shield plants from wind

#### Cool Soil Temperature:

- Cover soil with organic mulch
- Use shade structures to shield from sun and wind

#### FROST DATES:

	<u>First Frost</u>	<u>Last Frost</u>
Interior	Oct. 7	April 20
North County	Nov. 7	April 7
Coast/SLO	Dec. 31	Feb 15

References: Compiled from the Master Gardener Handbook 12/2005

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GARDENING QUESTIONS? ASK THE MASTER GARDENERS AT HELPLINE: 805-781-5939



Website: Master Gardeners San Luis Obispo

Availability	➔	on VMS > Documents/Presentations > INFORMATIONAL DOCUMENTS > VEGETABLES: Cool Weather Planting Guide for San Luis Obispo County	
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