

## Garden Dreams Urban Farm + Nursery -- Fall Herb and Vegetable Information

Annual – Grows for 1 year

Biennial – Grows for 2 years

Perennial – Grows for many years

### Herbs:

**Parsley** (*biennial*) Will come back next year for a spring parsley harvest, then it will bolt (send up a seed head) and the leaves will become more bitter. Plant parsley about 15" apart, or in a 10" or larger pot. Cut parsley from the outer stems, always leaving the center stems to keep growing.

**Sages** (*perennial*) It is a large plant if given the room. You can harvest the leaves or harvest the whole stem, right above a node to prune the plant and help it branch out. Bees love sage flowers.

**Mints** (*perennial*) Mints are hardy perennials that are very vigorous and can become invasive if not kept under control. They spread by underground rooting stems. Some people plant mint in bottomless pots sunk into the ground or keep mints as container plants. When harvesting mint, cut a stem above a node to encourage branching.

**Thyme** (*perennial*) Easy to grow. Do not overwater. Plant at least 10" apart.

**Cilantro** (*annual*) Cilantro grows best in cool weather so it is the perfect fall crop. It does well in sun or partial shade. When growing it in warm weather, plant in partial shade to help reduce bolting. Garden Dreams' pots of cilantro contain multiple seedlings that can be broken up into 4 or so clumps and planted separately for even more yield. Plant 4" -12" apart.

**Curry Plant** (*tender perennial*) Curry plant produces a wonderful curry aroma similar to the spice mixtures used for cooking, although it is not used for making curries. Its yellow flowers have anti-inflammatory properties. Curry plant can be grown in a pot and brought in for winter or grown as an annual.

**Oregano** (*perennial*) A relative to mint, oregano spreads but not as vigorously. Dig and divide after a few years.

**Dill** (*annual, self seeding*). If you let some of your dill go to seed, it will come up again the following year.

**Tarragon** (*perennial*) Plant at least 12" apart. Tarragon can be susceptible to mildew in wet weather. Grow in full sun and treat with neem oil spray alternated with a spray of 1 teaspoon baking soda in a quart spray bottle of water if mildew appears.

**Rosemary** (*tender perennial*) Gold Dust Rosemary is not hardy enough to withstand Pittsburgh winters. Grow it in a pot and bring it indoors for winter. Water it sparingly – rosemary does not do well with too much water. Pot it up the following year as it needs more space.

Fall Vegetables:

**Lettuce, Arugula, Spinach, Spicy Greens** - These greens are sold in single pots. The multiple seedlings can be broken up into clumps and planted separately, either closely spaced at 3" for baby greens or farther apart for heads of lettuce and larger arugula.

**Bunching Leeks** – plant bunches 4" apart and pick at the scallion stage

**Snow Peas** – plant 3" apart along a support such as a fence or trellis

**Swiss Chard** – plant 10" apart

**Kales, Collards** – plant 15" apart

**Cabbage** – plant 24" apart (arugula or quick growing greens can be interplanted between cabbages)

**Radicchio, Endive** – plant 10" – 12" apart

**Scallions** – plant each bunch 4" apart

**Asparagus** (*perennial*) – plant 2' apart. Allow plants to establish for 2 years before picking. On the 3<sup>rd</sup> spring, watch for spears and harvest them when they reach 7" for several weeks.

**Rhubarb** (*perennial*) – plant 3' – 4' apart. Allow plants to establish for 2 years before harvesting. Plant annual vegetables in the empty space between plants while the rhubarb establishes itself.