



# Introduction to Extending Your Harvest with a Fall Garden

## Top 5 Vegetables to Start With

Vegetable	Recommended fall & winter varieties	Direct Seed or Transplant	Dates of Planting
Arugula	Astro, Sylvetta (will overwinter in cold frame or low tunnel)	Direct Seed	4-6 weeks before first frost
Beets	Any variety, especially Detroit Dark Red, Chioggia, Touchstone Gold	Direct Seed	6-8 weeks before first frost
Cilantro	Caribe, Calypso, Long-standing	Direct Seed	6-8 weeks before first frost
Radish	Cherry Belle, Easter Egg, Cherie <sup>*</sup>	Direct Seed	2-4 weeks before first frost
Spinach	Corvair, Renegade, Giant Winter	Direct Seed	4-8 weeks before first frost

\*Winter Radishes like Watermelon and Daikons need to be planted 10 weeks before last frost because they take a lot longer to grow.