

Fall Vegetable Gardening



The Changing Of The Seasons

Fall gardening differs from spring or summer gardening in a few key ways. Days are growing shorter, and nights are starting to cool. Rather than robust and increasing growth, plants stall as shorter days provide fewer sunlight hours for photosynthesis. As the sun creeps closer to the southern horizon, longer shadows reduce sunlight even more. Cooler nights cause soil temperatures to drop, another factor stunting plant growth. Fall also ushers in the Santa Ana season, with periodic arid desert winds that suck moisture from plants and soil alike.

Despite all this, Fall is a great time to be in the garden. The oppressive heat of summer has passed, and if we're lucky, we'll be blessed with a little rain. Another reason to celebrate is that crops like kale and cabbage taste their best after cold weather!

Fall Gardening Tips

- Pull weeds and remove any spent summer crops.
- Add compost, if needed.
- Amend your soil with a complete organic fertilizer.
- Should you have any plot areas that are compacted, use a broad fork to break the soil up. This will allow improved air and moisture infiltration.
- MULCH, MULCH, MULCH! Mulching is key to moderating soil temperatures sufficient for sustaining microbial life and keeping moisture in!



Start Creating Your Seed Order List—Catalogs Will Be Out Soon!



The Sprout

a few fall & winter veggies to consider



RADISH



CAULIFLOWER



BROCCOLI



CARROT



TURNIP



LETTUCE

GROWING ONIONS & GARLIC

“Flowering of onions can be caused by several things, but usually the most prevalent reason is temperature fluctuation. An onion is classed as a biennial, which means it normally takes 2 years to go from seed to seed. Temperature is the controlling or triggering factor in this process. If an onion plant is exposed to alternating cold and warm temperatures, the result is the onion plant going dormant, then resuming growth, then going dormant and resuming growth again. The onion bulbs will prematurely flower or bolt. The onion is deceived into believing it has completed 2 growth cycles, or years of growth in its biennial life cycle so it finalizes the cycle by blooming. Flowering can be controlled by planting the right variety at the right time. Use only transplants that are pencil-sized, or smaller, in diameter when planting in early spring. In the early fall, always plant seed, NEVER transplants unless the onions are intended for eating green and not the bulb. So transplants of true-to-name Texas 1015Y onions should not be available until late November or December at the earliest.” (From plantanswers.com).



BUT GARLIC.....

Garlic is just the opposite - DON'T plant garlic in the spring! Bulb formation in garlic occurs in response to the lengthening days of spring, and bulbing and maturity are considerably hastened if temperatures are high. In addition to these requirements, the dormant cloves (divisions of the large bulb) or young growing plants must be exposed to cold temperatures between 32 and 50 degrees F. for 1 or 2 months in order to initiate bulbing. Plants that are never exposed to temperatures below 65 degrees F. may fail to form bulbs. With fall plantings, the cold treatment is accomplished quite naturally throughout the winter, but a spring planting spells disaster.

Harvesting

Pull green onions anytime after the tops are 6 inches tall. Green onions become stronger in flavor with age and increasing size. They may be used for cooking when they are too strong to eat raw. Though leaves are traditionally discarded, all parts above the roots are edible.

Remove any plants that have formed flower stalks and use immediately. They do not produce good bulbs for dry storage. Harvest in late July or early August, when most of the tops have fallen over. Allow the plants to mature and the tops to fall over naturally. Breaking over the tops early interrupts growth, causing smaller bulbs that do not keep as well in storage.

Pull the mature onions in the morning and allow the bulbs to air dry in the garden until late afternoon. On especially hot, bright, sunny days, the bulb may sunburn. On days when this is likely, remove onions to a shaded location and allow them to dry thoroughly. Then, before evening dew falls, place them under dry shelter on elevated slats or screens or hang them in small bunches. Tops may be braided or tied with string before hanging. Full air circulation for 2 to 3 weeks is necessary for complete drying and curing. Keep the dry wrapper scales as intact as possible on the bulbs, as they enhance the keeping ability.



After the bulbs dry, cut the tops 1 _ to 2 inches long (at or above the narrow spot where the stem bent over), and place the bulb in dry storage with good air circulation. Do not try to store bulbs that are bruised, cut or diseased, or those with green tops or thick necks. Store under cool, dry conditions. Dry onions may keep until late winter, but check them regularly and use or discard those that begin to soften or rot.



Cultivating Facts on Onions

- 🧅 In ancient Egypt, their spherical internal structure was a symbol of eternal life, so onions were used in burial ceremonies.
- 🧅 The largest onion recorded - 19 Lb 12.4 oz judged in the U.K. 9/15/2023, grown by Gareth Griffin.
- 🧅 Onions release sulfuric gases, which react with water from your eyes to create sulfuric acid, which can cause your eyes to water.
- 🧅 Yellow onion is the most popular type of onion, and about 75% of onions sold are yellow onions.
- 🧅 Americans have been eating onions 50% more in the past 20 years, and the average American now eats about 20 pounds of onion per year.
- 🧅 Over 9,000,000 acres of land are used for farming onions today, and only about 8% of those onions are used for trade. In 2012, global production of onions reached 74,000,000 tons, with China, India, United States and Egypt being the largest producers.
- 🧅 Ancient Greek and Roman soldiers and athletes believed that eating or rubbing onions on their skin would give them more strength and speed in a battle.
- 🧅 Onions are part of the allium family, making them related to garlic, leeks, scallions, chives, and shallots.
- 🧅 Onions are very healthy, having high amounts of potassium, Vitamin C, and sodium.



IF YOU FIND A WATER LEAK — PLEASE DO THIS!!

CCG MEMBERS — IF MAJOR LEAK EMERGENCY WATER SHUT-OFF

- ➡ **Find the key in the front shed** to Un-Lock the valve cover outside the front gate.
- ➡ **There are TWO VALVES**, turn the one closest to the fence—clock wise. This shuts off all water to the garden.
- ➡ **Notify a board member immediately.....Be sure you make contact.**

Seth Wiafe: 909-855-1217

Angie Cloud: 909-556-2856

Debra Grzeskowiak: 909-917-5552

THESE NUMBERS ARE POSTED ON THE SHED.

[PERHAPS LOAD THEM INTO YOUR PHONE RIGHT NOW]



LOCATION

**371 W. Avenue L
Calimesa, CA 92320**

**Visit us online at:
www.calimesacommunitygarden.org**

CCG BOARD OF DIRECTORS

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Interested In Becoming A Master Gardener?

To Find A U.C. Master Gardener Program

Go to this link: <https://mg.ucanr.edu/FindUs/>

“Programs are based in your local UC Cooperative Extension office. Select your county below to be redirected to a local UCCE office website for more information.

If you are interested in becoming a UC Master Gardener, note that training times and location vary by county. It is highly recommended that you train in the county where you reside.”



Fried Onions and Apples Recipe

**A tangy side dish that is good
with chicken, pork and beef—or on the side.**



Ingredients

- ☐ 3 large yellow onions, sliced
- ☐ 3 tablespoons butter
- ☐ 6 large tart red apples, sliced
- ☐ 1/2 cup packed brown sugar
- ☐ 1 teaspoon salt
- ☐ 1/8 teaspoon ground nutmeg

Directions

1. In a large cast-iron or other heavy skillet, saute onions in butter until tender. Place apples on top of onions. Combine remaining ingredients; sprinkle over apples.
2. Cover and simmer for 10 minutes. Uncover and simmer until apples are tender, about 5 minutes longer. Serve with a slotted spoon.

Recipe Credit: [allrecipes.com](https://www.allrecipes.com)

Balsamic Roasted Onions Recipe



Ingredients

- ☐ 2 large Vidalia onions, or other sweet onion variety
- ☐ Olive oil
- ☐ 2 clove s garlic
- ☐ 1/4 cup chicken stock
- ☐ 1/4 cup balsamic vinegar
- ☐ 1 teaspoon chopped thyme
- ☐ 1 teaspoon chopped rosemary
- ☐ 2 tablespoons butter
- ☐ Kosher salt and freshly ground black pepper

Directions

Pre-heat oven to 350 degrees F.

1. Add olive oil to a large skillet over medium heat. Once hot, add the onions to the pan and lay them flat on their sides. Cook on each side for 3 to 4 minutes, or until browned, being careful as you flip them. Add chicken stock, balsamic vinegar, garlic, rosemary, and thyme to the pan. Add dots of butter around the pan. Turn the onions in the liquid so they are nice and coated.
2. Place the skillet in the oven and roast for 25 minutes, stirring on occasion so the onions don't stick to the pan. Roast until the onions are nice and soft and the balsamic is caramelized.

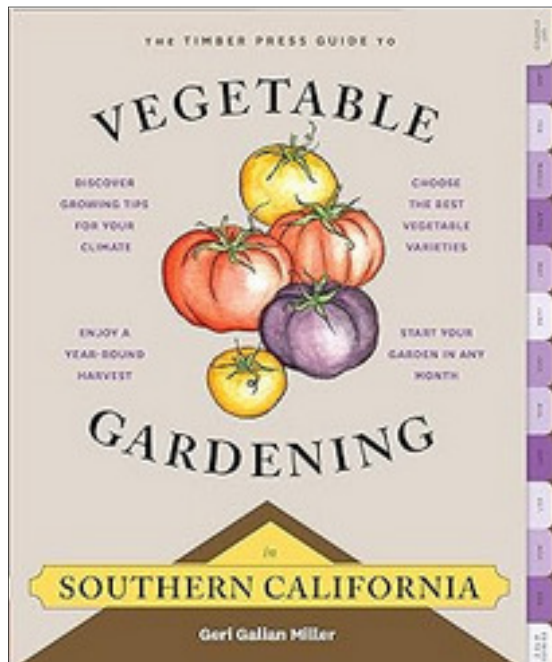
Recipe Credit: Paula dean



A Gardener's Bookshelf

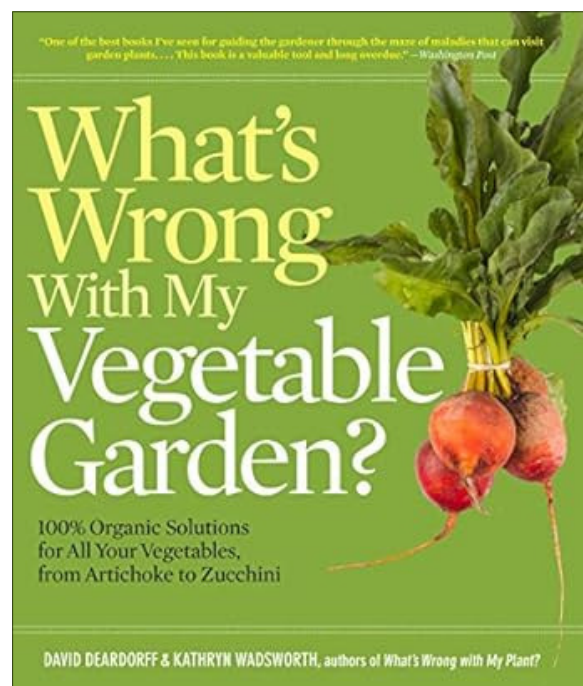


**A good gardening library can be one of your best tools.
This space is for sharing books to consider on gardening and plants.**



There is nothing more regionally specific than vegetable gardening—what to plant, when to plant it, and when to harvest are decisions based on climate, weather, and first frost.

**100% Organic Solutions for All Your
Vegetables, from Artichokes to Zucchini.**



PLANTING CALENDAR—with notes

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.
- ⇒ Enjoy and expect the unexpected!

January

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

February

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

March

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

April

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

May

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

June

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

July

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

August

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

September

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

October

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

November

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

December

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

