



Weston Gardens

8101 Anglin Drive

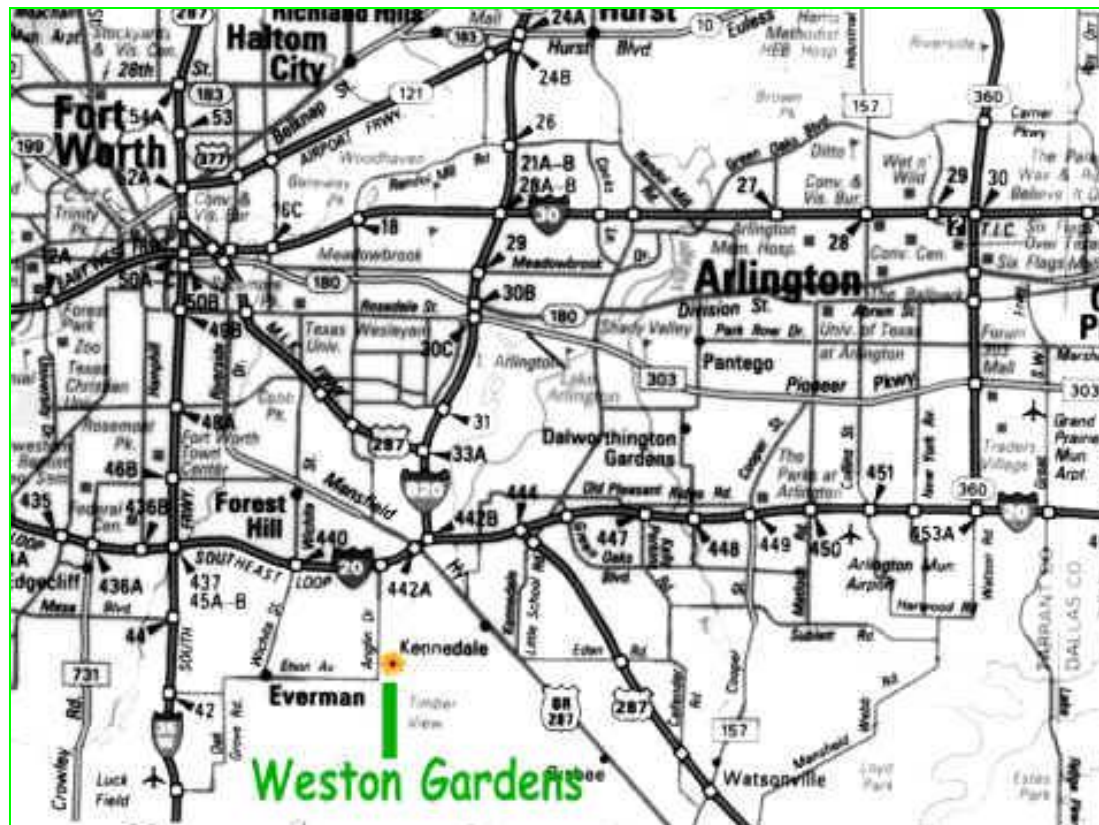
Fort Worth, Texas 76140

817 – 572 – 0549

www.westongardens.com

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Hours: Mon – Fri: 10 am – 6 pm; Sat: 9 am – 6 pm; Sun: Noon – 5 pm



Fall Vegetable Gardening – North Texas

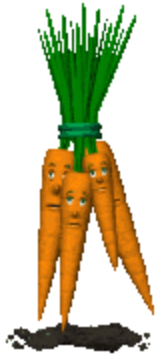
Why Fall Vegetable Gardens?



- Insects, disease and weeds are not as daunting
- Warm soils and cooler temperatures make gardening easier
- Since days are getting shorter, many vegetables store more sugar and their flavor is enhanced
- Less moisture extremes make watering easier
- Frost Protection technology allows the season to be extended.

Fall Vegetable Gardening – North Texas

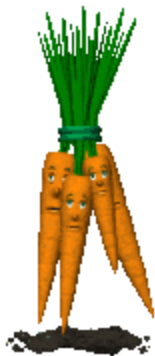
**It all starts
with the soil
(and location)!**



- Most edibles will do best growing in full sun – 6 to 8 hours minimum.
- There are exceptions: leafy vegetables & root crops will tolerate more shade. (e.g., lettuce, cabbage, carrots, radishes).
- Make sure that the garden site drains well.
- Soil preparation is the area where most gardens either fail or thrive.
- Add as much decomposed organic matter as possible to the soil. Compost is black gold. Add at least 4 – 6 inches and mix into the existing soil.
- Mulch the garden after planting. Use shredded hardwood, straw or more compost. Strive for at least 2 inches.

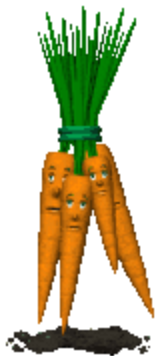
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What If I Don't Have The Space? (or the right conditions)



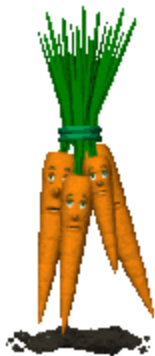
- Not enough sun or space or wrong exposure – then consider growing in containers.
- Containers are mobile. You may take advantage of changing growing conditions or make the best use of space.
- Soil preparation is a simple matter of filling the container with a premixed soil.
- Watering may be a little more challenging.
- Soil Borne persistent diseases are mostly eliminated .
- Container gardens almost never have weeds.
- Choose vegetable varieties that do not grow too large (e.g., no winter squash)

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How Do I Fertilize?

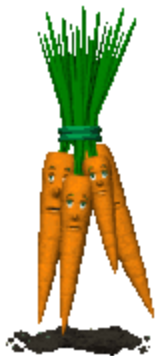


- Most cool season crops are heavy feeders. (especially the greens)
- Foliar feeding is one of the best ways to fertilize. Try using **John's Liquid Recipe**. **Emulsified and hydrolized fish, seaweed extract, cane molasses, humic acid, magnesium chloride, ferrous sulfate, zinc chloride. (3.0 – 1.5 – 2.0)**
Ideal for vegetables
Try foliar feeding, in general, every 2 – 3 weeks.
- You can also side dress with granular fertilizer. Try **Lady Bug Fertilizer 8 – 2 – 4**.
- e.g.; Beets benefit from granular every few weeks, Beans need regular fertilizer once they start to produce, Cabbage and Cauliflower – begin to fertilize when inner leaves begin to form, Cucumbers are heavy feeders, Lettuce – needs regular fertilizer to continue to produce leaves.
- For root crops (Beets, Carrots, Kohlrabi, Radish, Turnips) try **Bone Meal (3-22-0)**.

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How Do I Water?

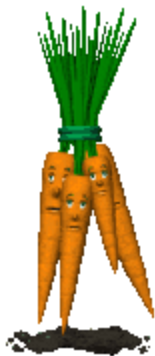
- Most gardens require a moisture supply equivalent to 1 inch of rain per week.
- If sprinklers are used, water in the morning to allow foliage to dry before night fall.
- Use drip irrigation if possible.
- Generally water to a depth of 6” each time that you water.
- Monitor the watering of containers – can dry rapidly.



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Pest and Diseases?

- Aphids, spider mites, whiteflies, and lacebugs
- Release ladybugs and green lacewings. Also, use **Garlic – Pepper Tea** or **Olive Oil – Soap Sprays**:



Sprays should be used as necessary until pests are controlled. Each spray works on contact and should be used to fully coat plants and pests. Spray in early morning or wait until evening so that leaf burn will not occur. Also, remember to thoroughly water your plants before spraying.

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- Aphids, spider mites, whiteflies, and lacebugs

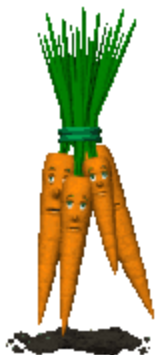
Pest and Diseases?

Garlic Pepper Tea Recipe:

In a blender with water, liquefy 2 bulbs of garlic and 2 cayenne or habanero peppers. Strain away the solids. Pour the garlic pepper juice into a 1 gallon container. Fill the remaining volume with water to make a 1 gallon concentrate. Shake well before using and add ¼ cup of the concentrate to each gallon of water in the sprayer.

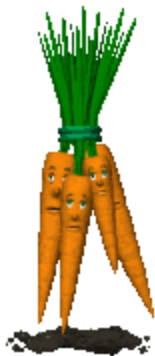
Olive Oil – Soap Spray:

In a pump-up sprayer, add the following for each gallon of water: 2 tsp. (1/3 oz.) Extra Virgin Olive Oil and 1 Tbsp. (1/2 oz.) of Ivory Liquid Soap. Shake well before using and as you are spraying. It is important to choose Extra Virgin Olive Oil and Ivory Liquid. Do not use cheap oil or substitute any other soap.



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Pest and Diseases?



- **Caterpillars, bagworms:** Release trichogramma wasps. Also, use Bacillus thuringiensis (Bt):
 - Spray at dusk per label.
- **Fire Ants:** Use citrus sprays and/or beneficial nematodes.
- **Grub Worms:** Beneficial Nematodes.
- **Slugs, Snails, Fleas, Ticks, Chinch Bugs:** Spray or dust Diatomaceous Earth (DE) and crushed red pepper. Citrus Oil and molasses sprays also kill these pests.

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• Diseases: Black spot, brown patch, powdery mildew and other fungal problems: **Baking soda sprays are effective.** Consider the following on a monthly basis:

Pest and Diseases?

Use the following formula:

Mix into one gallon of water the following:

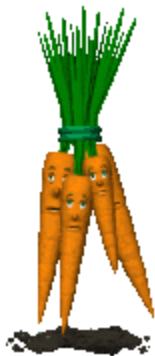
- 1 tbsp. mild dishwashing soap (Ivory Liquid)
- 2 tbsp. ultrafine horticultural oil (e.g, **Sunspray** oil)
- 1 heaping tbsp Baking Soda
- 1 tbsp. Fish emulsion / Seaweed
- 3 – 5 drops **Superthrive**

Mix all ingredients well and spray with a pump-up sprayer in the evening after first watering the plants thoroughly and after spraying the plants with a strong stream of water to scare off most beneficial insects before spraying with the organic formula.

Cautions: Do not spray in the heat of the day. Wait until evening so that leaf burn will not occur.

: If the label on the horticultural oil shows that it contains an emulsifier, then omit the dishwashing soap from the formula.

: Do not add vinegar or use any Fish/Seaweed product that contains sulfur.



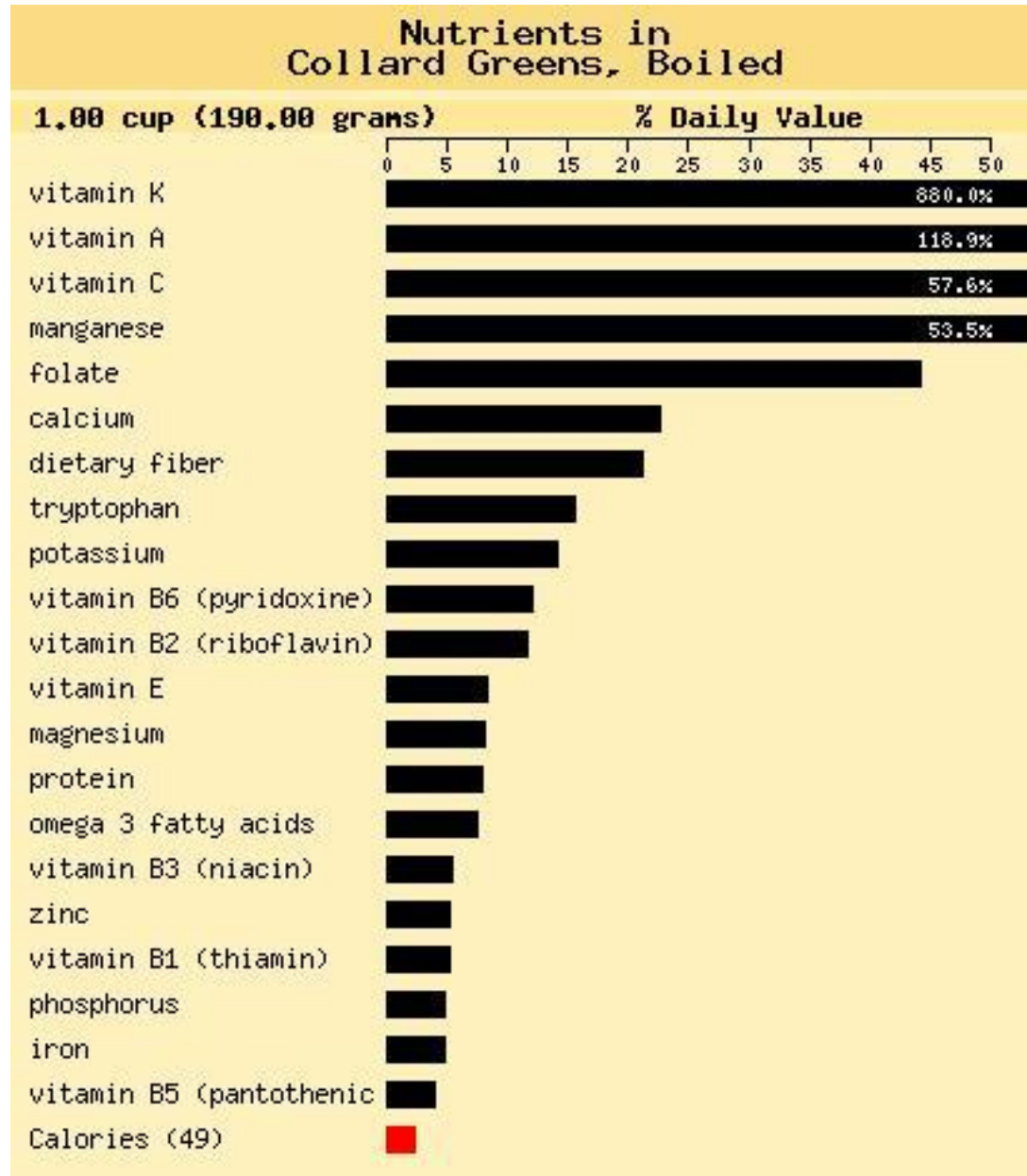
Fall Greens



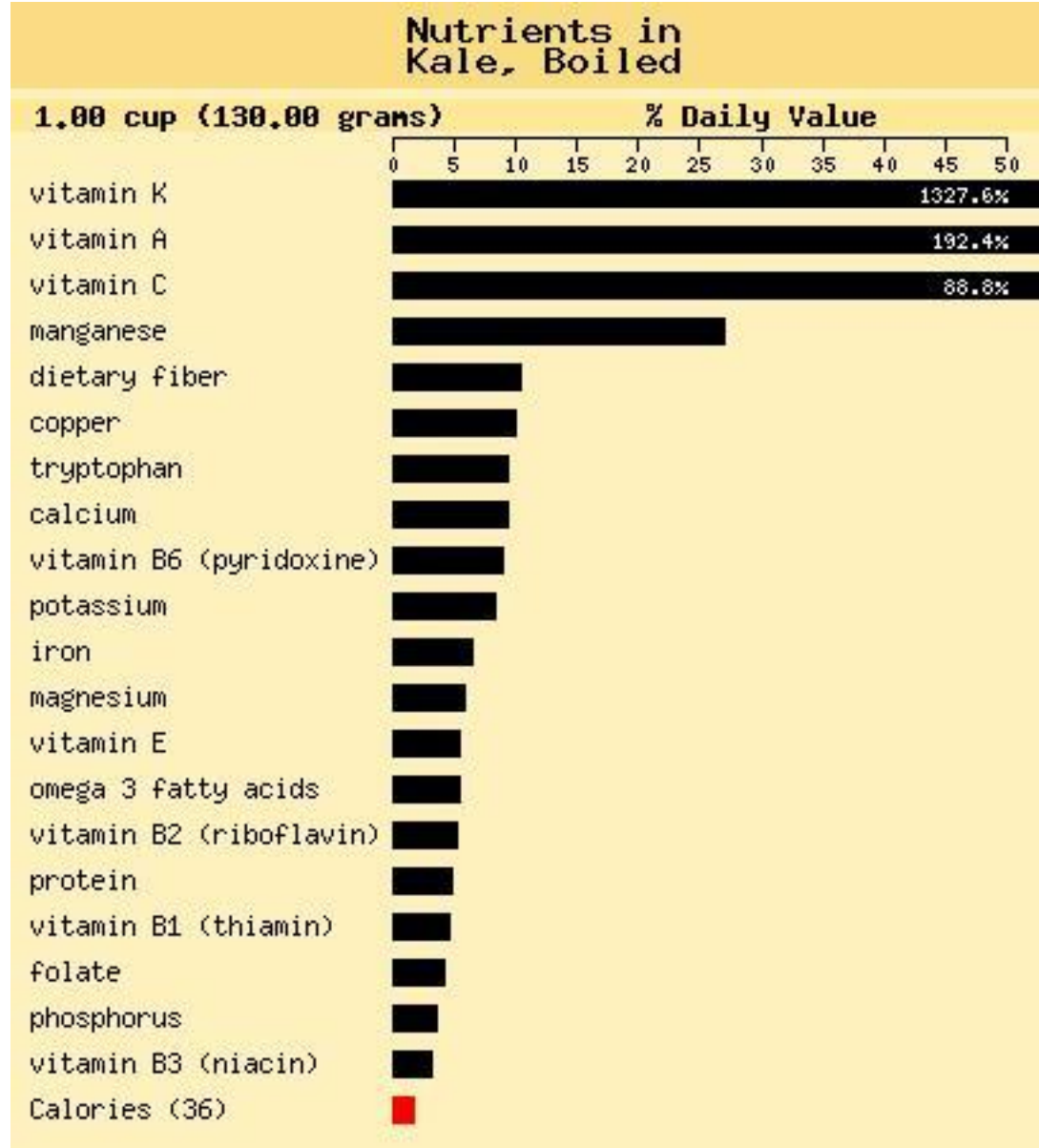
- Greens include collards, kale, mustard, turnip greens, spinach, beets, swiss chard, pak choi, arugula and lettuces
- ✓ All are cool-season growers (or prefer cooler weather)
- ✓ How long they last into the winter months is dependent on what type of winter we have
- ✓ All prefer full sun but will tolerate some shade
- ✓ Harvesting in cool weather produces better flavor in greens



Fall Greens



Fall Greens



Crop Tips



- **Collards:**

- ✓ Plant transplants and harvesting can begin in 30 days
- ✓ Will tolerate more cold weather than almost any other green we grow
- ✓ Avoid soils that hold water; collards will tolerate a wide range of soils
- ✓ Fertilize at planting with granular and side-dress 2 to 3 times thru the growing season
- ✓ High in vitamins A and C
- ✓ Harvest individual leaves and harvest nearly all winter
- ✓ Foliar feeding every 2 weeks



Crop Tips



- **Kale:**
 - ✓ Plant transplants and harvesting can begin in 30 days
 - ✓ Closely related to collards; also very cold tolerant
 - ✓ Avoid soils that hold water; collards will tolerate a wide range of soils
 - ✓ Fertilize at planting with granular and side-dress 2 to 3 times thru the growing season
 - ✓ High in vitamins A and C
 - ✓ Harvest individual leaves and harvest nearly all winter
 - ✓ Foliar feeding every 2 weeks



Crop Tips

- **Kohlrabi:**

- ✓ Known as stem turnip
- ✓ Stem is good raw or cooked
- ✓ Best flavor when small. Harvest stems at about golf ball size
- ✓ Young leaves may be cooked like turnip greens
- ✓ Foliar feeding every 2 weeks – heavy feeder
- ✓ Will benefit from Rock Phosphate at planting



Crop Tips

- **Mustard Greens:**

- ✓ Prefer uniform moisture
- ✓ Rapid Growers
- ✓ Harvest individual leaves starting when plants are 3" – 4" tall or cut to within 1" of soil
- ✓ Foliar feeding every 2 weeks
- ✓ Cover with freeze cloth during freezes
- ✓ Spicy flavor



Crop Tips

- Turnip Greens:

- ✓ Prefer uniform moisture
- ✓ Stir-fry, steam or use in salads
- ✓ Harvest individual tender leaves or cut to within 1" of soil
- ✓ Foliar feeding every 2 weeks
- ✓ Cover with freeze cloth during freezes
- ✓ "Seven Top" grown for greens



Crop Tips



- **Spinach:**

- ✓ Thrives in cool weather and short days
- ✓ Heavy Feeder – Fertilize with granular at planting and again in 2-3 weeks. Epsom salts to supply sulfur and treat chlorosis.
- ✓ Closely related to Swiss Chard
- ✓ Prefers average moisture
- ✓ Harvest outer leaves or cut to within
- ✓ Foliar feeding every 2 - 3 weeks



Crop Tips

- **Beets:**

- ✓ Need well-drained, prepared soil
- ✓ Foliar feeding every few weeks(2-3 wks.)
- ✓ You can eat tops and roots, but grow too slowly in the Fall to be an effective root crop
- ✓ Greens taste is similar to spinach
- ✓ Good fresh or cooked



Crop Tips

- **Chard, Swiss:**
 - ✓ Easy to grow
 - ✓ Frost and heat tolerant
 - ✓ Foliar feeding every 2 weeks – heavy feeder
 - ✓ Protect with freeze cloth during hard, prolonged freezes
 - ✓ Harvest outer stalks or cut plant to within 1”



Crop Tips

- Pak Choi (Bok Choy):

- ✓ Prefers uniform moisture
- ✓ Flavor is similar to that of celery and cabbage
- ✓ Side dress with fertilizer when plant starts to elongate
- ✓ Foliar feeding every 2 weeks – heavy feeder
- ✓ Good fresh or cooked
- ✓ Cover with freeze cloth during freezes
- ✓ Harvest a few leaves at a time or cut off the entire head



Crop Tips

- **Lettuce:**

- ✓ Leaf Lettuces are easiest to grow
- ✓ Need regular fertilization to continue production
- ✓ Harvest outer leaves or cut to within 1" of soil
- ✓ Foliar feeding every 2 weeks – heavy feeders
- ✓ Cover with freeze cloth during mid 20's weather
- ✓ Keep soil moist but don't over water
- ✓ Watch for worms -Bt



Crop Tips

- **Lettuce:**

- ✓ Leaf Lettuce – **Red Sails**

- 45 days
- Fast growing
- Slow to bolt
- Color deepens as it matures
- A great source of rich color for the salad bowl
- High-quality eating, with a soft texture and buttery flavor that appeals to all ages.



Crop Tips

- **Lettuce:**

- ✓ Leaf Lettuce – **Black Seeded Simpson**

- 45 days
- Fast growing
- Heat tolerant
- Lime green
- Sweet tasting, large, and crumbled leaves
- Crinkly leaves retain their crisp, tender eating qualities longer than other leaf lettuce varieties



Crop Tips

- **Lettuce:**

- ✓ Leaf Lettuce – **Red Salad Bowl**
 - 45 – 50 days
 - Fast growing
 - Heat tolerant
 - A classic red oakleaf
 - The red color deepens with maturity
 - Excellent cut-and-come-again lettuce.



Crop Tips

- Lettuce:

- ✓ Leaf Lettuce – Oak Leaf

- 45 – 50 days
- Fast growing
- Heat tolerant
- Old time favorite. Oak Leaf lettuce makes classy mixed salads
- The leaves are very attractive with the oak leaf shape
- Fairly tight rosettes of medium green leaves.



Crop Tips

- Lettuce:

- ✓ Leaf Lettuce – **Lolla Rossa**
 - 55 - 60 days
 - Deeply curled thick and crunchy leaves
 - Magenta color with lt. green base
 - Mild flavor



Crop Tips

- **Lettuce:**

- Semi-Heading Lettuce – **Buttercrunch**
- 50 – 70 days
- Firm-headed, deep green variety
- Crunchy texture
- Buttery, sweet flavor
- Bibb type, but larger and more compact



Crop Tips

- **Lettuce:**

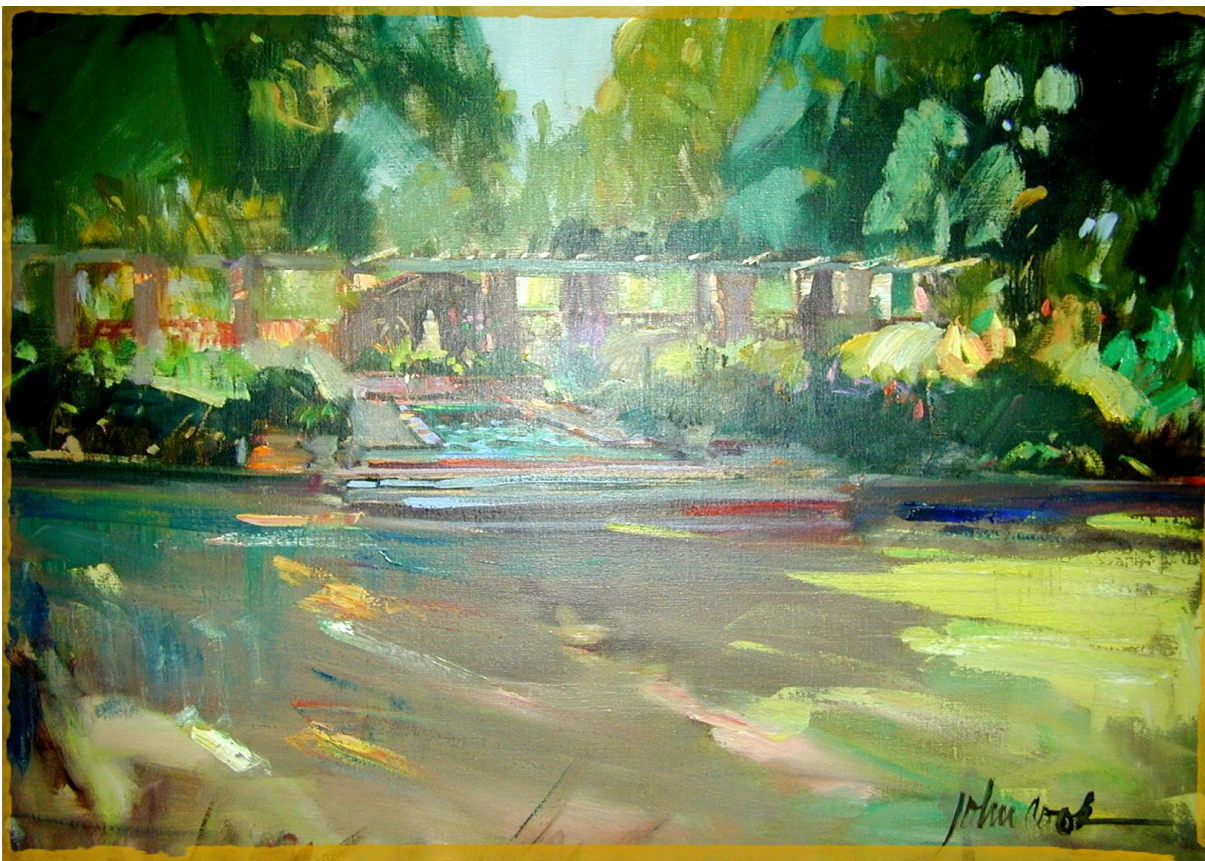
- Semi-Heading Lettuce – **Sangria**
- Red Butterhead
- 55 – 60 days
- Crunchy texture
- Satiny smooth, sweet and tender



Crop Tips

- **Lettuce:**
 - Romaine (Cos) – **Paris Island Cos**
 - Tall upright and thick leaved
 - Thick midrib
 - Up to 12” leaves
 - Sweet and juicy
 - 65 – 70 days





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