

# Winter Gardening



## Why garden in winter?

- Fewer weeds
- Fewer pests

(<http://www.southernexposure.com/southern-exposures-fallwinter-gardening-guide-ezp-38.html>)

## Why grow heirloom varieties?

- Passed down over many generations
- Non-genetically altered

(<http://www.underwoodgardens.com/seed-production/what-are-heirloom-seeds/#.UmbWghBTCSo>)

## Lettuce Nutrition

Vitamin % Daily Value in Raw Lettuce	
Vitamin	%
A	53%
C	5%
Table 1	
<a href="http://ndb.nal.usda.gov/ndb/search/list">http://ndb.nal.usda.gov/ndb/search/list</a>	

## Why garden?

- Be outside!
- Work with your hands!
- Provide fresh vegetables for your table!

## Contact Information

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## Broccoli Nutrition

Vitamin % Daily Value in Raw Broccoli	
Vitamin	%
A	18%
B-6	15%
C	220%
K	115.5%
Table 2	
<a href="http://ndb.nal.usda.gov/ndb/search/list">http://ndb.nal.usda.gov/ndb/search/list</a>	

## When to Harvest

(Also View Crop Info Sheet)

- Lettuce
  - Cut when leaves are desired size
  - Cut at base of leaf or stem depending on amount desired

(<http://bonnieplants.com/growing/growing-lettuce/>)

- Broccoli
  - Look for tightly packed buds on head
  - If yellow color is present harvest immediately
  - Fresh for about 1 week from harvest in fridge

(<http://bonnieplants.com/growing/growing-broccoli/>)

## Start a Garden: Step-by-Step

### Personal Garden Planting Process:

(<http://edis.ifas.ufl.edu/vh021>)

1. Identify your garden location
  - a. close to a water source
  - b. receives daily sunlight
  - c. good drainage
2. Plan your garden
  - a. Draw a diagram of the garden
  - b. Label plants in each area
  - c. Include planting dates (see table)
  - d. Make a list of necessary materials and purchase
    - i. Make sure you purchase seeds if transplanting on your own
      1. Vegetables that are hard to transplant should be grown initially in the garden
3. Prepare the soil
  - a. Plow the gardening area at least 2 weeks prior to planting
  - b. Consider mixing in compost to soil
4. Plant seeds
  - a. Germination works best when the soil is wet without standing water
  - b. Follow instructions in table for planting depth
5. Remove weeds and fertilize once per week
6. Harvest when ready

### For More Information on Nutrition and Seeds:

- [www.underwoodgardens.com/seed-production/what-are-heirloom-seeds/#.UmbWghBTCS0](http://www.underwoodgardens.com/seed-production/what-are-heirloom-seeds/#.UmbWghBTCS0)
- [www.rareseeds.com](http://www.rareseeds.com)
- [ndb.nal.usda.gov/ndb/search/list](http://ndb.nal.usda.gov/ndb/search/list)
- [edis.ifas.ufl.edu/vh021](http://edis.ifas.ufl.edu/vh021)

### Where to Get Heirloom Seeds

- [www.edenbrothers.com](http://www.edenbrothers.com)
- [www.mypatriotssupply.com](http://www.mypatriotssupply.com)
- [www.rareseeds.com](http://www.rareseeds.com)
- [www.seedsavers.org](http://www.seedsavers.org)

## Nutritional Information for Lettuce and Broccoli

- Lettuce is high in vitamin A  
(<http://ndb.nal.usda.gov/ndb/search/list>)
- Broccoli possesses cholesterol-lowering benefits when steamed
- Broccoli contains both vitamin A and K which help with vitamin D deficiencies  
(<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9>)

### For Healthy Recipes:

- [www.cookinglight.com/](http://www.cookinglight.com/)
- [www.myrecipes.com/healthy-diet/](http://www.myrecipes.com/healthy-diet/)
- [www.foodnetwork.com/healthy-eating/index.html](http://www.foodnetwork.com/healthy-eating/index.html)
- [www.eatingwell.com](http://www.eatingwell.com)
- [allrecipes.com/Features/healthy-cooking-winter.aspx](http://allrecipes.com/Features/healthy-cooking-winter.aspx)

### For More Information about Our Community Garden:

- [www.arlingtoncommunitygarden.org](http://www.arlingtoncommunitygarden.org)

### Remarks

This template was provided by Microsoft Office 2013. Information contained therein was gathered and contributed by Bradley Horvath to the Arlington Community Garden for educational purposes.



[http://www.amateurgourmet.com/2011/03/lets\\_talk\\_about\\_lettuce.html](http://www.amateurgourmet.com/2011/03/lets_talk_about_lettuce.html)



<http://www.worldcommunitycookbook.org/season/guide/broccoli.html>

Crop and Different Types	Planting Dates in North Florida (Outdoor)	When to Harvest (days after planting)	Seed Depth (inches)	Other Considerations
<b>Broccoli:</b> <ul style="list-style-type: none"> <li>• Early Green</li> <li>• Early Dividend</li> <li>• De Cicco</li> <li>• Broccoli Raab</li> </ul>	August – February	75-90 Use discretion to harvest mature heads	½ - 1	Harvest multiple shoots after main head is cut
<b>Lettuce:</b> <ul style="list-style-type: none"> <li>• Crisphead</li> <li>• Butterhead</li> <li>• Oak Leaf</li> <li>• Loose Leaf</li> </ul>	February – March Or September - October	50-90 Used discretion to harvest mature leaves	½	Plant shallow (seeds need light for germination)  Grow Crisphead in cooler months