



Resources to Vegetable Gardening

Oregon Food Bank and Oregon State University Extension published a guide called [Seed to Supper](#). It's a great guide to increasing your gardening knowledge: it has activities that will help you prepare what you want to grow (personal planting map, personal planting plan, etc.), and other general information (healthy soil, seeds and transplants, methods of watering, cover crops, etc.). In this email, I have attached the *Seed to Supper* guidebook, [personal planting plan](#), and [personal planting map](#) as a PDF.

- Please see pages 6 – 21 for more information about the personal planting plan and personal planting map in the [Seed to Supper](#) guidebook.

The Bureau of Environmental Services from the City of Portland has provided resources to identify [pesky weeds](#) and [invasive plants](#).

Here are some resources that can help you determine what to plant in each month and season:

- **Seed to Supper** published by the Oregon Food Bank and Oregon State University Extension (see pages 13 - 16). It was attached in the **THPRD Community Gardens - Resources to Vegetable Gardening** email I sent last week.
- [An Educator's Guide to Vegetable Gardening \(oregonstate.edu\)](#) (See pages 18-25).
- [January \(portlandnursery.com\)](#)
- [PLANTING CHART \(growing-gardens.org\)](#)
- [Summer Harvest & Fall/Winter Vegetable Gardening - Dennis' 7 Dees | Landscaping Services & Garden Centers \(dennis7dees.com\)](#)

What is Overwintering?

“Overwintering varieties are crops that you plant in fall and then harvest in early spring. If the weather stays warm enough before the first frost, often you can harvest a little bit before the plant goes dormant for the winter” ([Fall & Winter Vegetables | Portland Nursery](#)).

Table 2. Examples of crops that can be overwintered:

Crop	Planting Months	Days to Harvest	Footprint per Plant (inches)	Notes
Garlic	Sept-Oct	9-10 months 220-330 days	4" x 4"	Plant in September or October → Winter hibernation → Harvest in following July
Fava Beans	Sept-Oct	240 days	4" x 4"	Plant in September or October → overwintered → harvest in the spring

Please look at the links that are above to determine what you can grow each month. Otherwise, there are many more plants that can be planted in the winter with use of [season extenders](#) (E.g., Leeks, onion, lettuce, etc.) (see pages 16-17 from [An Educator's Guide to Vegetable Gardening](#)). Each cold frame

should fit within the plot and not be taller than 6 feet and block sunlight to neighboring plots. THPRD does not allow the use of newspaper and cardboard in the plots. If you have any more questions about your idea, please contact Jessica Kittleson.

Pollinator Gardening

Would you like to support pollinators throughout the fall and winter season? [Dennis' 7 Dees](#) provided an article to help them.

Bloom Calendar

If you're interested in growing flowers in your yard or plot, Cornell Farm has provided an outdoor [bloom calendar](#).

Here are more links that can help you in the winter season:

[Fall and winter gardening | Metro \(oregonmetro.gov\)](#)

[How to Prevent Winter Plant Damage - Tilth Alliance](#)

[Edible Gardening Glossary – Cornell Farm \(cornellfarms.com\)](#)

[Yard and garden coupon | Metro \(oregonmetro.gov\)](#)