



# The Seedling Chronicle

## In This Week's Share.....

### Asian Greens~ 'Tat Soi'

Leaves form a compact, thick rosette. Long harvest period. Mild taste for salads, stir-fries, etc. Thin to 6-8" apart for full-sized rosettes. 21 days baby, 45 days mature.

### Chard~ 'Bright Lights'

Stems of many colors. The taste is milder than ordinary chard, with each color a bit different. 28 days to baby. 55 days to bunching.

### Kale~ 'Red Russian'

Tender, colorful specialty for salad mix and bunching. Stems are purple; leaves are deep gray-green, purple-veined, flat, noncurled, and tooth-edged. For salads and light cooking. 25 days baby, 50 days mature.

### Kale~ 'Toscano'

Dark green, blistered leaves. Lacinate or "dinosaur" type. Tolerant to hot and cold weather. 30 days baby, 65 days mature.

### Kohlrabi~ 'Purple Vienna'

This variety has a purple outside, and pale green flesh inside. Kohlrabi is crisp with a mild taste, and is usually eaten uncooked. 60 dtm.

### Broccoli~ 'Blue Wind'

Heads are medium sized, blue green with small, attractive beads. 49 dtm.

### Broccoli~ 'De Cicco'

Favorite multi-cut Italian variety. Harvest main head when 3" in diameter or less to encourage heavier side-shoot production. 48 dtm.

## Getting Your Garden Ready for Fall

Autumn is the season to clean up the summer vegetable garden area, enjoy the benefits of fall crops, prepare the ground for next year's planting and clean up garden tools.

Before beginning your garden clean up, sit down and make notes of this year's garden layout and what did or didn't work. This will make planning a rotation schedule for next year's garden easier. Note particular insect or disease problems encountered this year and which vegetable cultivars you tried. Crop rotation is an important measure that is used to control certain diseases. Since many disease organisms attack related plants, you can sometimes avoid them by not planting the same kind of vegetable in the same location in the following years.

Next, tomato cages, stakes, trellises and other support ma-

terials should be pulled out of the garden, cleaned and placed in storage for winter.

Remove from the garden any plants that have had insect or disease problems. Many insects overwinter in the garden in last season's dead plant material. Similarly, diseased plant material remaining in the garden will serve as a source of fungal spores to re-infect next year's vegetables. Don't add these to the compost pile. Compost piles usually will not reach a high enough temperature to kill all pathogens, like fungal spores or bacteria. Instead discard or burn these plant residues.

Crop residues from healthy plants, such as roots, leaves and stems, are a valuable source of organic matter, and will break down to improve the texture of garden soil.

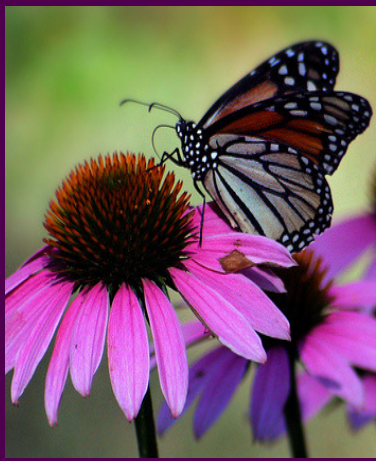
Plants that have not had pest problems can be cut up and put in the compost pile, or turned into the soil for added organic matter. Organic mulches, such as straw or grass clippings, can also be tilled into the soil. Fall is a good time to add organic matter to the soil to improve its tilth and fertility. The most common sources of organic matter for garden soils are compost, rotted hay, straw or a green manure crop.

When these chores are finished, it is time to sit back, relax, browse through garden catalogs and be ready to plant your garden when spring arrives next year.

**A Note About This Weeks Share.....**

Within the last few days, I've noticed something funny going on with some of the leaves on your Brassicas. I haven't quite figured out what it is yet, but just in case it is something fungal ( i.e. leaf spot), I've started treating them with Neem oil. I've also removed most of the suspicious leaves. The spots I'm seeing may just be from the sun hitting water droplets on the plant, insect damage, or the stress of living in their small containers. Keep an eye on them and if you notice anything let me know and we can go from there!

	Spacing Requirements	Sun Requirements
Broccoli	18-24 inches	Full Sun~ Partial Shade
Swiss Chard	10-12 inches	Full Sun
Kale	12-18 inches	Full Sun~ Partial Shade
Kohlrabi	6 inches	Full Sun~ Partial Shade
Tat Soi	10-12 inches	Full Sun~ Partial Shade



*Enjoy your complimentary Echinacea plant and seed packet! I apologize that this week's share is not as healthy and vibrant as previous shares, but I appreciate you supporting the CSA is good growing times and bad.*



## ***A Heartfelt Thank You***

I wanted to thank you for your support in this second season of the CSA. I'd also like to thank Nigel Sparks and Chuck McDougal for all of the resources they provided to make the CSA possible. Once again, this growing season proved to be an amazing learning experience for me. It is really inspiring to see so many community members excited about growing their own food. I'm truly appreciative for all of the kinds words, encouragement and enthusiasm I received from many of you throughout the season.

## ***Kohlrabi In Your Garden***

It's a root, it's a tuber — no, it's a super stem! So what exactly is this strange round vegetable with leafy projections? German for “cabbage turnip,” kohlrabi is a member of the cabbage family and offers the same health benefits as its cole crop cousins. Yet kohlrabi can be easier to grow than its relatives, and fast to mature, making it ideal for fall or early spring planting.

To successfully grow Kohlrabi, work plenty of compost and manure into your garden. It does not need a deep soil, as it is the stem that grows into a bulb. However, a well drained soil and plenty of water will help it along.

Harvest Kohlrabi as the root gets larger than a tennis ball. General size range is three to five inches.

The round bulbs can be steamed, stuffed or stir-fried; added to soups; or sliced and baked. Raw kohlrabi “chips” are crisp, sweet and mildly tangy, making them sensational with vegetable dips, or in salads and slaws. And don't forget the greens: They make tasty, nutritious additions to salads and stir-fries.



### ***Kohlrabi Coleslaw with Paprika Dressing***

3 tablespoons white wine vinegar  
1 tablespoon sweet Hungarian paprika  
1/2 cup olive oil  
2 teaspoons purchased cream-style white horseradish  
1/2 teaspoons sugar  
2 large kohlrabi, leafy tops reserved, trimmed, peeled, cut into large pieces  
1 large carrot, peeled, cut into 2-inch lengths

Combine vinegar and paprika in bowl. Whisk in oil. Mix in horseradish and sugar. Season with salt and pepper. Using a medium shredding disk, shred kohlrabi and carrot in processor. Transfer vegetables to bowl. Thinly slice enough kohlrabi leaves to make 1 cup; add to bowl. Toss with dressing. Let stand at least 30 minutes before serving.

## ***Succession Planting***

Hopefully by this point in the season you've been doing some harvesting in your garden and thus have freed up some space for new plants. Most of the plants you are getting in this week's share are repeats of what you received earlier in the season. Though your kale and chard are probably still producing readily, I thought a little more might be nice to get you into the winter. Almost everything in this share is very cold tolerant and thus should continue producing when your tomatoes, squash and cucumbers cannot bear the dropping temperatures any longer.

Some vegetables take up their space in the garden all summer, while others need only a short time to ripen. Careful planning can allow you to plant a succession of crops in the same space. If your garden space is

small, you will want to take advantage of this technique.

First, plant crops that mature early. As soon as these have been harvested, pull them up and have a second crop ready to go in the ground. After your second crop is harvested, you can often have another planting of cool weather crops. Choose early-maturing varieties so they can be harvested before winter sets in.

Late July through September is the time to extend the vegetable growing season by planting a fall garden. Many vegetables such as broccoli and cauliflower are of higher quality when grown in the fall rather than midsummer. Some vegetables, such as kale and Swiss chard develop a better flavor after frost.

### ***Crops that occupy the ground only the first part of the season:***

Beets	Lettuce
Peas	Radishes
Spinach	Mustard
Turnips	

### ***Crops that occupy the ground the major part of the season:***

Bush or Pole Beans	
Cabbage	Celery
Sweet Corn	Cucumber
Eggplant	Peppers
Melons	Potatoes
Squash	Pumpkins
Tomatoes	Chard

### ***Crops planted in July or later for fall and winter:***

Beets	Broccoli
Carrots	Cauliflower
Kale	Kohlrabi
Radishes	Spinach
Turnips	Lettuce
Chinese Cabbage	