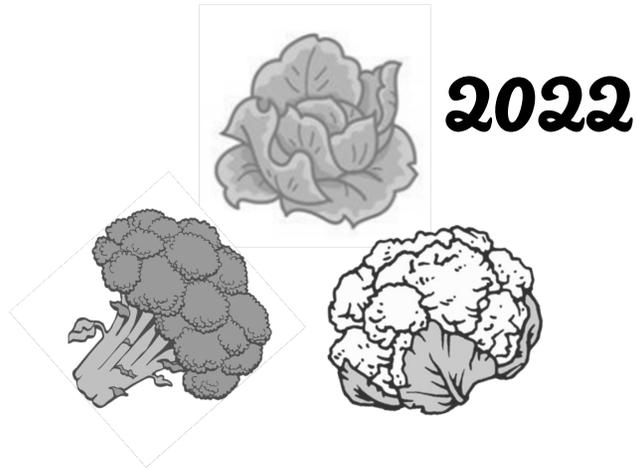


Fort Bend County Master Gardeners



Fall Vegetables & Herbs

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Do you have a question about a
plant or insect problem, or how to
care for your plants?

Contact the Fort Bend County
Master Gardener Hotline

281-341-7068

fortbendmg@ag.tamu.edu

BROCCOLI

PACKMAN—Plant produces good yields of very flavorful broccoli. Widely adapted to different climates and soils, and you can grow it all season. An easy to grow favorite of home gardeners. **Light:** Full Sun. **Height:** 24" tall. **Plant:** 18-24" apart.

RAPINI – HEIRLOOM - Known as "cima di rapa" or "rapini," this robust and rich-tasting traditional Italian heirloom is a quick growing, cool season favorite. This high-yield non-heading broccoli is grown for flavorful, tender flower shoots and leaves which have a wonderfully delicate and slightly bitter, peppery broccoli flavor. These vitamin-rich greens, can be enjoyed in salads, stir-fries, or steamed. **Light:** Sun/Part Sun. **Height:** 20"-28" at maturity. **Water:** Consistent supply of moisture throughout the growing season. Irrigate regularly for best results. **Harvest:** Both leaves and 7-8 inches tall flowering stalks can be harvested when heads are tight and before flower buds open for best flavor. After cutting, water plants well for a second harvest in a few weeks, treat as a cut and come again plant. Regular harvesting encourages continued production. Flavor improves with cooler weather.

BRUSSELS SPROUTS

JADE CROSS—1959 All America Winner. Sprouts are borne all the way up the stalk. Flavor is excellent and yield is very abundant. **Light:** Full Sun/Part Shade. **Plant:** 18-24" apart. **Height:** 2–2 1/2 ft. at maturity. **Harvest:** Start picking from bottom up, when they are firm and 1" across, cutting off the leaf below the sprout. To harvest all the sprouts at once cut off the top of the stalk 4-8 weeks before you want to harvest or when lower sprouts reach 1/2" in size. **Tip:** A heavy feeder- transplant into well composted soil.

CABBAGE

EARLY JERSEY WAKEFIELD—After nearly 170 years, still one of the best picks for a small, early cabbage. The 2-4 lb., pale green, pointed heads have a delicious flavor, few outer leaves and can be planted close together. Resists yellows and splitting. **Light:** Full Sun/Partial Shade. **Plant:** 12-15" apart for small headed varieties. **Water:** Maintain consistent moisture to prevent heads from cracking. Water on the sides of the plant and avoid wetting any part of the plant. **Harvest:** If the heads feel solid by pushing on them lightly they are ready to harvest. Harvest as soon as possible for early varieties to prevent splitting. Later maturing varieties will hold longer. **Tips:** Mulch, provide fertilizer, and adequate moisture for optimum growth.

RUBY BALL — Firm, red, 6-8 inch round heads have a mild, sweet flavor and weigh a manageable 3-4 pounds. Ruby Ball can stand unfazed in the garden for 6 weeks without splitting, which allows the gardener extended fresh harvests and stores well after harvest. Cabbage is a hardy cool-season crop that does best under cool, moist conditions. **Light:** Full Sun. **Water:** Normal. **Height:** 10-24". **Plant:** 24-30" apart.

CAULIFLOWER

CHEDDAR - This beautiful, early, orange cauliflower becomes an even brighter orange when lightly cooked. The plant produces firm heads with great texture. **Light:** Full Sun/Part Shade. **Plant** 18" apart. **Height:** 12-30". **Watering:** Cauliflower requires consistent soil moisture. Water 1 to 1.5 inches each week. **Culture:** Cauliflower prefers a well-drained, fertile soil high in organic matter, with consistent moisture throughout the growing season. Irrigate regularly for best results. Cauliflower does not do well in hot weather. **Growing Tip:** Do not cover (blanch) the colored varieties that need sunlight to achieve their full color. **Harvest:** Keep an eye on development, cutting heads when desired size is obtained but before curds become loose, or ricey. Best for fall harvest.

SNOW CROWN — Heads are medium large, reasonably early, with many exceeding 2 pounds in weight. This All America Award winner produces dependably even under adverse conditions. **Light:** Sun/Part Sun. **Plant:** 18" apart. **Harvest:** Tie up leaves around heads to blanch (keep white). Watch closely and pick before the curds begin to loosen. **Tips:** A heavy feeder transplant into rich, well composted soil and side dress when buds begin to form.

CELERY

UTAH—Taller and greener than previous selections, the bottom portion of the stalk can run close to a foot in length. A better choice for short season areas. **Light:** Sun. **Water:** Keep evenly moist. **Height:** 1–2ft. **Harvest**– Cut single stalks over 8-10" from outside in. Cut only the stalks needed to extend production over season. **Tips:** A heavy feeder. Add compost to planting area then fertilize regularly, and mulch.

GREENS

COLLARDS– VATES—This is a large plant in the brassica family, popular in the South although easily grown anywhere. It is slow to bolt, and tolerates cold and frost. Usually eaten cooked instead of raw, the flavor seems to improve after a frost. Collards can also be added to baked dishes and quickly braised. Consider cooking with a cider vinegar or soy sauce and sesame oil. Vitamin content is excellent. Leaves are an attractive blue-green. Requires several square feet of space when fully mature. **Light:** Sun. **Plant:** 14-18" apart. **Height:** 24".

MUSTARD—MIZ AMERICA - Burgandy red, deeply lobed and serrated leaves are crunchy and mild flavored for enjoying as baby greens or fully developed leaves. The plants grow vigorously and uniformly, and the beautiful pigment never wavers. Upright plants make it easy to harvest the mild, peppery flavored leaves. **Light:** Sun/Part Shade. **Plant:** 10-12" apart. **Harvest:** Remove leaves with a knife when leaves reach desired size, about 3–6". Make sure to cut above the basal plate for cut-and-come-again harvests. Cut again when plants are at desired size, 5–14 days.

PAC CHOI – WIN-WIN CHOI - This vase-shaped Pac Choi is similar to Joi Choi, just a little smaller and more compact. The large bulky, uniform white-stems are very tasty. In the South, Pac Choi is well adapted for fall plantings. **Plant:** 10-12" apart. **Height:** 10"-12". **Light:** Sun/Part Shade. **Water:** Requires even moisture and 1-2" of water per week. **Harvest:** Harvest before flowering. The plant can be harvested by cutting down the entire plant or picking each leaf individually as they grow. Discard any yellow leaves and pick the leaves when they are young and tender, as older and larger leaves taste more bitter.

SPINACH - BLOOMSDALE LONG STANDING – HEIRLOOM - A great cool season crop, deep green leaves produce abundant yields of delicious nutritious spinach. This spinach preferred by most home and market vegetable growers. **Height:** 10"-12" at maturity. **Light:** Sun/Part Shade, adaptable to sun or shade. **Plant:** 12" apart. **Water:** Average moisture, well-drained soil. Keep plants well-watered during dry periods to help promote growth. Plants need about 1 inch of water per week during the growing season. If watering with overhead sprinklers, water early in the day so the leaves have time to dry off before evening, to minimize disease problems. **Harvest:** Abundant harvest of large, dark green leaves. Pick the leaves once the outer leaves reach 3 inches in length. To harvest the whole plant at once, cut at the base, or leaves can be picked off one layer at a time for smaller harvest. Don't wait too long to harvest, or wait for larger leaves, as the leaves can quickly become bitter after maturity.

KALE

BLUE CURLED SCOTCH—HEIRLOOM—This heirloom has a long history traced back to Tuscany in the 18th century. An open kale with 3 inch-wide strapped leaves that are 10 inches long. Very tolerant of cold temperatures as flavor becomes sweeter after a hard frost. **Light:** Sun. **Plant:** 24" apart. **Height:** 2-3 ft. **Harvest:** Pick the leaves from the bottom up for continuous harvest. **Tips:** Full of vitamins A and K.

RUSSIAN RED—HEIRLOOM — Kale is a staple in Eastern European cooking. Ease of growth, variety of uses, nutrition and delicious flavor (particularly after a frost) make kale an ideal addition to any garden and diet. Tender, oak shaped leaves change from reddish green to red after a frost. May be left in the garden for harvest throughout the winter. **Light:** Sun/Part Sun. **Plant:** 12-24" apart. **Harvest:** Pick young leaves starting at 8-10" long from the middle upward. **Tips:** Leaves become very sweet after frost.

KOHLRABI

DELICACY WHITE—This variety has been described as very early with a small top, and the leaf stems are purple tinged. The purple color bulbs are of medium size with white flesh. **Light:** Sun. **Harvest:** For most tender and sweet bulbs harvest those under 2". Fall plantings can survive frosts and can be harvested when they are larger. **Tips:** Grows best in the cooler weather. Summer heat makes the bulbs woody and dry. Provide fertilizer and adequate moisture for optimum growth.

LETTUCE

ARUGULA—A somewhat pungent salad green. Young leaves are sort of nutty and mustardy. Older leaves can become unpleasantly bitter, the leaves of arugula provide a spicy zap when added to a salad. Young leaves taste best. You can also sauté or steam them like spinach or other leafy greens. Plants look a little like dandelion, but more open. Leaves grow best in cool weather. **Light:** Full sun, will tolerate partial shade. **Plant:** 12-18" apart. **Height:** 6-12". **Water:** Moist but well drained soil.

BLACK SEEDED SIMPSON— HEIRLOOM 1875—An old favorite introduced by Henderson Seed Co. Light green frilly leaves, a loose head, and very dependable. Small leaves can be harvested very early. **Light:** Sun. **Plant:** 6-12" apart, depending on the size of lettuce you want from baby to full heads. **Harvest:** Cut whole head at base or individual leaves before lettuce starts to bolt and becomes bitter in warmer weather. **Tips:** Plant in fertile soil with lots of organic matter and adequate water.

BUTTERCRUNCH—This bibb type produces a loose head, 8 to 9" across. Dark green and slow to bolt, it has been rated one of the 12 best vegetable introductions. It was developed at Cornell in 1963. **Light:** Sun/Part Shade. **Plant:** 8-12" apart. **Harvest:** Cut whole head at base or individual leaves before lettuce starts to bolt and becomes bitter in the warmer weather. Plant into fertile soil with lots of organic matter and adequate water for optimum growth.

FRECKLES—This romaine gets its name for being an unusual bright green lettuce with crimson freckles and adds interest to any salad. This uniquely colored lettuce is sun-loving and grows upright. This variety has a crisp texture. **Tips:** Lettuce needs fertile soil for optimum growth. Add compost to the soil before planting. **Water:** Provide adequate, even moisture for the best growth. Mulching helps retain moisture. **Plant:** 8-12" apart. **Height:** 12". **Harvest:** Cut whole heads at base or snipe off individual leaves which can be harvested all season until the main stem of the plant starts to grow causing the leaves to grow bitter. To harvest the entire plant when mature, cut it just above the surface of the soil.

OAK LEAF— The most heat-resistant variety of lettuce. The taste never turns bitter. The crisp flavorful leaves form a tight center with loose outer leaves. Tender and tasty leaves are medium green and have an oakleaf shape. **Light:** Sun. **Plant:** 10-12" apart. **Water:** Provide water to prevent wilting in hot afternoons. **Harvest:** The individual leaves can be picked to provide any size salad; plant will continue to grow during the season.

RED SALAD BOWL—Introduced in the early 1950s. This variety is deeply lobed, burgundy red and delicious. The cooler the weather the more intense the burgundy color becomes. Can be grown as baby lettuce as well as full size. Slow to bolt. **Light:** Sun. **Height:** 9-15". **Plant:** 8-10" apart. **Harvest:** Cut leaves as needed for salad, will continue to grow and produce new leaves throughout season.

SWISS CHARD

BRIGHT LIGHTS—Almost neon in appearance, the leaves are green, with veins of vibrant color, red, orange, or yellow running through them. **Light:** Sun. **Plant:** 10-15" apart. **Harvest:** Remove outer leaves starting at 6". Use young raw leaves in a salad or briefly cook mature leaves to maintain their color. Use the leaves and center ribs cooked or raw. **Tips:** Great for planting in an ornamental edible garden for color effect.

HERBS

CHAMOMILE—ROMAN — Translated from the Greek, "chamomile" means ground apple, referring to the apple-like odor and the fact that it makes a fine ground cover and substitute for grass. Plants are 4 inches tall and spread rapidly. **Light:** Sun/Part Shade **Plant:** 8-12" apart. **Harvest:** Gather leaves and flowers when in full bloom. **Uses:** Dried flowers can be added to potpourri or steeped in hot water to make tea.

CILANTRO—CARIBE—The primary use of cilantro in Latin American cooking is the leaves. This variety is bred to maximize foliage production and is slow to bolt. Can produce times the yield of regular cilantro over a much longer period. It is often used in combination with tomatillo, tomatoes, and chilies, creating unforgettable sauces. It is also known as Mexican or Chinese parsley. **Light:** Sun, exception - needs some shade in summer. **Height:** 10-18". **Water:** Keep watered in dry weather.

CILANTRO—LONG STANDING SANTO—This variety has an excellent flavor, improved leafiness and, as the name infers, it is slow to bolt in warmer weather. **Light:** Sun/Part Shade. **Height:** 12"-24". **Width:** 6"-12". **Harvest:** Foliage flavor is best before the leaves turn feathery and plants begin to flower. Seeds should be harvested after they begin to turn brown and when outer coat cracks, but before they drop off the plant and scatter. Cut stem and place in a brown paper sack to collect the seeds. Rubbing the seeds will cause the outer shell to drop off. **Uses:** Add a sprig to chicken soup or add chopped leaves to Mexican, Caribbean, or Asian dishes. The crushed seeds add intriguing flavor to stews, beans, and cookies. Grows best in cool temperatures. **Tips:** Grows well in containers and attracts beneficial insects.

DILL—FERNLEAF—An All American Winner in 1992. This variety is smaller than other dill varieties, and can be grown in containers and small gardens. It is a lovely ornamental plant with its yellow flowers, deep— green foliage, and compact growth habit. Keep plants cut to delay flowering and extend harvest, or harvest the whole plant as soon as it flowers. Dill, like parsley and fennel, draws the larva of the black swallowtail butterfly. Plant enough to feed yourself and the caterpillars. Far from a pest, the butterflies are often encouraged by gardeners who plant dill and parsley in patches just to attract them. **Light:** Sun. **Plant:** 12-15" apart. **Height:** 18-24". **In the Garden:** Plant dill far away from fennel, since the cross-pollination of these herbs produces variable results. **Uses:** In addition to pickles, use in salad dressing, sauerkraut and even bread. Enjoy the leaves at their peak when they are fresh, finely chopped for best flavor.

MARJORAM—A versatile culinary herb with a fragrance similar to oregano, but sweeter and with a hint of balsam. Aromatic, marjoram is great with veal, beef, lamb, fish, and poultry as well as vegetables, potatoes, and mushrooms. It complements garlic, onion, thyme, and basil and is often used as a substitute for oregano. Two feet high plants are good for containers or herb garden.

MEXICAN MINT MARIGOLD—TEXAS TARRAGON—Used as a substitute for French tarragon. Often compared to licorice and anise. Leaves are best used raw or added at the end of cooking. Goes well in fish and chicken dishes, soups, salads, pesto, and vinegars. In Mexico, leaves and flowers are used for tea. Can be used for dried flower arrangements. Does very well in hot climates. **Light:** Full Sun/Part Shade. **Height:** 2 ft. **Water:** Low. **Tip:** Attracts bees.

OREGANO—GREEK—This oregano has the true flavor that we have come to associate with pizza sauce and other Italian dishes. Add the pungent green leaves for great flavor. Form is upright with a low-growing, spreading habit. **Light:** Full sun. **Height:** 6-8". **Harvest:** Pick stem of leaves as needed.

PARSLEY—FLAT LEAF—Also called Italian parsley, its uses are similar to the curly variety, but the flavor is a bit stronger. Plants produce sprigs of large, flat leaves all season. Preferred in Italian cooking. **Light:** Sun/Part Shade. **Height:** 1 ft. **Tips:** Plant in fall or spring. Frost tolerant.

SAGE—CULINARY—A strong, herbaceous perennial, it is a good fall and winter plant in hot climates. The broad grey-green leaves and beautiful purple flower spikes make this a fantastic ornamental. **Light:** Full Sun. **Height:** 12-36". **Plant:** 18-24" apart. **Water:** Needs good drainage. **Uses:** Add the uniquely flavored leaves to sauces, stuffing, poultry, pork, and sausage. It provides a lovely fragrance and flavor to a dish, especially when leaves are sautéed before adding.

SALAD BURNET—A pretty perennial that produces white or rosy flowers. Leaves are used in salads for their cucumber-like flavor. Keeps growing from fall through summer, may die back with cold temps but will return. **Light:** Sun/Shade. **Height:** 12-18". **Uses:** Toss into salads. a real find for those who love the taste of cucumber, but find it somewhat difficult to digest. Also use in a garden bed as a low border plant.

THYME— FRENCH—Softly mounding plants of cascading grey-green leaves are a good accent in every garden. Intensely aromatic thyme is indispensable in all kinds of savory dishes throughout the classic Mediterranean cuisines of France, Italy and Greece and enhances both Cajun and Creole food. Use the spicy little leaves every day to combine and blend beautifully with the flavors of lemon, garlic, basil and parsley for seasoning vegetables, seafood and poultry. **Light:** Full Sun. **Height:** 8-12". **Harvest:** Given a sunny location with good drainage, easy-growing thyme plants are reliable, productive and long-lived garden perennials. Small lilac flowers bloom in midsummer, cut back foliage halfway when the blossoms fade to keep plants looking fresh. Cut leafy thyme sprigs as needed once plants are well established. **Tips:** Thyme is easy to freeze or dry. Frost hardy. Attracts butterflies and bees.

Fort Bend County Master Gardeners

SAVE THE DATES

2023 Fruit & Citrus Tree Sale

Saturday, February 11, 2023
9:00 a.m. – 12:00 p.m.

Or until sold out.

Visit www.fbm.org for details.

2023 Spring Vegetable-Herb Plant Sale

Saturday, March 11, 2023
9:00 a.m. – 12:00 p.m.

Or until sold out.

Visit www.fbm.org for details.

ONLINE RESOURCES

For more information on varieties, planting and maintenance of your vegetables and herbs, Texas A&M AgriLife Extension Service has a number of publications available including:

Aggie Horticulture:

<http://aggie-horticulture.tamu.edu>

AgriLife Learn:

<https://agrilifelearn.tamu.edu/s/>

Aggie Horticulture Vegetables Resources:

<http://aggie-horticulture.tamu.edu/vegetable/>

For additional information or to receive printed copies of a Texas A&M AgriLife Extension Service publication, please contact the Master Gardener Hotline at 281-341-7068 or fortbendmg@ag.tamu.edu.

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TEXAS A&M AGRI LIFE EXTENSION

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with all of your gardening questions!***

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