FALL SALAD GARDEN PLAN

- Baby Lettuce
- Head Lettuce and Radishes
- Peas grown for pea shoots
- Spinach
- Cilantro and dill seeds
- Garlic
- Strawberries
- Perennial herbs

FALL SEASON OVERVIEW

- PLANTING DATE: Sept. 10
- AVERAGE FIRST FROST: May 1 - 10
- AVERAGE HIGH: 77 (Sept) 65 (Oct)
- AVERAGE LOW: 47 (Sept) 36 (Oct)
- AVERAGE RAIN: 1.06” (Sept) 1.06” (Oct)
- AVERAGE SNOW: 1” (Sept) 4” (Oct)
- ZONE: 5b
Example Salad Garden Layout

Use this template to guide you as you plant or harvest your garden.

**Salad Garden Planting:**
- **Pea Shoot Seeds - 30 Days to Maturity**
  - Spacing: 2 inches
  - Pea Shoot harvest Window: October 10 - Heavy Fall Frost

- **Lettuce Seeds - 40 Days to Maturity**
  - Spacing: Several Seeds per inch
  - Spring Harvest Window: October 20 - Heavy Fall Frost

- **Radish Seeds - 30 Days to Maturity**
  - Spacing: 1.5 inches
  - Spring Harvest Window: October 10 - October 31

- **Lettuce Seedlings - 40 Days to Maturity**
  - Spacing: 8 inches
  - Spring Harvest Window: October 20 - Heavy Fall Frost

- **Spinach Seeds - 50 Days to Maturity**
  - Spring Harvest Window: October 30 - November 30
Harvest window dates are estimates and may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

**Lettuce (Baby leaf) Harvest Window: October 20 - Heavy Fall Frost**
Snip or pinch leaf stems once leaves have reached 3-5 inches in height. Do not pull upwards and uproot the plant during harvest. Once leaves have been harvested, continue to care for plants in order to grow more leaves for a second or third harvest.

**Lettuce (Full Heads) Harvest Window: October 20 - Heavy Fall Frost**
Head lettuce can be harvested two ways; by individual leaves, or by the whole head. Harvest individual leaves by bending them down at their base beginning with the outermost leaves and moving inwards. Harvest the whole head by cutting through the stem at soil level with a strong knife. Harvesting individual leaves will let the plant continue to grow. Harvesting the whole head of lettuce is a single harvest.

**Pea Shoots Harvest Window: October 10 - Heavy Fall Frost**
Snip or pinch the top two inches of newest growth of your pea plants. You can pinch the tender stem off easily if it is ready. If the stem is hard to break, move upwards on the plant to harvest the more tender, newer growth.

**Perennial Herbs Harvest Window: April 15 – End of Season**
Pinch off leaves by hand, or for larger harvests cut stems with clippers. Fresh herb leaves can be harvested as they grow. Harvest the top ⅓ of plant or only the leafy tips to encourage new growth.

**Spinach Harvest Window: October 20 - continue to grow throughout the winter**
Snip or pinch leaf stems once leaves have reached 3-5 inches in length. Do not pull upwards and uproot the plant during harvest. Once leaves have been harvested, let plants continue to grow for multiple harvests through the fall, winter, and spring.

**Radishes Harvest Window: October 10 - October 30**
Pull the entire plant out of the ground to harvest. Harvest when top of radish root reaches 1” in diameter.