

Year-Round Edibles & Cool-Season Crops

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What to plant when:

Note: this will vary based on your zone, microclimates, and gardening practices.

Early spring (President's Day-end of March) – plant peas and fava beans outdoors, plant beets, spinach, lettuce, other greens under cloche; harvest winter greens, mustards, leaves of chard, collards, broccoli

Mid spring (late March-Memorial Day) – start hot season crops indoors (tomatoes, peppers, basil), then plant out with season extenders; plant long-season fall and winter cabbages; later, start squashes in ground under season extenders; harvest purple sprouting broccoli, cabbage, lettuces, winter greens, peas

Late spring (June-July 15) – wean hot season crops off their season extenders; harvest spring greens, peas

Summer (July 15-Sept. 15) – do second plantings for fall (July: brassicas, root crops; August through September: salad greens; late Aug./early Sept.: overwintering cabbage and onions, spinach, lettuce, Asian greens – tender ones will need to be under a cloche); harvest long-season overwintering veggies (garlic, shallots)

Early fall (Sept. 15-Oct. 15) – plant overwintering peas, carrots, beets and mustards (monitor these for need of protection in cold winters)

Late fall (Oct. 15/Thanksgiving) – plant garlic, shallots, fava beans (monitor favas for need of protection in cold winters)

Winter (Thanksgiving – President's Day) – no outdoor planting; in January, sow seeds of lettuce indoors to transplant to a cloche; harvest greens, root crops, brassicas

Two great books and a guide:

Winter Gardening in the Maritime Northwest, by Binda Colebrook (Seattle: Sasquatch Books, 1998)

Gardening Under Cover, by William Head (Seattle: Sasquatch Books, 1989)

Maritime Northwest Garden Guide, by the staff of Seattle Tilth (Seattle: Seattle Tilth, 2009)

Cool season varieties:

Note: This is not an exhaustive list, just some varieties with which I've had success.

Vegetable	Spring/Fall varieties	Overwintering varieties
Asian Greens and Mustards	Mizuna Pak Choi Tatsoi (Tah Tsai)	Bok Choi Green-in-the-Snow Mizuna Osaka Purple Pak Choi Tatsoi (Tah Tsai)
Beet	Chioggia Early Wonder Tall Top	Lutz Winterkeeper
Broccoli	DeCicco Thompson Umpqua	Purple Sprouting
Cabbage	Early Jersey Wakefield	January King
Carrot	Bolero Danvers Half Long	Merida
	Morris Heading Georgia	Champion
European greens	Arugula (Rocket) - Sylvestra Corn Salad (Mache) – Vit Endive – Tres Fine Maraichere	Arugula (aka Rocket) Corn Salad (aka Mache)
Kale	<i>look for Russian Red types</i>	Lacinato (aka Dinosaur) Siberian Winterbor
Leek	Giant Caretan Giant Musselburgh Blue Solaise	Giant Musselburgh Blue Solaise
Lettuce	Black-seeded Simpson Green Deer Tongue Little Gem Marvel of Four Seasons Red Oakleaf Red Sails Winter Marvel	Little Gem Marvel of Four Seasons Rouge d'Hiver Winter Density Winter Marvel
Pea	<i>Look for "enation-resistant" varieties</i> Cascadia (snap) Oregon Giant (snow) Oregon Sugar Pod II (snow)	
Spinach	Olympia Tyee	Giant Winter Tyee Winter Bloomsdale
Swiss Chard	Bright Lights Perpetual Rhubarb	Fordhook Giant