

PHYTONUTRIENT GARDENER'S JANUARY GUIDE

January in the Phytonutrient Garden is a busy time. Here is a simple checklist that should help!



In the Phytonutrient Garden

If you are fortunate enough to still have summer fruit like tomatoes growing it is time to pick the last of them and prepare the garden beds for next spring by **mixing in good compost.**



In the Phytonutrient Garden

Sow some of your favorites:

Asian Greens, Lettuce, Radish, Spinach.

IN LATE JANUARY: Beets, Bok Choy, Carrots, Collards, Kale, Kohlrabi, Mustard, Peas (English, Sugar, Snap), Rutabaga, Turnip.



In the Phytonutrient Garden

PLANT In Ground: Artichoke crowns, Asian Greens, Asparagus crowns, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Kale, Collards, Kohlrabi, Leeks, Lettuce, Mustard, Onion sets, Spinach.



In The Fruit Garden

January is bare root fruit month! Now's the time to plant Apples, Blackberries, Dewberries, Figs, Grapes, Peaches, Pears, Pecans, Persimmons, Pomegranates, Raspberries and Strawberries.

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In the Phytonutrient Herb Garden



Plant some Herbs: Calendula, Chervil, Chives, Cilantro, Dill, Parsley, Echinacea, Feverfew, Oregano, Rosemary, Sage, Sorrel, Thyme.

In the Yard



Plant a Tree: Winter is a great time to plant hardy evergreen and deciduous trees. In the winter, roots start to grow while the top of the plant is resting, and this gives your tree a nice head start come springtime. Plant native Texas trees whenever you can – they're generally drought tolerant (once they're established) and they're definitely best adapted to our soils and climate.

In the Yard



If we're not getting adequate rainfall, continue to water your lawn and any other plants that require supplemental water. Always water deeply, especially before freezes, as dry plants are more likely to suffer freeze damage than well-watered ones. Be careful not to overwater and always check soil moisture levels before watering (plants use less water when temperatures are cool.)



In The Living Room

January is the time to get out your new seed catalogs and start planning and dreaming!