

PHYTONUTRIENT GARDENER'S OCTOBER TO-DO GUIDE

Time to plant, plant, plant!

In the Phytonutrient Garden



The heat may stay with us until well into October so keep on top of it. Don not expect our first frost until the end of November. Plant vegetable plants. Chinese Cabbage, Collards (and other Greens), Lettuce, Spinach, Turnip, Broccoli, Cabbage, Cauliflower, Chinese Greens, Lettuce, and Spinach can be planted throughout the fall, if they are given frost protection.

In the Phytonutrient Garden



Just like last month, plant transplants of broccoli, cauliflower, cabbage, and kale; surround them with a thick mulch to cool the soil. Direct-seed spinach, lettuce, beets, carrots, parsley, turnips, and kohlrabi. If you want to grow your own transplants, it's time to start tomato and pepper seeds indoors. You'll need a greenhouse or cold frame, or supplemental lighting indoors.



In the Phytonutrient Herb Garden

Plant herbs! Plants: All perennial herb plants; also Cilantro, Dill, Fennel, Parsley. Seeds: Borage, Caraway, Chamomile, Chervil, Chives, Cilantro, Dill, Fennel, Parsley, Summer Savory.

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In the Yard



Plant pansies, stock (*Matthiola incana*), or some snapdragons, sweet alyssum (*Lobularia maritima*), Johnny-jump-ups (*Viola tricolor*), or pinks (*Dianthus* spp.). Apply a 1/2-inch layer of compost to areas of the lawn that are susceptible to brown patch; apply organic fertilizer to the entire lawn at the end of the month.

In the Flower Garden



Plant annual flower/ornamental seeds. Sweet Alyssum, Calendula, Centaurea, Coreopsis, Johnny Jump-Up, Larkspur, Nasturtium, Pansy, Poppy, Snapdragon, Sweet Pea. Plant wildflower seeds. This month is the ideal time to plant them. Try to find Bluebonnet inoculant to go with your Bluebonnet seeds. It is in the bean family, after all, and would like some of that *Rhizobium* bacteria.

In the Yard



Plant perennials, trees, and shrubs. Plant Columbine (in a shady location) now in order to have those springtime blooms. Divide perennials. Transplant or give away your divisions of: daylily, bearded iris, shasta daisies, violets, wood ferns, and cannas.