

## Digging Deep with Cynthia Brian

# Under Cover

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### Fall Planting Ideas

Visit your nursery to find trees and shrubs boasting sensational sunset colors to compliment your fall landscape. Take advantage of the balmy days, chillier evenings, and the warm soil to plant seeds offering up greens, vegetables, and flowers through the beginning of winter. Here's what you'll want to sow now:

Peas	Endive
Parsley	Radicchio
Broccoli	Turnips
Kale	Beets
Arugula	Leeks
Lettuce	Calendulas
Asian greens	Violas
Spinach	Cilantro
Chicory	Bare Root Peonies
Chard	

Cover the planted patch with straw. Some seeds will germinate quickly followed by dormancy. In our mild climate greens and root vegetables can be harvested throughout the winter. Keep in mind that you can mix the many "foliage" edibles like lettuce, cabbage, or Swiss Chard amongst your fall ornamentals. Look for those that add color, interesting leaf shapes, varying sizes, and form. For a bigger design impact, plant in swaths. Thin when the plants are a few inches high, and add the sprouts to your dinner plate.

Engage your children in garden based learning to spark their curiosity and grow their confidence with practical skills they will use forever. In a large container



*It's not fall without pumpkins and ghoulish gourds! If you don't grow them, find them at the farmers' markets.*



*Clematis shines as it twines with forget-me not and geranium along a fence.*

*Photos Cynthia Brian*

at least 18 inches deep, let your kids plant a slice from their favorite red, golden, or brown potato with two or three eyes up in a manure rich soil. Leaves will sprout, the plant will flower, and about 10 weeks later the po-



*Cynthia's freshly harvested red potatoes. Easy to plant and grow. Delicious and nutritious. A great project for kids!*

tatoes are ready to be harvested. In most areas, tubers are planted in spring, but I plant them all year 'round with continued success as long as I protect them from frost or super cold weather. Your children will love eating their own baked potato or making fries.

Choose bulbs that will be deer and rodent resistant to plant towards the end of the month or any time in November for continuous spring color without the nibbling. Besides daffodils, consider alliums, snowdrops, bluebells, checkered lilies, and fritillaria.

Without good soil, we'll never achieve a healthy, beautiful landscape. Just as we lather creams on our bodies to moisturize our skin to keep it young, our soil needs nutrients to feed the seeds. Cover crops are the anti-aging replenishing regimen that keep our gardens growing and glowing year after year. As Franklin D. Roosevelt commented: "The nation that destroys its soil destroys itself." Take care of nature's most important organ—its earth and it will reward you a hundred fold.

Fall forward with fabulous foliage!