

# Another Veggie Cheat Sheet

Growing cool-season and second crop warm-season vegetables in Oklahoma **By Dee A. Nash**

Oklahoma usually has a long fall growing season, starting out hot in September and then mellowing into the cooler days and nights of October. Occasionally, Oklahoma gets a freeze in mid-October, but more often not until mid-November for much of the state. Of course, it all depends on where you live – the northwest part of the state sees cold fronts much earlier than the southeast corner.

If you want to plant fall lettuces and other cool-weather greens, you can grow them from seed but it's easier to grow transplants that you either start yourself or buy from a local nursery. You can also start seeds outdoors in a shady spot, but watch out for pests and water every day.

Early fall is still very hot, and lettuce prefers daytime temperatures in the 60s. So either plant seeds in a small trench of leaf mold – to cool the ground – or place transplants in the shade of larger plants, such as tomatoes. Plant seeds no deeper than three times their size. Cover with compost and if needed, place shade cloth above the planting area to reduce soil temperature. Keep soil evenly moist until seeds germinate and begin to grow. Before adding transplants to the garden, harden them off in the shade outside making sure you keep them watered.

Throughout early fall, water is key. Oklahoma's climate is hot and dry until September, and even then gardeners aren't assured of rainfall.

If you think you'll want a fall vegetable garden each year – and once you grow one, you probably will – invest in row covers and cold frames. These handy tools give plants much more time to develop and grow. With row covers over hoops and cold frames, you can enjoy lettuce, spinach, and other greens well into winter.

You'll need to improve your soil with organic matter. After a long summer growing season, soil nutrients are often depleted, and the texture of the soil is less than desirable due to watering and heat. So add shredded leaves or other compost to your soil before transplanting.

Two types of vegetables can be grown in an Oklahoma fall garden. You can sow a supplemental planting of quickly matur-



**Green cabbage in fall garden.**





Red Swiss chard and Chinese mustard planted in a cold frame.



Planting red tatsoi



'Purple Top White Globe' turnip is a great turnip variety for Oklahoma.

ing warm-weather crops such as bush and pole beans, summer squash, cucumber, and even eggplant corn and tomatoes, but remember, the soil surface is still very hot and requires more supplemental watering to get plants off to a good start. Many of these vegetables – seeds and transplants – will actually be planted in July and August. The other category of vegetables are cool-weather plants. These will need to be started in pots under lights or in a shady spot in the garden and then later transplanted into the garden.✂

Dee Nash is a professional writer, garden coach and speaker who grows everything she can on 7½ acres. She is the author of *The 20/30 Something Garden Guide*, a *No-Fuss, Down & Dirty, Gardening 101 for Anyone Who Wants to Grow Stuff*, published in February 2014. It's now available at local and online booksellers.

**See planting chart with recommended varieties on page 54.**

## Hot Advice

### Tips For Starting Veggies in a Hot Climate

Although fall gardens can be more productive than spring ones in Oklahoma, you'll still sometimes be planting seeds during the hottest time of the year. Factor in that Oklahoma's hot evenings and nights don't give plants or soil surfaces much of a respite either.

Soils may also be depleted and crusty from plants, heat, and watering. Add a layer of compost with well-rotted manure or fertilizer to the soil surface and plant seeds or plants into it.

Plant seeds no more than three times their diameter. Use composted shredded leaves and water them down a day before planting seeds. The leaves make the surface moist and cooler.

Keep soils evenly moist until germination and have a watering plan in place before planting.

Start lettuce and other cool crops indoors under grow lights or buy transplants when available.

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## Second Crop Warm-Weather Vegetables

### Beans, bush

Seed or plant: Seed  
 Varieties: 'Blue Lake 47', 'Blue Lake 274', 'TopCrop', 'Contender'  
 Planting Date(s): August 10-20  
 Spacing Plant/Row: 3-6 inches/18-24 inches  
 Days to Harvest: 50-60  
 Time to Harvest: October, before frost  
 Good companions: Most vegetables, especially cabbage, carrots, cauliflower  
 Bad companions: Garlic, onions, peppers, sunflowers

### Beans, pole

Seed or plant: Seed  
 Varieties: 'Kentucky Wonder', 'Pinto', 'Kentucky Blue'  
 Planting Date(s): July 15-30  
 Spacing Plant/Row: 12-18 inches/24-36 inches  
 Days to Harvest: 60-70  
 Time to Harvest: October before frost  
 Good companions: Same as bush beans  
 Bad companions: Same as bush beans

### Beans, lima

Seed or plant: Seed  
 Varieties: 'Fordhook 242'  
 Planting Date(s): August 10-20  
 Spacing Plant/Row: 4-8 inches/18-24 inches  
 Days to Harvest: 70-80  
 Time to Harvest: October before frost  
 Good companions: Same as bush beans  
 Bad companions: Same as bush beans

### Cilantro

Seed or plant: Either  
 Varieties: 'Slo-Bolt', 'Calypso'  
 Planting Date(s): July 15-August 1  
 Spacing Plant/Row: 4 inches/9 inches  
 Days to Harvest: When plant matures but before bloom  
 Time to Harvest: Throughout fall and into winter with cover  
 Good companions: Spinach, peppers, cabbage, dill, carrots, beans, peas  
 Bad companions: Fennel

### Corn

Seed or plant: Seed  
 Varieties: 'Early Sunglow', 'Quickie'  
 Planting Date(s): July 15  
 Spacing Plant/Row: 12-18 inches/36 inches

Days to Harvest: 80-100  
 Time to Harvest: October 15  
 Good companions: Beans, cucumbers, lettuce, melons, peas, potatoes, squash, sunflowers  
 Bad companions: Tomatoes

### Cucumber

Seed or plant: Either  
 Varieties: 'Lemon', 'Marketmore 80', 'Salad Bush'  
 Planting Date(s): Aug 10-20  
 Spacing Plant/Row: 12-30 inches/36 inches  
 Days to Harvest: 60-70  
 Time to Harvest: October 10-20  
 Good companions: Beans, cabbage, cauliflower, corn, lettuce, peas, radishes, sunflowers  
 Bad companions: Fragrant herbs, melons, potatoes

### Eggplant

Seed or plant: Plant  
 Varieties: 'Little Fingers', 'Bianca', 'Fairy Tale', 'Asian'  
 Planting Date(s): July 15  
 Spacing Plant/Row: 18 inches/36 inches  
 Days to Harvest: 80-90  
 Time to Harvest: October 15  
 Good companions: Beans, peas, peppers, tomatoes, potatoes, spinach, tarragon, thyme  
 Bad companions: None, but don't plant in the shade of another plant.

### Peppers, sweet or hot

Seed or plant: Plants  
 Varieties: 'Sweet Banana' (S), 'Earlired' (H), 'Anaheim TMR23' (H), 'Hungarian Wax' (H)  
 Planting Date(s): July 15  
 Spacing Plant/Row: 24 inches/36 inches  
 Days to Harvest: 90-110  
 Time to Harvest: October 15  
 Good companions: Basil, carrots, eggplant, onions, parsley, tomatoes  
 Bad companions: Fennel, kohlrabi

### Summer squash

Seed or plant: Either  
 Varieties: 'Golden Crookneck', 'Eight Ball', 'Dixie'  
 Planting Date(s): July 15-September 1  
 Spacing Plant/Row: 24-36 inches/36 inches  
 Days to Harvest: 40-50  
 Time to Harvest: August 25-October 15  
 Good companions: Nasturtiums, marigolds, beans, corn  
 Bad companions: Potatoes, pumpkins

### Tomatoes

Seed or plant: Plant  
 Varieties: 'Early Girl', 'Red Racer', 'Black Cherry', 'Celebrity', 'Better Boy', 'Lucid Gem'  
 Planting Date(s): July 1-15

Spacing Plant/Row: 24-36 inches/48 inches  
 Days to Harvest: 70-90  
 Time to Harvest: August 25-October 15  
 Good companions: Asparagus, basil, cabbage family, carrots, mustard, parsley, onions, rosemary, sage  
 Bad companions: Fennel, kohlrabi, potatoes, walnuts

## Fall Planted Semi-hardy Vegetables

### Beets

Seed or plant: Seed  
 Varieties: 'Early Wonder', 'Detroit Dark Red', 'Bull's Blood'  
 Planting Date(s): August 1-15  
 Spacing Plant/Row: 3-4 inches/12-18 inches  
 Days to Harvest: 60-70  
 Time to Harvest: October 1-25  
 Good Companions: Onion, kohlrabi, bush beans, lettuce, cabbage family  
 Bad companions: Mustard

### Bok choy (pac choi)

Seed or plant: Seed  
 Varieties: 'Joi Choi', 'Rosie' (purple leaves)  
 Planting Date(s): August 1-15  
 Spacing Plant/Row: 6-10 inches/18-30 inches  
 Days to Harvest: 45-50  
 Time to Harvest: September 15-October 4  
 Good companions: Beets, bush beans, carrots, chamomile, chard, cucumbers, dill, kale, lettuce, potatoes, sage, spinach  
 Bad companions: Strawberries, tomatoes

### Broccoli

Seed or plant: Plant  
 Varieties: 'Monflor', 'Brigadier', 'Imperial'  
 Planting Date(s): July 15-August 15  
 Spacing Plant/Row: 16-20 inches/18-30 inches  
 Days to Harvest: 70-80  
 Time to Harvest: September 30-November 15  
 Good Companions: Beets, calendula, carrots, chamomile, dill, anise hyssop, marigolds, mints, nasturtiums, onions, rosemary, sage, thyme  
 Bad companions: Strawberries

### Brussels sprouts

Seed or plant: Plant  
 Varieties: 'Jade', 'Prince Marvel', 'Valiant'  
 Planting Date(s): July 15-August 15  
 Spacing Plant/Row: 16-20 inches/18-30 inches  
 Days to Harvest: 90-100  
 Time to Harvest: October 15-November 25  
 Good companions: Same as broccoli  
 Bad companions: Same as broccoli



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## Cabbage

Seed or plant: Plant  
Varieties: 'Charmant', 'Conquest', 'Dynamo'  
Planting Date(s): August 1-25  
Spacing Plant/Row: 16-20 inches/18-24 inches  
Days to Harvest: 75-90  
Time to Harvest: October 15-30  
Good companions: Same as broccoli  
Bad companions: Same as broccoli

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## Carrots

Seed or plant: Seed  
Varieties: 'Chantenay', 'Danvers' strains, 'Thumbelina' for clay soils  
Planting Date(s): July 15-August 15  
Spacing Plant/Row: 1-2 inches/12-18 inches  
Days to Harvest: 70-80  
Time to Harvest: September 23-November 3  
Good companions: Peas, lettuce chives, onions, leeks, rosemary, sage, tomato, parsley  
Bad companions: Dill

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## Cauliflower

Seed or plant: Plant  
Varieties: 'Burpee Early White Hybrid', 'Snowball', 'Snow Crown', 'Snow Grace'  
Planting Date(s): August 1-25  
Spacing Plant/Row: 16-20 inches/18-24 inches  
Days to Harvest: 70-80  
Time to Harvest: October 10-November 13  
Good companions: Beans, beets, cucumber, potatoes, tomatoes  
Bad companions: Strawberries

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## Collards

Seed or plant: Either  
Varieties: 'Champion', 'Georgia'  
Planting Date(s): August 1-September 1  
Spacing Plant/Row: 18-24 inches/30-36 inches  
Days to Harvest: 75-85  
Time to Harvest: October 15-November 25  
Good companions: Same as broccoli  
Bad companions: Same as broccoli

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## Garlic

Seed or plant: Separate bulbs into cloves  
Varieties: 'German Red' (hardneck), 'Chinese Pink' (hardneck), 'Silverskin' (softneck)  
Planting Date(s): September 1-October 15  
Spacing Plant/Row: 4 inches/12 inches  
Days to Harvest: June the following year  
Time to Harvest: June the following year  
Good companions: Beets, strawberry, tomato, lettuce, summer savory, chamomile, roses  
Bad companions: Peas, beans

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## Kale

Seed or plant: Plants  
Varieties: 'Dwarf Blue Curled', 'Lacinato', 'Red Russian'  
Planting Date(s): September 1  
Spacing Plant/Row: 18 inches/24-36 inches  
Days to Harvest: 50-65  
Time to Harvest: October 21-November 5  
Good companions: Same as collards  
Bad companions: Same as collards

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## Leaf lettuce

Seed or plant: Either  
Varieties: 'Black-Seeded Simpson', 'Flashy Troutback', 'Red Sails', 'Salad Bowl'  
Planting Date(s): August 1-15  
Spacing Plant/Row: 2-3 inches/12-18 inches  
Days to Harvest: 60-70  
Time to Harvest: September 30-October 24  
Good companions: Carrots, radish, strawberry, cucumber  
Bad companions: Celery, cabbage, parsley

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## Onions

Seed or plant: Seeds, sets, or plants  
Varieties: 'Electric' (red), and 'Senshyu Yellow' (yellow)  
Planting Date(s): September 1  
Spacing Plant/Row: 4 inches/12-18 inches  
Days to Harvest: The following spring  
Time to Harvest: The following spring  
Good companions: Beets, strawberries, tomatoes, lettuce, summer savory, chamomile, roses  
Bad companions: Peas, beans

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## Parsnips

Seed or plant: Either  
Varieties: 'Half Long Guernsey', 'Javelin'  
Planting Date(s): July 15-August 15  
Spacing Plant/Row: 4-6 inches/12-18 inches  
Days to Harvest: 120  
Time to Harvest: November 12-December 13  
Good companions: Onions, radishes, artemisia  
Bad companions: Carrots, celery, dill, fennel

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## Peas, green

Seed or plant: Seed  
Varieties: 'Super Sugar Snap', 'Magnolia', 'Oregon Giant' (snow pea), 'Sienna' (shelling pea)  
Planting Date(s): August 15-September 1  
Spacing Plant/Row: 2 inches/36 inches  
Days to Harvest: 60-90  
Time to Harvest: October 14-November 30  
Good companions: Carrots, turnips, radish, cucumber, corn, beans, potatoes  
Bad companions: Onions, leeks, shallots, garlic

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## Radish

Seed or plant: Seed  
Varieties: 'French Breakfast', 'Watermelon', 'Cherry Belle', 'Easter Egg'  
Planting Date(s): August 15-October 10  
Spacing Plant/Row: 1 inch/8-12 inches  
Days to Harvest: 20-40  
Time to Harvest: September 4-November 19  
Good companions: Cucumbers, lettuce, melons, peas, nasturtiums, carrots  
Bad companions: Anise hyssop

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## Spinach

Seed or plant: Seed  
Varieties: 'Corvair', 'Bloomsdale Long Standing', 'Avon'  
Planting Date(s): September 5-25  
Spacing Plant/Row: 1-2 inches/8-12 inches  
Days to Harvest: 50-60  
Time to Harvest: October 25-November 24  
Good companions: Cauliflower, eggplant, strawberries  
Bad companions: None

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## Swiss chard

Seed or plant: Seed  
Varieties: 'Red Magic', 'Neon Lights', 'Fordhook Giant'  
Planting Date(s): August 1-September 15  
Spacing Plant/Row: 2-3 inches/24-30 inches  
Days to Harvest: 50-60  
Time to Harvest: September 20-November 14  
Good companions: Bush beans, kohlrabi, onions, the cabbage family  
Bad companions: Corn, most herbs except mint, the cucurbit family

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## Tatsoi

Seed or plant: Either  
Varieties: No specific varieties  
Planting Date(s): August 1-15  
Spacing Plant/Row: 2 inches/10 inches  
Days to Harvest: 21-40  
Time to Harvest: August 22-September 24  
Good companions: Beets, strawberries, tomatoes, lettuces, other greens  
Bad companions: Peas, beans

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## Turnips

Seed or plant: Seed  
Varieties: 'Purple Top White Globe'  
Planting Date(s): August 1-September 15  
Spacing Plant/Row: 2-3 inches/12-14 inches  
Days to Harvest: 50-60  
Time to Harvest: September 20-November 14  
Good companions: Peas  
Bad companions: Knotweed, mustard

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