

References: *Eat Locally-Grown Food All Year*

Mary Lou & Tom Shaw
9336 Madison Rd., N.E.
Washington Courthouse, OH 43160
Tomandmarylou933@gmail.com
Phone: (740) 869-4674

1. *Ball Blue Book of Preserving*: Consumer Affairs Department, P.O Box 2729, Muncie, IN 47307-0729 (about \$6.99)
2. *Lehman's Non-Electric Catalog*: www.Lehman.com, Phone: 1-877-438-5346 (crock for pickling)
3. *The Solar Food Dryer*, by Eben Fodor
4. *FEDCO*: (seed catalog): Fedco Seeds, PO Box 520, Waterville, ME 04903-0520 or www.fedcoseeds.com, or questions@fedcoseeds.com, Phone: (207) 873-7333
5. *Root Cellaring, The Simple No-Processing Way to Store Fruits and Vegetables*, by Mike & Nancy Bubel
6. *The Vegetable Gardener's BIBLE*, by Edward C. Smith: See "A Built-In Basement Root Cellar," page 105
7. Johnny's Selected Seeds: www.Johnnyseeds.com, Phone: 1-877-564-6697 (row covers)
8. *The Food and Heat Producing Solar Greenhouse, Design, Construction & Operation*, by Bill Yanda and Rick Fisher
9. *American Livestock Breeds Conservancy*, PO Box 477 Pittsboro, North Carolina 27312, albc@albc-usa.org; www.albc-usa.org, Phone: (919) 542-5704,
10. For home cheese making: Ricki Carroll: New England Cheesemaking Supply Company, P.O. Box 85, 292 Main Street, Ashfield, MA 01330, www.cheesemaking.com, Phone: (413) 628-3803

Eat Locally-Grown Food All Year

GET A JUMP ON SPRING PLANTING

- **March:** Put tomato and pepper transplants in cold frame (start from seed early February or late January)
- **April:** Plant onions and brassica seedlings (start from seeds late February)

SUGGESTIONS FOR WINTER HARVEST

Calculated for a mid-October frost date
(Specific names are only suggestions)

Spring:

- Plant tomatillos (purple), will survive after frost
- Parsnips (these will actually taste better after a frost)

Solstice (~6/20):

- Plant winter leeks, (*Blue de Solaise*), in a shaded spot. Harvest around New Years. Fertilize, then mulch, heavily.
- Rutabagas: cross between cabbage and turnip, higher nutritional value than turnip.
- Turnips

Twelve weeks before Frost (~7/20-30):

- Brassica for late harvest, consider cabbage and brussel sprouts

Ten Weeks Before Frost (~8/6):

- Winter lettuce (*Winter Density* or *Rouge d'Hiver*)
- Endive (*Batavian Full Heart*)

Seven Weeks Before Frost (~8/27):

- Cabbage (*Italian Black*)
- Kale
- Collards

Five Weeks Before Frost (~9/10):

- Spring Spinach (*Winter Bloomsdale*)
- Arugula
- Chard
- Mache

Three Weeks Before Frost (~9/24):

- Lobe radishes (for late-fall, early-winter harvest)

Two Weeks Before Frost (~10/1)

- Garlic (for harvest the following early-July)

HERBS

Mulch your sage, rosemary and thyme—you can harvest them during the winter, and they'll be ready to grow next spring.