



*Hope Gardens*

**Winter Vegetable  
Organic  
Vegan  
Gardening  
Guide**

WRITTEN BY

**ERIN RILEY**

[WWW.YOURHOPEGARDEN.COM](http://WWW.YOURHOPEGARDEN.COM)



**Our longest growing  
season starts in  
November.**

**COOL**

**As the days grow shorter and  
temperatures more tolerable,  
many of the most flavorful  
and useful vegetables are  
ready to be planted.**

**And thus begins our longest  
most productive and  
enjoyable growing period.**

**WE MADE IT!**





# Let me introduce myself I'm Erin Riley.

I'M A LIFELONG HOME GARDENER & MASTER GARDENER. I FOUNDED HOPE GARDENS LANDSCAPING IN 2009 AND BECAME A LICENSED CONTRACTOR IN 2017. I CONSULT, DESIGN, INSTALL AND MAINTAIN DROUGHT-TOLERANT, POLLINATOR, EDIBLE & MEDICINAL GARDENS ACROSS LOS ANGELES. I ALSO HAVE MY OWN LINE OF ANIMAL-FREE FERTILIZERS.



**MY AGENDA IS ORGANIC, CRUELTY-FREE AND REGENERATIVE.**

**I RECOGNIZE THOSE WHO CAME BEFORE ME AND THEIR CONTRIBUTIONS. I BELIEVE LOVE IS LOVE AND BLACK LIVES MATTER. INFORMATION ON GROWING YOUR OWN FOOD AND MEDICINE SHOULD BE FREE AND ACCESSIBLE TO ALL. IN THIS SPIRIT, I HOPE YOU FIND HOPE GARDEN'S WINTER VEGETABLE GARDENING GUIDE ENJOYABLE AND EDUCATIONAL.**

**PLEASE FOLLOW ME ON IG @YOURHOPEGARDEN FOR TIPS AND INSPIRATION.**





# Winter Hits Different

It's the coolest.

## WHAT'S GROWING?

Nov  
-  
Feb



Some veggies are harder than others. Let's set you up for success. Read on!

### GREENS

Lettuces that bolted in the heat will be contented and delicious in their winter beds. Overseed for baby lettuces, thin your seedlings for larger heads.

Reseed every 3-4 weeks for consistent harvests. When harvesting, leave 2-3" inches of the head in the ground and plant will grow back. You can also remove side leaves as you need them.

### ROOTS

Root vegetables should be direct-sown by seed in the soil. Thinning root veggies is important so they don't compete for space underground. You can eat the thinnings as well as the greens. Carrots take forever while turnips and radishes are fast-growers. Again, re-seed for consistent harvests.

### BRASSICAS

It's their time! Broccoli, cauliflower, brussels, kale, collards, cabbage, mustard. Broccoli is a very popular winter vegetable. After harvesting the main head, you can get several side heads. And the stalk and leaves are edible.

**AND MUCH MORE!**



# 20 best winter vegetables for beginners | Q

Growing your own vegetables is challenging under any circumstances so set your sites on these friendly fruits and vegetables.

## *the list*

ARUGULA  
BEETS  
BOK CHOY  
BROCCOLI  
CABBAGE  
CARROT  
CELERY  
COLLARDS  
FAVA BEANS  
GARLIC  
KALE  
LETTUCE  
MUSTARD  
ONION  
RADISH  
PEAS  
SPINACH  
STRAWBERRIES  
SWISS CHARD  
TURNIP  
AND ALL HERBS!



ARUGULA



BEETS



BROCCOLI



CABBAGE





5

CARROT



6

CELERY



7

COLLARDS



8

FAVA



9

GARLIC



10

KALE





LETTUCE



MUSTARD



ONION



RADISH



PEAS



SPINACH





5

**STRAWBERRY**



6

**SWISS CHARD**



7

**TURNIP**



8

**EDIBLE FLOWERS**



9

**ANNUAL HERBS**



10

**PERENNIAL HERBS**



# Be a Soil Siren

Here's  
how

THE FIRST THING TO GROW IS  
THE LIFE IN YOUR SOIL

1. PLANT IN CONTAINERS VS IN-GROUND
2. USE QUALITY POTTING-SOIL ONLY - no native soil
3. ADD COMPOST AND WORM CASTINGS AS SOIL AMENDMENTS
4. SATURATE SOIL WITH WATER
5. FERTILIZE WITH ANIMAL-FREE FERTILIZERS AND WATER IN AGAIN
6. NOW IT'S TIME TO PLANT YOUR SEEDS OR SEEDLINGS (more info on that next)
7. MULCH THE TOP OF YOUR GARDEN BED WITH COMPOST, WORMS, FALLEN LEAVES, BARK MULCH AND/OR A BIODYNAMIC ACCUMULATOR

“In the midst of winter, I finally learned that there was in me an invincible summer.” Albert Camus



**YOU'RE MY FAVORITE**

# ALWAYS INCLUDE HERBS

HERBS ARE ESSENTIAL TO DELICIOUS COOKING. THEY ARE ALSO BENEFICIAL INSIDE THE EDIBLE GARDEN. LET'S BREAK IT DOWN.

## ANNUAL "TENDER" HERBS

- CHAMOMILE
- CILANTRO
- DILL
- ITALIAN BASIL
- PARSLEY

**CHALLENGING TO GROW, FRAGILE, NEEDS REPLACED OFTEN**

## PERENNIAL "HARDY" HERBS

- AFRICAN BLUE BASIL
- CHIVES
- FENNEL
- MARJORAM
- MINT
- OREGANO
- ROSEMARY
- SAGE
- TARRAGON
- THAI BASIL
- THYME

**WITH PROPER CARE LASTS ALL SEASON... EVEN YEAR AFTER YEAR**

## MEDICINAL & BENEFICIAL & BEAUTIFUL

(SEE MORE INFO ON THIS BELOW)

- ALOE
- BORAGE
- CALENDULA
- COMFREY
- LAVENDER
- LEMONGRASS
- LEMON BALM
- LEMON VERBENA

- MARIGOLD
- NASTURTIUMS
- NETTLE
- PANSIES
- PINEAPPLE SAGE
- TULSI
- VIOLETS/VIOLAS
- YARROW

*to name a few!*





# HOW TO PLANT

## INTERPLANT DIFFERENT VEGGIES TOGETHER

- Confuse harmful insects
- Disease spreads slowly
- Some plants act as aphid or caterpillar traps
- Experiment with planting different crops in different areas/containers

## ALWAYS INCLUDE FLOWERS AND HERBS

- Attract pollinators and other wildlife
- Expand cooking repertoire
- Create a diverse ecosystem
- Provide beauty and wonder

## PLAN FOR SUCCESSION PLANTING

- Leave room for future plantings - don't plant entire garden at once
- Reseed or add more seedlings every 2-4 weeks: arugula, bok choy, lettuce, spinach, radish, cilantro, turnips, peas, beets, green onions, dill

## SPACING AFFECTS PLANT SIZE

- Overseeding creates smaller plants, thinning or planting single seedlings farther apart will produce larger plants (more below)



# THINNING & SPACING

WITH LETTUCE AND GREENS, YOU CAN THIN OR NOT THIN



THINNING CARROTS IS A MUST. I DO THIS OVER A FEW PASSES SO AS NOT TO DISTURB THE SEEDLINGS TOO MUCH. ALSO IT'S TEDIOUS. BETTER TO CUT OFF TOP THAN PULL SEEDLING OUT. THIN SEEDLINGS TILL THEY ARE TO 2-3 INCHES APART. YOU'LL THANK ME LATER!



THIS LETTUCE WAS OVERSEEDDED, MEANING A GENEROUS AMOUNT OF SEEDS WERE BROADCAST AND I'M NOT THINNING. INSTEAD I'M USING THIS AS A BABY LETTUCE



THINNED TO A SINGLE PLANT, THIS LETTUCE SEEDLING IS GROWING FULL-SIZE

YOUR THINNINGS ARE  
EDIBLE AND NUTRITIOUS!

ROOT VEGETABLES MUST BE THINNED. IT'S THE LAW!



**I LOVE WIVES AND I LOVE TALES BUT I DON'T LOVE A WIVES' TALE. I WANT FACTS!**

## **more on COMPANION PLANTING**

### **ONIONS AND PEAS ARE BFFS**

Contrary to popular belief, peas do not hate onions. I've grown them together for years just to make sure. And hold on to your garden gloves because here comes another mythbuster: onions don't repel aphids. In fact, onions (and chives) are aphid magnets. They act as excellent trap plants in the garden.

**ONIONS ARE OFTEN SOLD IN SETS. MAKE SURE TO SEPARATE EACH ONION SEEDLING BEFORE PLANTING (UNLESS YOU'RE GOING FOR SCALLIONS). ONIONS CAN ALSO BE GROWN FROM SEED. SNOW AND SUGAR SNAP PEAS GROW EASILY FROM SEED AS WELL.**



### **SPINACH LOVES STRAWBERRIES**

Strawberries grow in a patch which is a unique set up in the garden but over the years I've noticed that spinach grows very well here and there inside my strawberry patch. Spinach can be grown from seed or seedling but it needs cool weather. Spinach which is an annual will come and go while the strawberries keep on producing for 3 or so years.





# HOW TO MAINTAIN

Harvest often. It's better to pick veggies young than old. Pick broccoli before it flowers. Pick lettuce before it bolts. Pick peas so more will grow.

REMOVE DAMAGED LEAVES AND PICK UP DEBRIS. AN UN-TENDED GARDEN ATTRACTS SLUGS AND EARWIGS AND OTHER PESTS THAT CAN GET OUT OF CONTROL FAST. DISEASE IS ALSO MORE COMMON WHEN PLANTS AREN'T REGULARLY TENDED. BETTER TO PREVENT THAN TO HAVE TO TREAT.

CONTINUE TO FEED YOUR GARDEN. ROOT DRENCHES AND FOLIAR FEEDING ARE ESPECIALLY LOVELY. PLANTS ABSORB LIQUID FERTILIZERS FAST. TRY MY ANIMAL-FREE LIQUID CONCENTRATES OR YOUR OWN DILUTED SEAWEED, COMPOST TEA, AND FERMENTED BREWS.

And look out for pests. Examine plants carefully, looking on stems and backs of leaves.



# Winter Garden Issues

APHIDS COME IN BLACK, YELLOW, RED, GREEN AND GREY. THEY HIDE IN THE CENTER OF THE PLANT AND BACK OF LEAVES.

*Let's get into it!*

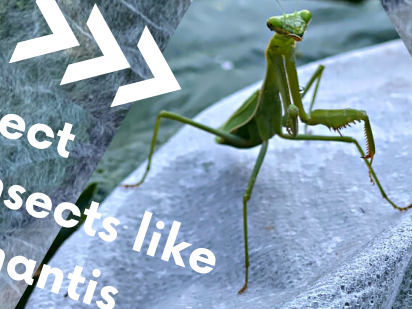
*Cut away damaged and infested plant parts.*



CABBAGE WORMS START AS LITTLE EGGS ON THE BACKS OF LEAVES. SWIPE THE BACKS OF LEAVES AND GIVE THE PLANT A SHAKE WHILE MAINTAINING TO DISLODGE INSECTS

*Don't be afraid to toss overrun plants and start over.*

protect beneficial insects like praying mantis

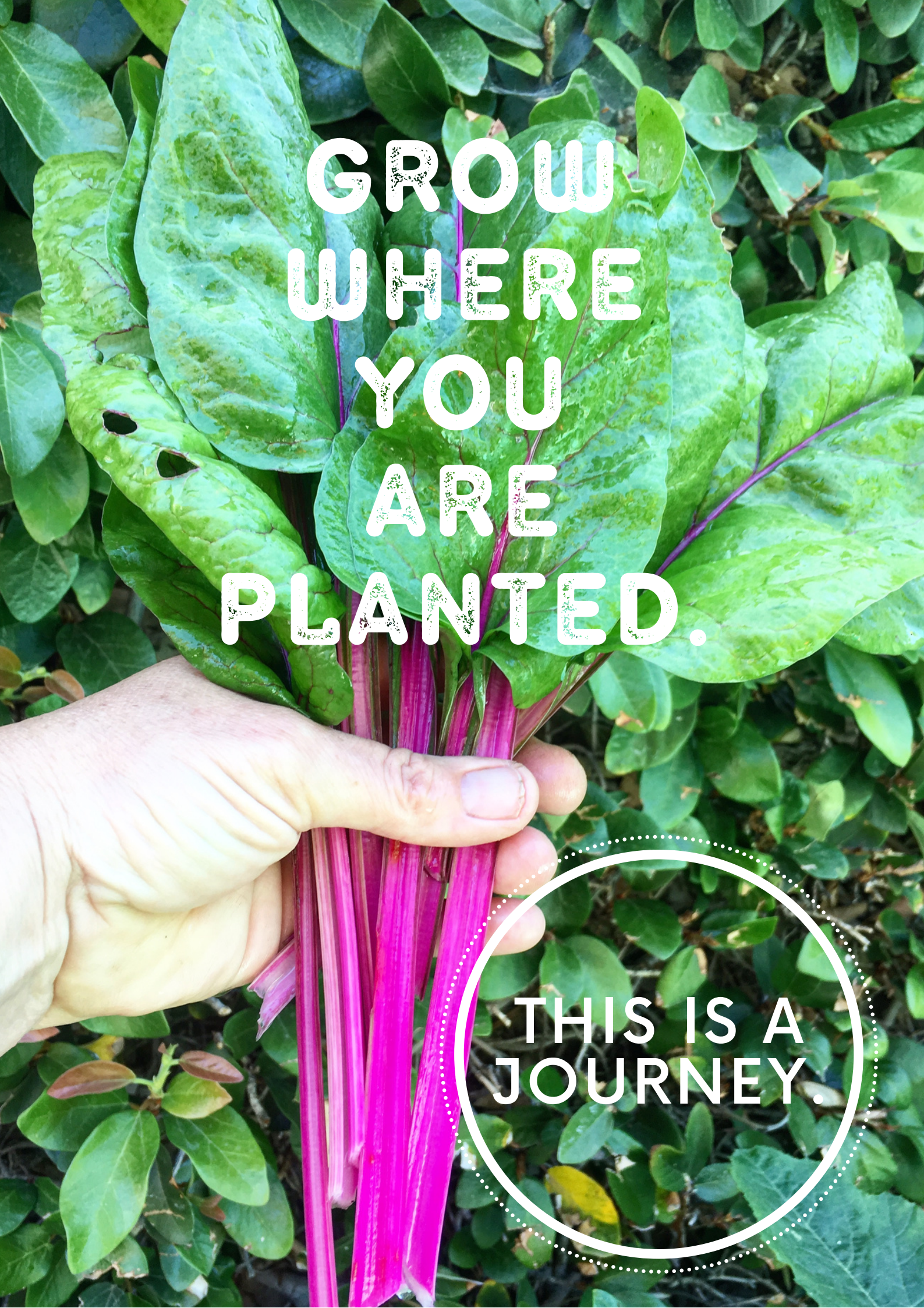


## USE ROW COVERS.

A fabric row cover on hoops or tied to stakes is a garden saver. It will keep bugs from laying eggs on your plants and keep critters out of your new garden soil.

A SPRAY WITH A HOSE WILL DO WONDERS TO COMBAT PESTS. A DECENT HOSE AND NOZZLE ARE GARDEN NECESSITIES.





GROW  
WHERE  
YOU  
ARE  
PLANTED.

THIS IS A  
JOURNEY.



You don't  
need a lot  
of money,  
honey!

GROW YOUR OWN FERTILIZER



**Here's how!**



# Gardening DIY

**LEAF MOLD - IT'S JUST AN OLD LEAF PILE! THIS IS WHAT I USE TO FEED MY COMPOSTER BUT IT'S A SOIL AMENDMENT ALL ON ITS OWN. YOU CAN ALSO BAG LEAVES, WATER THE INSIDE OF THE BAG WELL, POKE SOME HOLES IN IT, TIE IT OFF AND FORGET ABOUT IT FOR A FEW MONTHS.**

**COMPOST - A NUTRITIOUS, PH BALANCING, ALIVE SOIL AMENDMENT MADE FROM KITCHEN SCRAPS AND YARD WASTE.**

**VERMICOMPOST - GROW YOUR OWN WORM CASTINGS WITHOUT THE NEED FOR YARD WASTE**

**BOTANICAL TEAS - SOAK CHOPPED COMFREY, YARROW, BORAGE OR OTHER BENEFICIAL PLANT IN FILTERED WATER FOR FEW HOURS OR A FEW DAYS AND USE TO WATER PLANTS**

**COMPOST TEA - BAG UP A FEW CUPS OF COMPOST AND/OR WORM CASTINGS INTO A BREW BAG, OR OLD TSHIRT (WHATEVER YOU HAVE) AND ADD TO A BUCKET FILLED WITH FILTERED WATER. ADD A BUBBLER, I USE AQUARIUM STONES, AND A COUPLE TABLESPOONS OF MOLASSES TO FEED THE MICROBES. ALLOW TO BUBBLE FOR 24 - 48 HOURS. ONCE REMOVED FROM BUBBLERS, USE COMPOST TEA ASAP AS MICROBES DIE WITHIN 24 HRS.**

**FERMENTED BREWS - LIKE A BOTANICAL TEA BUT ALIVE! SOAK WEEDS, FOOD SCRAPS, OR ANY BENEFICIAL PLANT, FOR A COUPLE WEEKS WITH SOME SAUERKRAUT, BROWN SUGAR, OR OTHER STARTER AND FILTERED WATER. LOOSELY COVER CONTAINER AND PRETEND THAT YOUR CAN'T SMELL THE FERMENTATION. AFTER A COUPLE WEEKS, STRAIN AND USE ON GARDEN OR IN COMPOST PILE.**

**ALOE FERTILIZER - SLICE OFF A FEW PIECES OF YOUR ALOE PLANT AND ALLOW YELLOW GOOP TO DRAIN OUT. YOU CAN PEEL THE ALOE OR JUST THROW THE WHOLE LEAF INTO YOUR FOOD PROCESSOR. DILUTE ABOUT 1/4-1/2 CUP PUREED ALOE TO ONE GALLON OF FILTERED WATER. USE IMMEDIATELY AS A SOIL DRENCH.**

**USE THE ENTIRE PLANT - THERE'S SO MUCH MORE TO UTILIZE FROM YOUR GARDEN THAN WHAT YOU SEE IN GROCERY STORES. GET YOUR MONEY'S WORTH OUT OF YOUR HOMEGROWN VEGGIES.**

**USE YOUR GARDEN IN LOTS OF WAYS IN YOUR KITCHEN.**





There's all kinds of gardens and all kinds of gardeners. Don't let a lack of resources keep you from growing your own food.

I myself am self-taught and have scrimped and saved and re-purposed my garden resources. You can read books and do your own research but best of all, you should get your own hands dirty. Volunteer gardening opportunities are bountiful on social media.

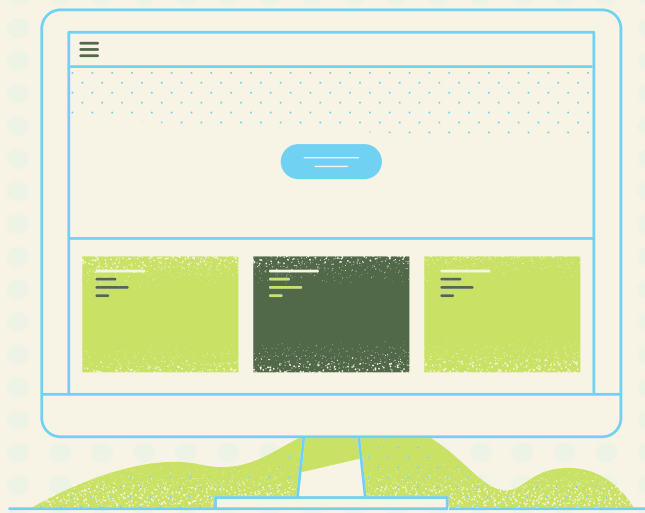
And if you're lucky enough to get a big harvest, share with neighbors and food banks. There are many apps that connect urban farmers with needy communities.

Please reach out to me with questions or follow my stories @yourhopegarden for connections.



NEED MORE INSIGHT?

# Hope Gardens Winter Garden Workshops



I go through many more tips and tricks in my three-hour online winter gardening workshop. I keep my recorded workshops as affordable as possible and share these guides for free. Link to workshop info below. Thanks for reading!

[PURCHASE NOW](#)



[www.yourhopegarden.com](http://www.yourhopegarden.com)

