

## Extend the harvest this season

Written by gardening expert Melinda Myers  
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Didn't get enough gardening in this season? Don't worry there is still time to grow garden-fresh vegetables and herbs this fall and winter.

Purchase transplants and seeds that will grow and flourish in the cooler fall and winter temperatures. Lettuce, spinach, Swiss chard, root vegetables, edible pansies and calendula as well as cole crops, like broccoli, are a few to consider.

Those gardening in colder regions need to select short season crops like lettuce, spinach and radishes that will mature before extremely cold winter temperatures set in. Extend the fall garden season into winter with the help of floating row covers, coldframes and portable greenhouses. Many of the elevated garden systems now have built in cold frames or row cover attachments to make extending the season much easier.

Try container and elevated gardens like the [VegTrug™](http://www.gardeners.com) ( [www.gardeners.com](http://www.gardeners.com) ) to extend the growing season and increase your enjoyment. These contained gardens allow you to plant herbs, vegetables and flowers anywhere. Place a few right outside the front door or on the balcony for fun and convenience. Plus, contained gardens can easily be moved to a sheltered location or covered and protected from frost.

Or move your garden indoors. Select vegetables and herbs that can tolerate the less-than-ideal indoor growing conditions. Greens, onions and root crops, like radishes and short carrots, will grow in a sunny window. Expand your selection with the help of artificial lights.

Basil, oregano, thyme, sage, parsley, chives and of course mint are a few favorite herbs to grow on your kitchen or other sunny windowsill. Increase your harvest with the help of artificial lights or try an indoor tiered grow light stand to save on space.

Take cuttings from healthy herbs growing in the garden, purchase new transplants or start herb and vegetable plants from seeds.

Take four inch cuttings from healthy herbs. Remove the lowest set of leaves and place the cut end in a well-drained potting mix. Once rooted, plant the herbs in individual containers or mixed

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with other herbs in a windowsill planter.

Start the seeds in a flat, in individual pots or directly in a planter. Keep the rooting mix warm and moist until the seeds sprout. Move to a sunny location or under artificial lights as soon as the seedlings break through the soil. Wait until the seedlings develop two sets of leaves and then transplant them into their permanent planter if needed.

So get busy planting and soon you will be enjoying the tasty benefits of fall and winter gardening.

*Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including [Can't Miss Small Space Gardening](#). She hosts The Great Courses ["How to Grow Anything" DVD series](#) and the nationally syndicated Melinda's Garden Moment segments. Myers is also a columnist and contributing editor for *Birds & Blooms* magazine. Myers' web site, [www.melindamyers.com](http://www.melindamyers.com), offers gardening videos and tips.*