



CRESTON COMMUNITY SEED BANK SOCIETY

Creston Valley Summer-Fall Planting Guide

Average date of first frost, October 17*

Month		July				August				September				October				Harvest Code	Gardener Notes
Week of Year		27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42		
Arugula	annual							G	G	G	G	G						●	
Beets	biennial			G	G	G	G											●	
Broccoli	annual					I	I	T	T									●	
Broccoli, Purple Sprouting	biennial					I	I	T	T									●	
Cabbage, fall varieties	biennial		I	I	I	T	T	T										●	
Carrot	biennial			G	G	G												●	
Daikon Radish	annual							G	G	G								●	
Fava Bean	annual.												G	G	G			●	
Kale	biennial					G	G	G	G									●	
Kale, baby	biennial									G	G	G						●	
Kohlrabi	biennial						G	G	G	G								●	
Leek	biennial		I	I	I	T	T	T										●	
Lettuce	annual				I	I	I	T	T	T	G	G	G	G				●	Start indoors in summer, in-ground in fall.
Mizuna, Bok Choy	annual								G	G	G	G						●	
Onion, Scallions	biennial							G	G	G	G	G	G	G				●	
Parsnip	biennial					G	G	G	G	G								●	
Peas	annual							G	G	G	G							●	Best with edible-pod varieties.
Radish	annual								G	G	G	G	G					●	
Rutabaga	biennial							G	G	G	G							●	
Spinach	annual								G	G	G							●	Harvest fall and early spring.
Swiss Chard	biennial					G	G	G	G									●	
Turnip	biennial						G	G	G	G								●	

Key to Symbols & Colours

I - Start indoors	●	Harvest with light protection until a hard freeze is predicted.
T - Transplant to garden	●	Harvest until the ground starts to freeze.
G - Sow directly in garden	●	Harvest until snow covers bed. May overwinter, but biennials will lose eating quality when flower stalks emerge in spring.
	●	Harvest in spring; will overwinter.

*Environment Canada - Canadian Climate Normals Creston weather station 2006-2025

Varieties: Some varieties are more cold-tolerant than others. Check the description for the variety.

Life Cycle: Annual: flowers and produces seeds the year planted.

Biennial: flowers and produces seeds the second year after planting.

Outdoor Protection: Light: for predicted light frosts, cover with fabric; uncover on warm sunny days. Heavy: To extend harvest season into late fall and winter, put a heavy layer of mulch over the soil after the ground starts to freeze, and 1) cover bed with garden fleece/ heavy row cover, or 2) install poly tunnels, or 3) use a cold frame.