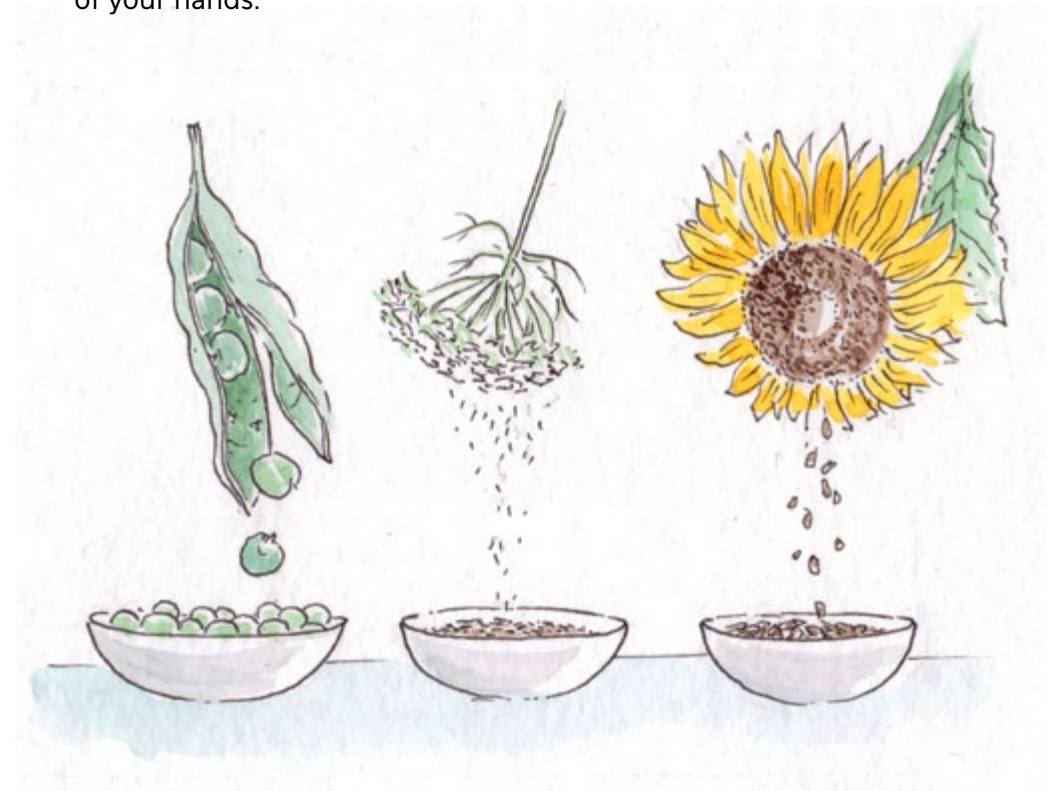


10

Autumn and Winter

Autumn is the time for collecting seeds. Assuming your plants originate from organic seeds, their seeds should be especially fertile.

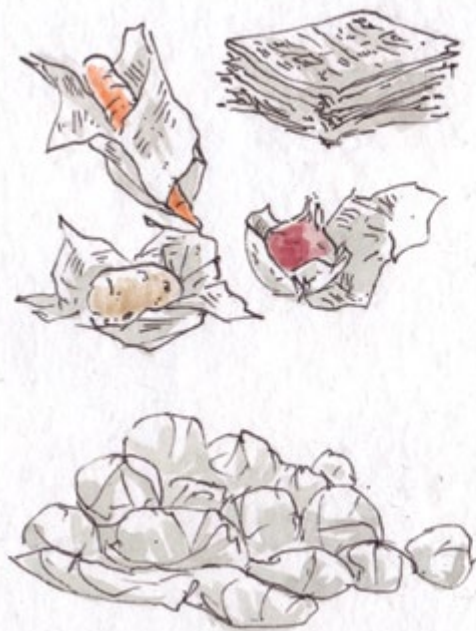
Just select a nicely grown plant and leave it in your patch until it flowers. Then, wait until the plant slowly dies and its seeds become dry. Collect the seeds and remove any remaining shell or peel from around them. This can easily be done by rubbing the seeds gently between the palms of your hands.



Let the seeds dry for a few days by leaving them on a window sill. Next, place them in small envelopes and, on the front of each envelope, write the date and name of the plant. Keep the envelopes in a cool dry place until springtime, when a whole new garden cycle begins!

Veggie storage - vitamins in winter!

Veggies such as beetroot, carrots and potatoes can be stored in a cool dry place. But don't wash them, as a thin layer of soil protects them against drying out. The best approach is to use a wooden box for placing your veggies in, with each of them wrapped in newspaper.



You can also use your hotbed as a storage facility. If there are sunny days, open the hotbed to allow fresh air in. But make sure it is closed during cold spells, rain or snowfall.



Cabbages can be stored in a cellar that is cold, dark and dry. If you hang your cabbages on a washing line down there, they can last the entire winter. Just hang a line from one side of the cellar to the other, then wrap the line around the stems of your cabbages while making sure to keep some distance between each of them. To prevent rotting, it is important that the cabbages don't touch each other.

You can also store root veggies in sand in your cellar. This ancient storage method keeps veggies juicy and fresh. The sand needs to be moist, but not wet. The best approach is to use a large wooden box. Fill the bottom of the box with sand; put some veggies on top of it; then another layer of sand; and so on until the box is full. Put some old plastic bags on top of the box to keep in the moisture.



Your patches still need attention

Aubergine, green peppers, tomatoes and zucchini need to be covered as soon as the nights become cool. Rhubarb needs to be divided and planted. Cover all your patches with a thin layer of compost and gently rake it in under the soil.






Raspberry bushes need to be trimmed and blackberry bushes should be cut back. Remove all the old stems. Be careful of thorns though, to be safe it's best if you wear a pair of leather gloves!

Cold tolerant veggies

Some veggies don't mind the lower temperatures in autumn. Examples of these include onion, pumpkin, white and red cabbages, carrot, potato, savoy cabbage, beetroot, sagebrush, tarragon, savory veggies, fennel, chives and borage.






There are even some veggies that can cope with minus temperatures and frost. Here are some of them, they can be a source of vitamins for you all the year round!

	Lambs lettuce	Parsnip	Brussel sprouts	Kale	Palm hearts	Chicory
						
Family	Foliolate plant	Root plant	Foliolate plant	Foliolate plant	Foliolate plant	Root plant
Appearance	Small rosettes	60 inch plant with flowers	Winter veggie that grows many small cabbages on its stem	Curly, hard leaves	Dark green leaves, can grow up to 40 inches tall	Leaves are normally green. If bleached by growing under a flowerpot, the leaves turn white (but the plant will contain less micronutrients).
Sowing	July and September	Sandy soil so that the root can grow. Start sowing in June, as they take time to grow.	April to May, sowing. Plant the seedlings from June.	May to June	May to June	June
Harvest	Autumn, Spring and Winter	October to February	November to February	October to March	October	November
Edible parts	Entire plant	Roots	Small rosettes	Young leaves	Small and middle leaves	Leaves



If you have wild fruit trees, their berries should be harvested between September and December. Berries are great for the extra doses of vitamins they can give you during the cold season!

	Appearance	Care	Micronutrients	Harvest	Usage
Sea buckthorn	Green bush, up to 20 feet tall. Yellow flowers, deep roots.	Sandy soil, sunny spot	Vitamins C and E; B Vitamins; Essential Amino Acids	September to November	Jam, tea, juice
Blackthorn	Small tree with white flowers; up to 16 inches tall. Long thorns and small black fruits.	Chalky, sandy soil with low nutrient levels	Vitamin C, Phytochemicals, Essential Amino Acids	October to December	Juice, jam, dry leaves as tea
Medlar	Tree, up to 17 feet tall. Blossoms in May, small white flowers.	Loose, clay-containing soils; prefers sunny spots	Potassium, Calcium, Vitamin C	October to December	Jam; wood; extract can be used as herbal remedy
Sorb 	Big red berries, bushy growth.	No special needs, but prefers semi-shade	Vitamins C and A, Phytochemicals, Malic acid	August to October	Jam, jelly
Baby kiwi	Has male and female bushes, they need to be planted together. Up to 23 feet tall; creeper.	Sunny and semi-shady spot. No special needs for soil but needs to be trimmed every second year.	Vitamins C and E, Essential Amino Acids, Potassium	October and November	Jam, salads, can be eaten raw
Cornel cherry 	Tree, up to 26 feet tall. Yellow flowers and cherry-like fruit.	Sunny warm spots with nutrition-rich and chalky soils.	Vitamin C, malic acid	August to September	Can be eaten raw; jam; juice
Quince 	Medium size tree with pear shaped fruit.	Sunny, warm and wind protected spot. Young plants need to be covered during frost.	Potassium, Zinc, Iron, Vitamin C, Phytochemicals	October	Jam; juice; baking; raw

You can rest during winter and take it easy, but make sure that:



You cover all your patches with leaves or straw to protect the microorganisms in your soil against the cold.



Get a cat for your storage facility or cellar, to protect your winter veggies from mice and rats. If you can't get a cat, use traps and make sure everything is nicely sealed.



If there is a lot of snow on your trees that stays there for more than three days, take a broomstick and shake it off so that the weight is removed from the branches. Carrying a long-term extra weight load damages trees.

After reading this book and gardening for a year, you now have some experience to use when planning for the year ahead. Take the time to write a garden diary, as this will improve your gardening skills by recording what you learn from year to year. Good luck, and enjoy!

P.S. Send an email to info@movement-of-life.org and attach some pictures of your garden so that we can share your experiences with others.

