

What to Plant Now

The Monterey Bay Fall Kitchen Garden

One of the pleasures of gardening on the Central Coast is that fall is not the end of the season — it is the beginning of another one. As summer crops fade, it is time to plant the greens, roots, herbs, and cool-weather vegetables that thrive in our mild coastal climate.

Best Seeds to Sow Directly

These are easy to plant right into prepared soil or containers:



- Arugula
- Spinach
- Lettuce mixes
- Mâche
- Radishes
- Carrots
- Beets
- Turnips
- Cilantro
- Peas
- Fava beans

Best to Plant from Seedlings or Starts

These cool-season favorites are often easiest to grow from transplants:

- Kale
- Swiss chard
- Mustard greens
- Bok choy and other Asian greens
- Broccoli
- Cauliflower
- Cabbage
- Leeks
- Onions
- Parsley



Herbs to Propagate or Refresh Now

Fall is also a wonderful time to think ahead to next spring and summer by rooting cuttings or dividing favorite herbs:



- Rosemary
- Sage
- Oregano
- Thyme
- Marjoram
- Mint
- Chives

A Few Good Fall Garden Ideas

If you are just getting started, begin small:

- Plant a pot of parsley or cilantro outside the kitchen door
- Fill a container with salad greens for easy harvesting
- Sow radishes for quick rewards
- Add peas to a small trellis
- Tuck kale or chard into a raised bed for months of picking



Where to Find Plants

Need a little help getting started? Look for herbs, seedlings, and seasonal starts from Cabrillo Horticulture and Pacific Rare Plant Nursery at the market.

Fall Garden Tip

As the rainy season approaches, refresh beds with compost, top with mulch, and make sure containers and raised beds drain well. Healthy soil and good drainage are the foundation of a productive cool-season garden.

