

## Hardy Annuals and Perennials for Winter Cover Crops and Spring Bloom

I have used the following flower varieties for twenty years to help me manage my five acre garden without mulch. I have suggested those that offer the best success and maximum cover for weed suppression. These plants help us pass through the first early weeds by suppressing them and give us a head start in spring. The summer selections keep down summer weeds. Some hand weeding will be necessary. With luck and little interference from humans, (little or no mulch) many of these will return the next year.

Sew Sept. 15 with irrigation. Nov.1 without. Or Sew Mar. 1. (Best for many.)

Do not till. Kill or remove weeds. Mix with granular fertilizer and scatter by hand or for more efficient spread use a hand seed spreader.

Seed Available at Wild Seed Farms 1-800-848-0078 <http://www.wildseedfarms.com>

California Poppy:	Eschscholzia californica	Native. S.W., U.S.	Mar. 1
Cornflower:	Centaurea cyanus	Europe	Sept. Nov. Mar.
Crimson Clover:	Trifolium incarnatum	Europe.	Sept. Nov. Mar.
Foxglove:	Digitalis purpurea	Europe.	Low success rate.
Johnny Jump Up:	Viola cornuta	Spain.	Mar. 1
Oxeyed Daisy:	Chrysanthemum leuc.	Europe.	Sept. Nov. Mar. Invasive. Evergreen.
Red Corn Poppy:	Papaver rhoeas	Europe.	Mar. 1 in gravel. Poor soil.
Showy Primrose:	Oenothera speciosa	Native. S.E., U.S.	Mar. 1 Sept. Nov. Must have! Use in difficult areas.
Rocket Larkspur:	Delphinium ajacis	Europe.	Sept. Nov. Mar.
Tickseed:	Coriopsis lanceolata	Native. E. U.S.	Sept. Nov. Mar.

## Summer Selections

Lasping Conefl. :	Rudbeckia amplex.	Native S.E., U.S.	April 15 for summer
Cosmos:	Cosmos bipinnatus	Mexico	April 15
Gloriosa Daisy:	Rudbeckia hirta	Native?	April 15
Mexican Hat:	Ratibida columnaris	Native U.S.	Sept. Nov. Apr. 1
Scarlet Sage:	Salvia coccinea	Native S., U.S.	April 15
Zinnia:	Zinnia elegans	Origin ??	April 15

These plants are easy to grow from seed and offer assistance to the gardener as well as pleasure, enjoy!

## Yummy Easy Greens for Fall-Winter-and Spring (Summer)

I have used greens in my flower beds for twenty years to help me manage my five acre garden without mulch. I have suggested those that offer the best success the greatest ease and the yummiest. Of course all you need is Olive Oil and Garlic to make a great dinner. They are all great fresh in Salad. Or you can go old school with boiling and fat back.

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# Cover Crops for the Perennial Bed Living Mulches

by Diane Meucci July 2006

Sew Aug. 15 with irrigation. Sept. 1. AND AGAIN for a new crop Mar. 15.  
Do not till. Kill or remove weeds. Mix with granular fertilizer and or lime. Scatter by hand or for more efficient spread use a hand seed spreader.

Seed Available at Johnny's Selected Seeds 1-877-564-6697 <http://www.johnnyseeds.com>

**My tried and true favorites: The below can all be seeded Aug.15 Sept.1 Mar .15**

Arugula	Winterbor Kale
Asian Greens:	Bibb Lettuce
Pac Choi- Leaves and stems	Endive Lettuce
Suiho- Stems and flowers	Oakleaf Lettuce
Tatsoi- Leaves and stems	Red Oakleaf Lettuce
Vitamin Green- Leaves and stems	Romaine Lettuce
Also but very small:	Osaka Purple Mustard
Kyona mizuna	Nasturtium
Hon Tsai Tai	Italian Leaf Parsley
Collards	Lettuce and Greens Mixes :
Cilantro Santo	All Greens Mix
Red Russian Kale	Mild Mesclun Mix
Toscana Kale	Spicy Greens Mix
	Spicy Mesclun Mix

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Swiss Chard	Aug. 15	Sept. 1	April 1.	(Grows through Summer)
Summer Squash	Aug. 15	Sept. 1	April 15.	(Fall and spring crop)

**Dont forget these other cold season vegi's. A bit more fert. and love required. Check your seed packages.**

Beets	Most. Aug. 15	Sept. 1	Mar. 15
Carrots			
Chinese Cabbage			
Cabbage	(Plant Purple and Green Like a checkerboard in beds. Whhhhhhhhhheeeeeeeeeeee!!)		
Leeks			
Pod Peas			
Kolrabi			
Radish			
Spinach	(Needs Manure and Fert.)		

**For Summer Filler Remember:**

Basil	Sew Apr. 15
Fennel	Sew Apr. 15
Dill	Sew Apr. 15

For me these are much easier to grow than summer vegetables. And they keep me company in the in between times. Anticipating winter and longing for spring.

Fun, Healthy Treats and Best Wishes. Diane Meucci