

Edible Gardening Series with Sarah Bostick and Carol Wyatt-Evens UF/IFAS Extension Sarasota County

Resources from Session 11

Winter greens - choosing the best greens for winter growing in Florida

Florida gardening books and planting guides:

- *Vegetable Gardening in Florida* by James Stephens (book)
- *Organic Methods for Vegetable Gardening in Florida* by Ginny Stibolt and Melissa Contreras (book)
- University of Florida online planting guides. Find the whole list here:
<https://gardeningolutions.ifas.ufl.edu/care/planting/vegetable-gardens-by-season.html#:~:text=In%20Florida%2C%20fall%20is%20an,%2C%20Brussels%20sprouts%2C%20and%20radishes.>
- Florida Vegetable Gardening Guide (11-page UFL publication): <https://edis.ifas.ufl.edu/vh021>

Resources for learning about cold protection for plants:

- 6 Ways to Protect Plants from Frost:
 - <https://growagoodlife.com/protect-plants-frost/>
- How to Protect Plants from Frost (University of California website):
 - [http://marinmg.ucanr.edu/Our Projects/Leaflet/How to protect plants from frost/#:~:text=Bed%20sheets%2C%20drop%20cloths%2C%20blankets,as%20straw%20or%20leaf%20mold.](http://marinmg.ucanr.edu/Our%20Projects/Leaflet/How%20to%20protect%20plants%20from%20frost/#:~:text=Bed%20sheets%2C%20drop%20cloths%2C%20blankets,as%20straw%20or%20leaf%20mold.)

Winter greens for very cold regions of the world

- **For those of you who live in a region of the country with a consistently very cold winter (like the Midwestern and Northeastern states), there are a handful of greens that can tolerate freezing every night and thawing every day for months on end.**
- Excellent resources on winter growing:
 - <https://www.johnnyseeds.com/growers-library/winter-growing-guide.html>
 - <https://www.johnnyseeds.com/growers-library/vegetables/winter-harvest-planting-chart.html>
- Some of the most cold- tolerant greens:
 - Kale, tatsoi, spinach, mache and claytonia
 - Some varieties have much better cold tolerance than other varieties – choose carefully!

Question: We received quite a few questions this week about what types of plants are edible and which are not, what you can do with tiny root crops after you thin them out, and other questions along those lines.

Answer: Rather than answer just one of those questions, I want to share a really fun website to explore. It is a website for a farm business based out of Ohio called The Chef's Garden. Their offerings are geared towards very high-end, cutting edge chefs around the country. Chefs order, the produce is custom harvested and then shipped. This website is a really fun way to learn about what parts of plants and flowers are edible, which plants that we generally think of as weeds are edible, the fun you can have eating veggies that are only one-inch tall, and more. Here's the link:
<https://www.chefs-garden.com/all-products.>

Feel free to reach out with questions any time!

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