



Wintamines

Harvest winter vegetables in your own garden, raised bed and unheated greenhouse

It must be every hobby gardener's dream to harvest fresh vegetables from their own garden, raised bed or unheated greenhouse in the winter. The good news: this dream can become reality! There is a whole range of vegetables that can withstand even the harshest winter frosts and thus make a vitamin-rich harvest possible even during the winter months. You will need to plant

the vegetables early enough in autumn in order for the plants to be pre-cultivated in pots and still have sufficient time to root into the soil. Using well-developed, robust vegetable plants is of course a basic prerequisite, because you cannot expect too much plant growth in the winter months.

Ten selected portraits of winter vegetables

This handy guide containing 10 selected portraits of vegetables is meant to encourage you to try grow some of these vegetables in the winter:



Arugula (wild)

- Cultivation:** Only water when dry; do not keep the plant too wet
- Frost hardy until:** -12 °C
- Winter protection:** In garden or raised bed: cover it with cold frames or mini-hoops. No cover necessary in unheated greenhouses.
- Harvest:** Continuously harvest the strongest leaves
- Use:** In fresh salads, as a herb
- Characteristics:** Slightly spicy flavour, perennial plant

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
								sowing			
								planting			
									harvesting		



Spinach

- Cultivation:** Water regularly
- Frost hardy until:** -15 °C
- Winter protection:** Not required
- Harvest:** Continuously harvest the strongest leaves or the entire plant
- Use:** Young, delicate leaves as a salad, larger leaves for cooking
- Characteristics:** Indispensable classic of the winter veggies

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Asian salads

- Cultivation:** Little water is required, provide protection from rain/snow, prevent from water logging
- Frost hardy until:** -12 °C
- Winter protection:** In garden or raised bed: cover it with cold frames or mini-hoops. No cover necessary in greenhouses
- Harvest:** Continuously harvest the larger single leaves; do not harvest leaves when frozen
- Use:** In fresh salads, for decorating, as a herb
- Characteristics:** An essential companion during winter, due to the diverse colours and shapes of the leaves as well as the differing flavour intensities of the individual varieties!

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'Forellenschluss' Romaine lettuce

- Cultivation:** Little water required, keep the plants dry, ventilate the greenhouse well, protect from rain and snow (cover). Grows a little bit slower than other lettuces.
- Frost hardy until:** -8 / -12 °C
- Winter protection:** In garden or raised bed: cover it with cold frames or mini-hoops. No cover necessary in unheated greenhouses.
- Harvest:** Take the whole head.
- Use:** In fresh salads
- Characteristics:** A visual delight due to its striking leaf pattern

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Minutina

- Cultivation:** Water regularly
Frost hardy until: -12 °C
Winter protection: Not required
Harvest: Continuously harvest the strongest leaves; do not cut too low
Use: In fresh salads, as a herb
Characteristics: Very popular salad herb in Italy with a delicate and nutty flavour. Largely unknown in other regions.

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Curly kale

- Cultivation:** Water regularly
Frost hardy until: -20 °C
Winter protection: Not required, consider protection from snow to avoid the leaves breaking under its weight
Harvest: Continuously harvest the single leaves
Use: For cooking, frying, steaming, in smoothies
Characteristics: An old variety, the leaves are rich in vitamin C!

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Batavian lettuce

- Cultivation:** Little water required, keep the plants dry, ventilate the greenhouse well, protect from rain and snow (cover)
Frost hardy until: -8 / -12 °C
Winter protection: In garden or raised bed: cover it with cold frames or mini-hoops. No cover necessary in unheated greenhouses.
Harvest: Continuously harvest the strongest leaves or take the whole head
Use: In fresh salads
Characteristics: Harvesting possible up until spring

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Bloody dock

- Cultivation:** Water regularly, early sowing in the spring results in a better harvest throughout the winter months.
Frost hardy until: -20 °C
Winter protection: Not required
Harvest: Continuously harvest the young leaves
Use: In fresh salads, for decorating
Characteristics: Not only do the young leaves look very decorative, but due to its pleasantly acetous flavour, bloody dock also goes well with salads.

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			sowing				planting				harvesting



Lamb's lettuce

Cultivation:	Water well after planting, keep it rather dry afterwards, remove weeds
Frost hardy until:	-20° C
Winter protection:	In garden or raised bed: cover it with cold frames or mini-hoops. No cover necessary in unheated greenhouses
Harvest:	Continuously harvest the largest single leaves or the entire plant, do not harvest the leaves when frozen
Use:	In fresh salads
Characteristics:	Very tolerant to the cold, can even grow at 5 °C.

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'Winter king' lettuce

Cultivation:	Little water required, keep the plants dry, ventilate the greenhouse well, protect from rain and snow (cover)
Frost hardy until:	-5 / -7 °C, headed lettuces are less frost hardy than other open rosette types.
Winter protection:	In garden or raised bed: cover it with cold frames or mini-hoops. No cover necessary in unheated greenhouses.
Harvest:	Take the whole head, do not harvest the leaves when frozen
Use:	In fresh salads
Characteristics:	Old, traditional variety with a relatively large head

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Editing/Layout: Research Institute of Organic Agriculture FiBL
Lauren Dietemann, Laura Kemper, Sandra Walti
Tel. +41 (0)62 8657-272, info.suisse@fibl.org, www.fibl.org

Authors: Wolfgang Palme, HBLFA Schönbrunn

Contact: Wolfgang Palme, wolfgang.palme@gartenbau.at

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