Now is the time to deploy your fall-winter planting strategies. Many areas in California have moderate temperatures and longer growing seasons, so the gardener has a wide range of planting options from which to choose.

This quarter, we're highlighting autumn/winter projects that will help give a seasonal boost to your lawns and gardens.

- **Vegetable Gardens** - Growing 'cover crops' such as clover, alfalfa, vetch, oats and lupine is a natural, earth-friendly way to revitalize the soil, and suppress weed growth. Let your cover crops thrive, and then simply till them back into the soil in late winter or early spring.

- **Mulching** - It's important to protect the root systems of your plants growing throughout the winter by providing an insulating blanket of mulch. Mulch will also discourage winter growth of pesky weeds and grasses, and helps your plants retain moisture during dry periods. A good layer of mulch can also reduce erosion during episodes of heavy rainfall. You may use peat moss, but Coir (coconut fiber) is a renewable resource. Coir acts as a natural, lightweight moisture regulator; it retains water well, yet provides good drainage. One caveat: coir fiber may be harmful to dogs if ingested.

- **Plant rotation** - Rotating your crops is the time-tested way to avoid depleting your soil of essential nutrients. By planting your crops in different
locations each year, you also help reduce the incidence of pests and disease.

➢ **Plant winter vegetables** – Root and leaf crops are the plantings of choice for this time of year. Root crops include: Beets, carrots, parsnips, bunching onions, chives and radishes. Leaf vegetables, cruciferous vegetables, and herb plantings can include: Leaf lettuce, spinach, cauliflower, snow peas, parsley, and cilantro. See our vegetable solutions page for more information and helpful tips: [http://www.stoverseed.com/s_vegetables_steps.html](http://www.stoverseed.com/s_vegetables_steps.html)

• **Native Wildflower Plantings** - Compose attractive plantings of native wildflowers through single-flower seed, or wildflower mixes. You can use annuals like Lupine, and California Poppy, or perennial, pollinator-friendly favorites like Purple Cone Flower, and Black-eyed Susan. Some stunning assortments for your garden could include California Native Wildflower Mix, or Hummingbird and Butterfly Mix. Stover's experience in producing quality wildflower seed products, combined with timely information on planting and care, means a successful and rewarding gardening experience. See our wildflower solutions page for more details and native seed suggestions: [http://www.stoverseed.com/seeds_wildflowers.html](http://www.stoverseed.com/seeds_wildflowers.html)

• **Lawn revitalization** - This is the perfect time to feed your lawn. Use a fertilizer specifically designed for fall or winter. This will stimulate root growth throughout the winter season ensuring a healthier lawn the following year. In addition, now is a great time to consider reseeding your lawn to enhance the turf canopy, reduce weeds, and increase turf density. Finally, you may want to overseed your lawn with appropriate cool season grasses as the warm season grasses will begin to go dormant. For more information on lawn renovation see [http://www.stoverseed.com/lawn_from_seed.html](http://www.stoverseed.com/lawn_from_seed.html)