

## Grow Guide ~ September 2026

### *Permaculture Rising, Marisha's Permaculture Plant Nursery*

#### **Broccoli (*B. oleracea*)**

Broccoli is a cabbage relative grown for their succulent flower buds. It likes rich, moist soil and cool temperatures, harvest when buds are tightest, just before they open. Once it flowers, the flowers are also edible and attractive for pollinators. The large broccoli heads come from overwintering varieties (180 day) that are planted in mid-summer. Plant 80 day varieties in spring for an early summer harvest, or these early varieties can be planted in mid-summer for a fall harvest. Most broccoli varieties will offer smaller side-shoots after the main stalk and buds are harvested. Take care to provide ample calcium and nitrogen to support these young plants. Plant the short season varieties 18" apart. The long season varieties need 24" of space. Side dress with compost as your plants begin to produce their head. Broccolis tend to bolt if they get too hot. Avoid planting in a western facing microclimate and take care to give plenty of water as your plants get established.

**'Early Purple Sprouting'** - (200 days) Open Pollinated. This is a very old variety of overwintering broccoli. It will give you one primary head and lots of small shoots of broccoli in the springtime.

~~**'Umpqua'** - Open Pollinated. (50-60 days) Excellent blue-green color. 6-8" heads, good side shoot production. Sold out~~

#### **Brussel Sprouts (*B. oleracea*)**

These are best planted in spring and grown as a fall crops, except where summers are very cool. They are an old world cabbage relative grown for succulent buds on the leaf nodules. Brussel Sprouts sweeten up after a mild frost, just as the sprouts reach a good size and before they split open. Once it flowers in the springtime, the flowers are also edible and attractive for pollinators.

**'Darkmar 21'** – Adaptive Seeds features this variety as one of the most reliable, easy to grow Brussel Sprout varieties. The plants can be expected to grow to 3.5'. This is a classic variety of Brussel Sprouts in the UK. Adaptive Seeds says "for optimal tip production, pinch off the growth tip in late August".

#### **Cabbage (*B. oleracea*)**

Cabbage does best in a long season of mild cool weather. Early varieties are about 80 days to maturity and good for spring planting. Longer season varieties produce larger heads and are better for overwintering. Provide 18" of space for the short season varieties. Give 24" of space for the longer season varieties. Take care to provide ample calcium and nitrogen to support these young plants. Side dress with compost when they begin to form their heads. Cabbages dislike the heat. Avoid planting in a western facing microclimate and take care to give plenty of water as your plants get established.

**'Chieftan Savoy'** - (90 days) A beautiful savoy type cabbage with green heads that are usually 4-6 lbs. This cabbage looks like it has its party dress on!

**'Dowinda'** – (100 days) A favorite cabbage for sauerkraut from Midori Farm in Quilcene, WA. This is a uniform cabbage that produces medium to large oblong cabbages. They are very cold hardy and keep well into the winter. It is sweet and crisp.

**'Filderkraut'** – (100-120 days) This cabbage is an “ark of taste heirloom” variety. It is a conical cabbage that is great for sauerkraut. Filderkraut has a sweet taste. Uprising Seeds compares the conical shape to a gnome’s hat. It is named for the region in southern Germany where it comes from. It was documented as far back as the 1700s but fell out of favor since its unique shape was not ideal for processing. This is a long season cabbage that grows to large sizes and can be used in many ways in the kitchen.

**'January King'** – (100 – 120 days) This is a beautiful winter cabbage due to the purplish blush on the leaves. It is a reliable producer from January until March. The cabbages are large and tasty.

~~**'Red Express'** – (55-65 days). This is a compact open pollinated beautiful burgundy red cabbage. Expect cabbages on the smaller side when they are ready to harvest, generally about 2-3 lbs. This variety is best to grow in the spring and fall. Sold out~~

## **Cauliflower (*B. oleracea*)**

Cauliflower is a cabbage relative grown for their succulent flower buds. It appreciates rich, moist soil and cool temperatures with regularity. Cauliflower is more delicate than Broccoli. Take care to provide ample calcium and nitrogen to support these young plants. Space 18” apart and side dress with compost when they are 8” tall. Harvest when buds are tightest, just before they open. The tiny buds are called the curd. Some varieties have been bred so the leaves naturally blanch the flower bud and prevent it from being visible to the sunlight. Like Broccoli and Cabbage, Cauliflower dislikes the heat. Avoid planting in a western facing microclimate and provide ample water on hot days.

**'Purple Cape'** – (200 days) A beautiful open pollinated purple overwintering Cauliflower that tends to produce heads in the early spring. This is a wonderful plant to help fill the hunger gap in early spring.

**'Snowball'** – (55 days) This is the classic open pollinated spring cauliflower. It reliably produces heads that are 6”-7” with leaves that wrap over the curds for blanching.

## **Chard (*Beta vulgaris*)**

Related to beets, Swiss Chard produces large leaves with tender ribbed stalks in a beautiful range of colors. It grows well in heat and cold. Swiss Chard prefers rich soil, full sun, and adequate moisture. Chard can be planted from starts or direct sown. Each seed is actually multiple seeds in a whorl. Direct sow seeds 2” apart. Thin plants to 10” spacing. If planting starts, provide for 10” spacing. Chard likes a fertile, well-drained soil in full sun. It can take part shade in the hot season. Harvest leaves as desired. Chard is often affected by leaf-miners, tiny insects that live inside the leaves. If your plants are affected, pick off these leaves and feed them to chickens, a hot compost pile, or dispose of in your yard waste bin. Chard will need a lot of space if you want to collect seeds. Thin your plants and save the best plant for seed. If you let Swiss Chard seed in your garden, it is likely to naturalize and come back each year.

**'Rainbow' (30 days baby, 60 days full)** – This variety of Chard is known for the diverse colors of the petiole (veins) of the leaves from white to red to pink, to yellow to orange. Chard can be eaten raw or cooked. Beware of leaf miners which like to inhabit the inside of the leaf. Chard tends to do well if it has ample water in the summer season.

## **Chicory/Radicchio (*Cichorium intybus*).**

Radicchio is a leaf type Chicory from Italy. It tends to have a bitter taste that is subdued when cooked. It is often grilled in Olive oil and served. This plant is easy to grow in the cool season and it tends to perform better than lettuce. There are other types of Chicory that are grown for the roots, but these are not those types. Plant Radicchio 8-12" apart in full sun to partial shade. It will grow much slower in partial shade.

**'Varigata Del Castelfranco'** - (70 days) This is a loose heading type of Chicory with bright colors. It has big heads that provide greens in the winter months. If it is dug and forced, the head will be white and light pink similar to Radicchio.

## **Collards (*Brassica oleracea*)**

Collards are a frost hardy leafy vegetable. Similar to Kale, they are a non-head forming cabbage. It loves the cool weather in spring and fall, but it can also do well in the warm seasons. Plant seedlings 24" apart in a soil that has been amended with calcium, and nitrogen rich compost.

**'Cascade Glaze'** - Open Pollinated. (60 days) This variety of collards has been selected for the glossy leaves, which are not as attractive to pests like the cabbage worms. It has great flavor with sweet leaf stems. This variety is recommended for the wainter garden due to its hardiness. This is a collaborative breeding effort from Alan 'Mushroom' Kapular and Carol Deppe.

## **Endive and Escarole (*Cichorium endivia*)**

Endive and Escarole are similar plants. Both prefer well-drained soil and cooler temperatures. Plant 10-12" apart. Endive has loose, narrow, frilly leaves. The leaves of Escarole are more broad. You can harvest individual leaves or full heads of both plants. Both of these plants are cold-tolerant and will perform better than lettuce in these cooler months. It is not uncommon for them to self-seed.

**'Capillina'** – (55-65 days) This endive variety has frilly, fine, pointy leaves and it thrives in the cool months of the year. It adds good flavor in salad mixes. It is also known as Riccia Fine d'Inverno as it is a re-selection from an older variety.

**'Cardoncella Baresse'** – (55-65 days) This variety of escarole has very long, serrated leaves similar to dandelions. The leaves can be up to 18" long. It is quite hardy for the winter and slow to bolt. The name means "Little Cardoon" but it is a unique vegetable unto itself.

## **Assorted Greens (*Brassica spp.*)**

This describes various types of edible greens, including the choi and mustards. They are all grown in the shoulder seasons of spring and fall. They tend to bolt in the heat of the summer. In the cool weather of the Maritime Northwest, they are easy to grow and prefer a well-drained soil with ample moisture. The best way to keep them from bolting in hot temperatures is to provide enough water and take care to avoid the western sun. Once it flowers, the flowers are also edible and attractive for pollinators.

**'China Choi'** - (*Brassica rapa*) This plant is like Bok Choi but it has a looser floret of leaves. The leaves are dark with crunchy white petioles (leaf stems).

**Mustard 'Pungent Mix'** – (*Brassica juncea*) This is a beautiful blend of

spicy mustards that were selected by Frank Morton of Wild Garden Seed. Use the young leaves in salad or use the larger leaves in a braising mix.

**'Prize Choi'** - (*Brassica rapa*) Succulent leaves and crunchy white stems with an upright habit. This choy produces beautiful heads relatively quickly.

**'Tat Soi'** – (*Brassica rapa*) This is a quickly growing type of mustard that can be eaten raw or cooked. It has cute, rounded leaves. Harvest the leaves and let the plant continue to grow.

## **Kale (*Brassica oleracea*)**

Kale is a frost hardy leafy vegetable that is easy to grow. It enjoys the cool weather of the shoulder seasons and may suffer if exposed to hot sunlight in the summer. Kale can be direct sown in the garden, but I prefer to plant transplants to avoid slug damage. Provide 12" of space for each plant. Kale can be planted again in mid-summer for a fall, winter, and spring harvest. Kale is the hardiest of the cabbage relatives. It sweetens up in cold weather and is best started in the mid-summer for fall, winter, and spring harvest. Kale likes rich, well-drained soil with lots of organic matter

**'Dazzling Blue Lacinato'**– (65 days) This is a Lacinato Kale variety from Adaptive Seeds that have been selected for its vibrant colors and taste. It is more vigorous than any of the other Lacinato types. It was bred by Hank Keogh of Avoca Seed in organic conditions.

**'Lacinato'** - (55 days) aka Dinosaur Kale, this dark green textured variety of kale is extremely popular and known for its good taste. It is a nice choice for the winter garden. The leaves sweeten up after a frost.

**'Russian Hunger Gap'**– (50 days) This variety might be the most vigorous type of kale for the winter. It bolts later in the spring than most kales which is why it is called Russian Hunger Gap. It provides a good harvest at a time when the garden is slim. Very Hardy. Similar to Russian Red Kale.

**'Winter Red'** – (55 days) This variety is similar to Russian Red Kale. We selected it for its winter hardiness and sweet flavor. This is a reliable variety for a harvest from fall until spring.

## **Lettuce (*Lactuca sativa*)**

Lettuce can be direct sown or also be grown from transplant. Thin to 10" of space for each plant. Lettuce prefers full sun in the shoulder seasons of spring and autumn. Summer plantings will benefit from shade from the hottest sun (west) and regular watering to keep the lettuce tender. You can harvest lettuce by picking the outer leaves as they grow or you can cut the head and it will resprout from the roots. If you want to pull out the full head of lettuce, you will not get future harvests from that plant. Lettuce rarely cross-pollinates so you can save seed from multiple varieties in your garden.

## **Parsley (*Petroselinum crispum*)**

Parsley likes to grow in a sunny area in well-drained soil, rich in organic matter. It can also tolerate part shade. It is ideal to plant Parsley by seed. The seed can be slow to germinate. One can speed up the germination process by soaking the seed before planting. Thin your plants as they grow until they are 10" apart. Water at least once a week to ensure that your plants have their needs met.

