PUTTING YOUR GARDEN TO BED
RESOURCE SHEET

FALL COVER CROPS
Cover crops are considered a "green manure" because the nutrients stored in the crop become available when the crop is cut down and tilled into the soil. Cover crops provide a long-term store of nutrients and improve soil structure and health.

FALL MULCH
Mulches can be worked into or spread over your soil surface. When worked into the soil, mulches decompose more quickly and improve soil structure. When spread over the soil surface, mulches decrease moisture loss and erosion, and suppress weeds. Good fall mulches include garden compost, leaves (no walnut leaves), straw, spent hops, coffee grounds, chopped residual plant matter from your garden (weed & disease free), and burlap.

LEGUMES TO USE AS COVER CROPS

Cover Crop	Sowing Rate (lbs/1000 sq. feet)	Nitrogen per Acre	Other considerations
Austrian Field Peas *Pisum arvense*	2-4	70-120 lbs	• Provides an edible spring crop of tender pea shoot tendrils • Sow in October or November for May maturity • Easy to sow and incorporate into soil
Crimson Clover *Trifolium incarnatum*	0.5-2	80-90 lbs.	• Beautiful crimson blossoms attract beneficials • Easiest cover crop to turn in • Sow by mid September for good coverage
Bell Beans/Fava Beans *Vicia faba*	2-4	80-120 lbs	• Strong taproots break up compacted soils and clays • Creates ample organic matter in soil • Edible flowers • Height (3-5') and compact habit make it a good cover crop for small spaces • Can be sown as late as Nov
Common Vetch *Vicia sativa*	1-3	175-225 lbs	• Hardy to 0°F, great cover crop for improving soil structure • Plant with a small grain to support growth • Good nectar source for beneficial insects • Sow late August – mid October • Incorporate in May before seed set, can become weedy

SMALL GRAINS TO SOW WITH LEGUMES
Mix grains with legume seed, 85% legume and 15% grain, for optimal nitrogen fixation and vine support.

Grain Crop	Notes
Cereal rye *Secale cereale*	• Good winter growth under cool conditions • Tall stature makes this the best crop to grow with vetches • Easy to sow but can be difficult to incorporate with hand tools • Sow late September – early October
Winter Wheat *Triticum aestivum*	• Provides an extensive fibrous root system that assists with development of soil tilth and organic matter • Sow late October – early November • Ready to till under in April or May
Oats *Avena sativa*	• Sow in September to early October • Matures May to June • Winter kills if planted early

A FEW GOOD RESOURCES

Garden Resource	Where to Get It
Compost	Make your own! Look for OMRI listed compost (Nature's Needs offer 5% discount for Tilth class participants).
Burlap	Local coffee shops or coffee roasters – Portland Roasting Coffee, Stumptown Coffee Roasters
Leaves	City leaf collection, neighbors
Spent Hops	Local breweries
Coffee Grounds	Local cafes- Twin Paradox Café in Sellwood
Cover Crop Seed	Local nurseries, Peaceful Valley Farm Supply, Territorial Seed Co.
Straw	Local feed stores and nurseries

WEBSITES
Oregon Tilth online Toolshed - Urban Garden Resources and Planning Tools
http://tilth.org/education-research/organic-education-center/the-toolshed
ATTRA Sustainable Ag. Publications https://attra.ncat.org/publication.html
OSU Extension Master Gardener Program Online Resources & Ask an Expert
http://extension.oregonstate.edu/community/gardening
OSU Cooperative Extension-Organic Production
http://www.extension.org/organic_production
eOrganic http://eorganic.info/

BOOKS
Growing Vegetables West of the Cascades by Steve Solomon
The New Organic Grower & *Four Season Harvest* by Eliot Coleman
The Maritime Northwest Garden Guide by Seattle Tilth
Gaia's Garden: A Guide to Home Scale Permaculture by Toby Hemenway
Lasagna Gardening by Patricia Lanza