

# Fresh Connections in Urban Agriculture

## Season Extension

*Refers to any practice that allows a crop to be cultivated beyond its normal growing season.  
Start your garden earlier and make it last later into the season.*

### EXAMPLES

Adding hoop supported row covers create what look like small greenhouses along your rows.



Image from [www.johnnyseeds.com](http://www.johnnyseeds.com)

They are meant to protect your plants from killing frosts and cooler temperatures while still allowing easy access to be able to continue to harvest.

Cold frames are another great season extender that rely on heat from the sun and soil. Any type of transparent roof style over a raised bed is considered to be cold frame. An old door or window will work as long as sunlight can effectively get through and heat is prevented from escaping. Cold frames work in early season and late. Use them to start and grow cold season plants and to protect transplants from frost.



These are just two examples of affordable approaches to extending your growing season to maximize production and enjoy fresh produce nearly year round.



### BENEFITS

- Earlier planting and growing because the low tunnel creates a greenhouse environment
- Extended growing season due to protection from the unpredictable and falling temperatures
- Protection from the wind
- Moisture control
- Pest control
- Reduced weed encroachment

Seasonal extension has two primary driving factors: protecting crops from the extremes of the weather (both hot and cold) and enhancing the growth of crops for quicker maturity and better quality under adverse weather conditions. A lot of how to protect your plants has to do with understanding heat flow. This means knowing your soil and available sunlight.

### COOL SEASON CROPS

Using a hoop house or cold frame can give you a head start on your spring planting. Crops that don't mind cool weather are also ideal for planting and carrying into an extended season. Broccoli, potatoes, lettuce, spinach, brussels sprouts, cabbage, collards, onions, leeks, rutabaga, peas, radishes, carrots, turnips, and beets are all examples of cool season hardy plants.

Seed Savers EXCHANGE		Cool Season Crops <small>What to Start Indoors or Direct Seed?</small>	
 Start Indoors	<b>Hardy Vegetables</b> Broccoli • Brussels Sprouts Cabbage • Collards Onions • Rutabaga	<b>Semi-Hardy Vegetables</b> Artichoke (globe) Cauliflower • Celery	
	 Direct Seed	Kale • Kohlrabi • Peas Radishes • Spinach Turnips	Arugula • Asian Greens • Beets Carrots • Endive • Lettuce Potatoes • Salsify • Swiss Chard
<small>Hardy: Tolerate cold temperatures; can survive heavy frost.</small>		<small>Semi-Hardy: Tolerate cooler temperatures; can withstand light frost.</small>	



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