

# **Top 8 Edible Plants You Can Grow in Winter**



*TOP 8 EDIBLE PLANTS*

# *You Can Grow in Winter*

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When temperatures start to drop, many people think gardening has to stop. That's not true. Here are the top 8 edible plants you can grow in winter.

Tons of edible plants can survive winter temperatures, rain, and poor soil drainage conditions. And purple varieties, in particular, contain a compound (anthocyanin) that helps prevent root rot in wet soils.

Below, I have divided the vegetables into ultra-hardy and semi-hardy categories. Ultra-hardy plants can survive heavy frosts and temperatures below 28°. Semi-hardy plants can survive light frosts and temperatures between 28-32°.

## **Ultra-Hard Vegetables**

**Spinach** – Growing spinach in the winter may result in sweeter leaves. This is because the plant produces more sugar and stores it in the vascular network in the leaves. It keeps the plant from experiencing freeze damage.

**Garlic** – Garlic is more adapted to cold weather, so fall-planted crops need much less care than spring-planted crops. The bulbs also grow bigger since the soil conditions are optimum. Also, choose hardneck varieties as they do better in the winter than softneck varieties.

**Rhubarb** – Rhubarb is a cold-loving plant and doesn't grow well in warmer temperatures. In fact, temperatures must be under 40° for the perennial to come out of its dormancy. Also, only the leaf stalks of the plant are edible, so don't eat the leaves.

**Austrian Winter Pea** – Easy to grow in large quantities, you can cut off young shoots for salads and stirfry or wait until they develop pods around springtime. And these peas are nitrogen fixers which means they can use nitrogen from the air to produce nitrogen compounds that increase nitrogen levels in the soil.

# Semi-Hard Veggies

**Beets** – Beets will go to seed if the temperatures get too cold, so do your best to harvest them before hard frosts (under 28°F). However, growing your beets in cooler temperatures of fall and winter will result in sweeter beets because the roots store sugar to help prevent freeze damage.

**Parsnip** – Parsnips are another vegetable that gets sweeter when left in the soil over winter. And it is easiest to grow them from seed, but the seeds do not germinate well if they are more than a year old, so get fresh seeds every year.

**Lettuce** – Lettuces come in wide varieties and colors, so you can probably find tasty varieties that you can grow in your winter climate. Many gardeners use cold frames or hoop houses to negate the slower growth rate of winter.

**Cabbage** – Cabbage is a cool weather crop which means it does well in cool weather, but if you want to grow it in a frigid climate, you may need to add some protection from the cold like mulch, covering the heads, or a cold frame or hoop house.

## Conclusion

Because temperatures are low and the sunlight is limited, growing winter gardens means your plants will show a slower growth rate than growing these plants in the spring or fall. Be patient and consistent, and spring could bring a sweet harvest!

These were the top 8 edible plants you can grow in winter. What do you like to grow in the winter? Leave me a comment below to start a conversation!

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# Tips to Prevent Winter Plant Damage



*TIPS TO*

# *Prevent Winter Plant Damage*

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Winter plant damage can come from several places: storm damage, frozen roots, and damage to foliage from cold temperatures and strong winds.

But with some planning and hard work, you can prevent these types of damages on your precious plants.

## **Protecting Foliage**

### **Covering Trees/Shrubs**

If you fear that the leaves or needles of your trees or shrubs may be damaged, the easiest way to protect them is to cover them with plastic or burlap.

Simply wrap the plant and secure it snugly with tape.

If your plant needs extra protection from the cold, you can wrap it in newspaper before wrapping it in plastic.

One of the essential things to know is you are trying to keep ice off the foliage, so make sure the plant is covered enough to keep out cold water or snow.

## **Covering Plots**

### **Burlap**

You can get a burlap blanket if you are trying to cover a larger area than just 1 tree or shrub.

Make sure the blanket is big enough to cover the edges to the ground to prevent pockets of cold from seeping under the edges.

And unlike trees and shrubs, you do not want to secure the blanket around individual plants. It will cause damage to the stems, and if the blanket shifts, it can pull on the other plants and damage them.

### **Covered Garden**

You can build a cold screen, a round top covering for your

garden, almost like [mini greenhouses](#) designed to suit different needs and spaces.

It consists of flexing poles on each edge of your garden row or plot. Then, you cover the poles with a special plastic. That allows light and heat in and then traps it.

I have seen people build them big enough to walk into. That person put a heater in there and had tomatoes all winter.

## **Upcycled Ideas**

You can also solve this winter plant damage problem with recycled materials. One example is by making [cold boxes out of old windows](#).

## **Protecting Roots**

The best way to protect the roots of any plant is to mulch the area properly. Laying down a thick layer will protect the ground from freezing temperatures and cold water, which can cause significant damage to roots.

Several materials make good winter mulch.

Many people pick fallen leaves or evergreen needles as mulch. They are free and can be worked right into the soil during the spring instead of needing to be removed like artificial mulches.

Compost is another popular winter mulch. It will undoubtedly keep the cold away from the soil and produce heat as it breaks down.

## **Protecting Trunks/Stems**

It is important to note that if your area sees a lot of snow or ice during cold weather, the trunks or stems of plants need extra support to ensure they stay straight.



Ice and snow can build up a lot of weight and bend the trunks/stems of young trees and shrubs. Therefore, it's essential to brace these plants or keep the snow from accumulating.

## Conclusion

Follow these simple tips to protect your plants this winter, you can ensure that your garden is healthy and vibrant come spring. With the right guidance and proper preparation, even the harsh winter weather can't stand in the way of you enjoying beautiful plants and flowers in the months to come.

### Read More:

[Winter Garden Tasks](#)

[What to Plant in your Fall or Winter Garden](#)

[5 Winter Squash Varieties for the Frugal Gardener Short on Space](#)