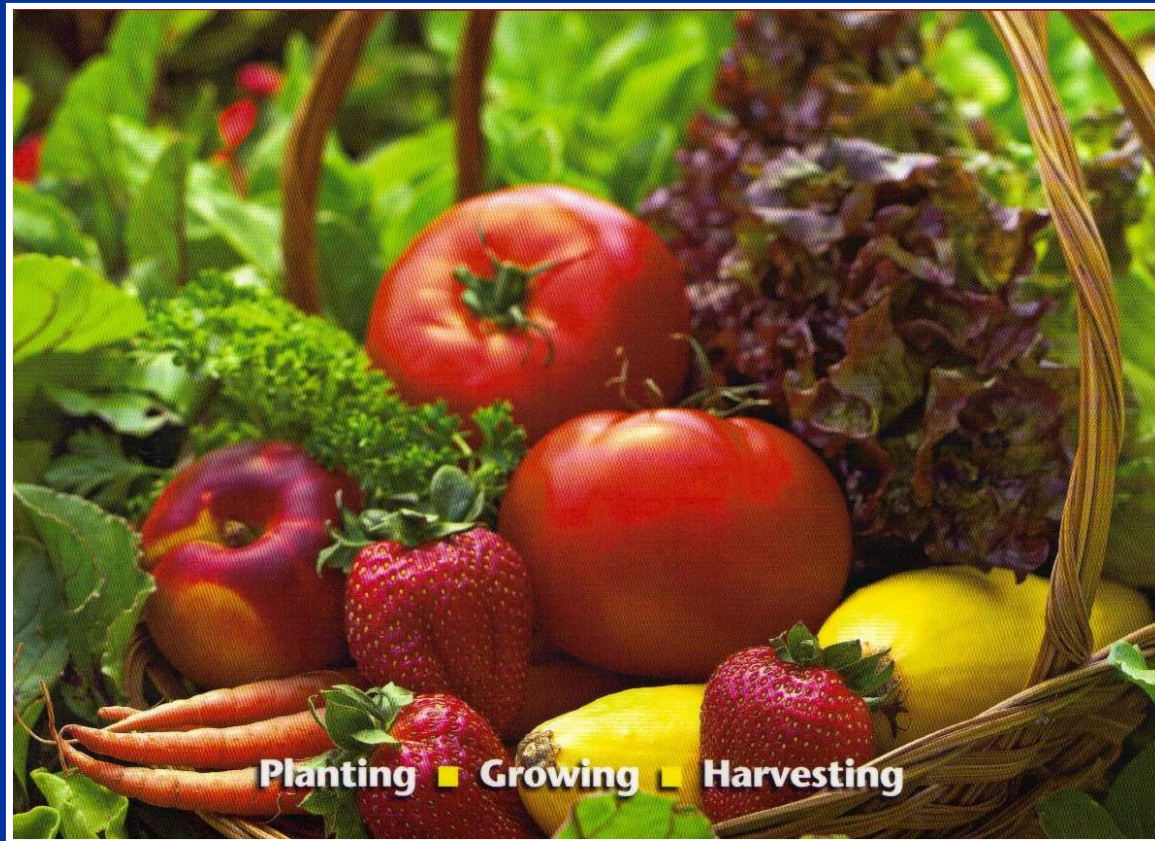


Vegetable Gardening 101



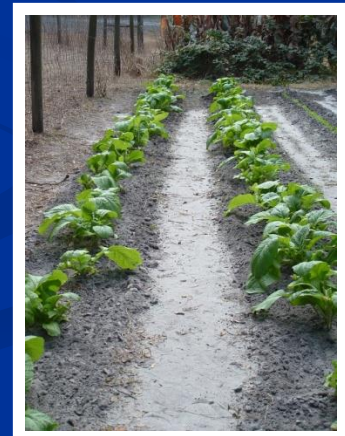
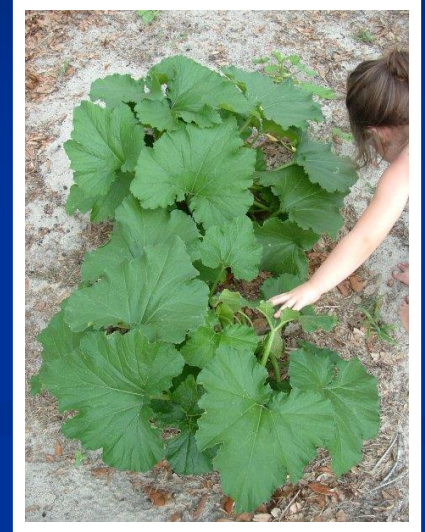
Planting ■ **Growing** ■ **Harvesting**

Why Garden?

- Saves Money
- Healthier: You Know What You Are Eating
- Creates Family Time
- Promotes Exercise
- Increase Appreciation for Food
- Teaches Your Children & Grandchildren To Become Self-Sufficient

Gardening

- Raised Bed
- Square Foot
- Container
- Traditional

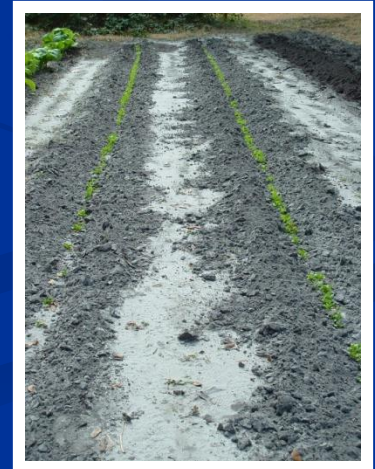


What Garden Is Right For You

- What Are Your Family Needs?
- How Much Space Do You Have?
- How Much Time Do You Have?
- How Many People Will You Be Feeding?
- What Kind Of Soil Do You Have?
- How Much Sunlight Do You Get? (6-8hrs)
- Do You Rent Or Own?

Traditional

- Great for Large Spaces
- More Tools Needed
- Higher Initial Investment
- Soil Amendments
- More Weeding & H2O



Raised Bed

- High Yields
- Less Weeding
- Fewer Tools Needed
- Solves Poor Soil Issues
- Accessible For All
- Can Be Relocated
- Build Anywhere
- Endless Sizes & Styles



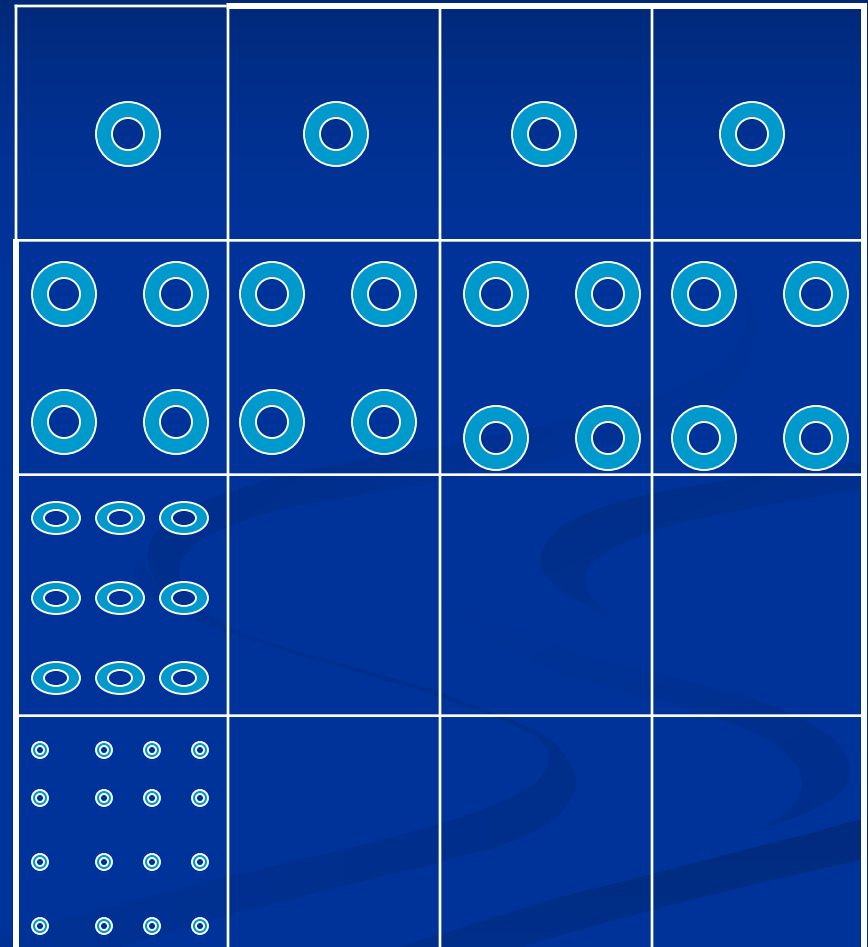
Square Foot

- Higher Yields
- Great For Small Yards
- Less Weeding & Watering
- Can Be Combined With Raised Beds
- Can Add a Permanent Grid Attached On Top To Mark Off 1 ft X 1 ft Squares



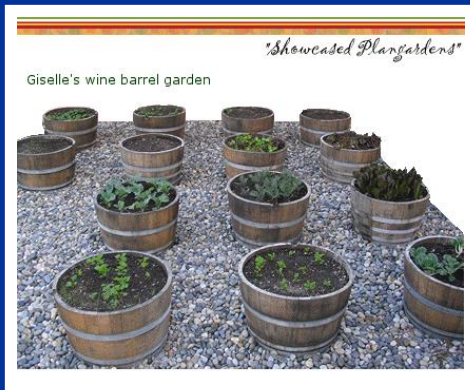
Square Foot Method

- Mark Out 1x1 Squares
- Grow 1, 4, 9, or 16 Plants Per Square Foot According To Plant Spacing
- 12in: 1 Plant /Sq. Ft.
- 6in: 4 Plants /Sq. Ft.
- 4in: 9 Plants /Sq. Ft.
- 3in: 16 Plans /Sq. Ft.



Container

- Great for Patios, Porches, & Steps
- Great for Apartment, Rental or Restrictions
- Topsy Pots
- Hanging Bags



Soil Types

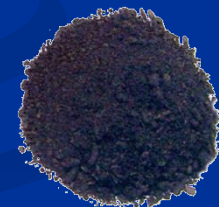
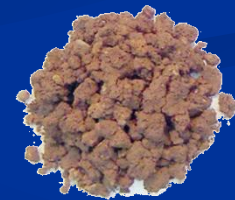
- *Sandy Soil*

- Sandy soil doesn't retain nutrients & is too dry To improve: spread an initial 3-5 inches of compost over the site & stir in.

- *Clay Soil*

- Clay soil is extremely poor soil for growing in. To improve: add 6-8 inches of organic matter. Use any organic matter that you can acquire, shredded leaves, grass clippings, cured manure, compost, etc. Do your best to mix it into the top 6-10 inches of the clay soil.

- *Loam Soil - The Best*



Compost

- Bins, tumblers
- Leaves
- Lawn Clippings
- Expired Plants
- Earth Worms
- Kitchen Scrap
- Do Not Add Meat, Oil



What To Plant

- ✓ Growing season-location
- ✓ Multiple plantings
- ✓ Nutritious value
- ✓ What family will eat



What To Plant

■ **SPRING GARDEN:**

- Beans (Pole & Snap)
- Peas
- Corn
- Tomatoes
- Potatoes
- Peppers
- Squash
- Okra
- Melons
- Eggplant
- Cucumbers
- Onions
- Pumpkins

■ **FALL GARDEN:**

- Beans
- English Peas
- Broccoli, Cauliflower
- Cabbage, Kohlrabi, Spinach
- Lettuce
- Winter Squash
- Carrots
- Beets, Radishes
- Turnips, Parsnips
- Radishes
- Collards & Mustard Greens
- Tomatoes
- Peppers

Starting Seeds

- Start Indoors 6-8 wks Before Last Frost
- Direct Sow Some: Greens
- Plant: 2-3 Week Intervals to Extend Harvest Time
- Label the Rows, Varieties



Germinating Seeds in Garden

- Soil should be ready
- Read seed pack-When to plant, depth, distance apart
- Keep soil evenly moist, don't over-soak
- Too much moisture causes seed rot.
- Use a fine sprayer to water newly planted seeds and tiny seedlings

Planting Plants

- Select healthy, well rooted
- Carefully remove from packs
- Dig holes a bit larger than root-ball
- Drop plant in
- Cover & tamp soil around the plants root-ball
- Water / Fertilize in
- Label the Plants



Watering

- Water plants when needed
- Check often – Especially during dry-spell
- Water roots, not foliage
- Water early morning or late afternoon to allow the plants a chance to drink (daytime evaporation)
- Careful late at night – too much moisture late can encourage fungus.
- Rain Water, rain barrel
- No softener water

Fertilizing

- Fertilizer When Planting
- Re-Fertilize Every 2-3 Weeks By Top-Dressing
- Liquid All-Purpose
- Granulated
- Organic Granulated or Liquid
- Manure: Chickens, Goats, Rabbits, Horses, Cows,
- Seaweed, Kelp Meal
- Alfalfa Meal

Fertilizing

■ Nitrogen

- Most important nutrient; is essential building block of chlorophyll (without which photosynthesis and plant growth can not occur)
- Builds healthy foliage
- Organic sources include aged animal manure, dried blood, fish emulsion, bird or bat guano, alfalfa meal

Fertilizing

■ Phosphorus

- Plants use P to flower, fruit and set seed. It also promotes strong root growth, strong stems and improves disease resistance.
- Organic sources include rock phosphate, bone meal and dried blood.

Fertilizing

■ Potassium

- Helps plants grow strong root systems and promotes disease resistance. It also regulates the uptake of other nutrients.
- Organic sources include seaweed extract or kelp meal, greensand, granite dust and wood ashes.

Organic & Natural Pest Control

- Bug Zapper: No Moths = No Caterpillars
- Neem Oil: Fungus, Mites, Insects (\$12/16oz)
- Dipel Dust: Caterpillars (\$4/4lb Bag)
- Soapy Water: Mites
- Sugar Water: Attracts Beneficial Bugs
- Beneficial Bugs: Lady Bugs, Wasps, Nematodes
- Marigolds, Garlic, Pepper, Cinnamon
- PyGanic (Organic Pyrethrin) \$\$\$

Harvesting

- Check Plants Everyday
- July
- Freeze, Can or Dry Excess
- Donate to Neighbors, Food Banks and Soup Kitchens



Tomatoes

- Seeds 6-8 weeks before planting
- Purchase healthy plants
- 3 ft. apart
- Determinate or indeterminate
- Lots of water
- Stake, cage, or weave.

Potatoes

- Water potatoes thoroughly weekly during summer weather
- 2 - 4 months
- Harvest potatoes 2 to 3-weeks after plants flowered-small – large/late after tops of the plants die.

Squash, Pumpkins, Melons

- Harvest winter squash and pumpkins when the vines are frost-killed and the skin is hard to the thumb nail.
- Leave stems on the fruit to protect against disease invasion

Gardening Resources

- Square Foot Gardening by Mel Bartholomew
- The Vegetable Gardeners Bible by Edward Smith

End of Season

- Pull annual vegetables (Compost or destroy)
- Add amendments, compost, manure
- Consider covering beds with newspapers, straw, etc.
- Put all irrigation hoses, and tools
- Note comments in a garden journal

Education

- Continue learning!
- Share What You Learn With Others!