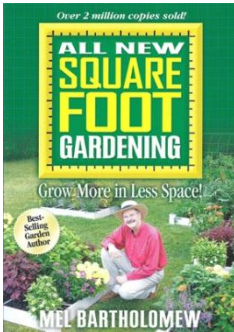


Square Foot Gardening, Container Gardening, and Sprouting

Square Foot Gardening



All New Square Foot Gardening by Mel Bartholomew

http://www.amazon.com/All-New-Square-Foot-Gardening/dp/1591862027/ref=sr_1_1?s=books&ie=UTF8&qid=1330892515&sr=1-1

www.squarefootgardening.org

http://www.youtube.com/watch?v=N5Lu-7Flj_g

<http://www.youtube.com/watch?v=2GHsXqHIYig&feature=related>

Getting Started

1. Layout

Always think in squares:

Lay out 4 foot by 4 foot planting areas with wide walkways between them.



10 Basics

LAYOUT

BOXES

AISLES

MELS MIX

GRID

CARE

SELECT

PLANT

WATER

HARVEST

Getting Started

10 Basics

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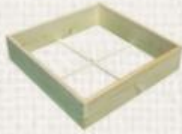
SELECT

PLANT

WATER

HARVEST

2. Boxes



Build garden box frames no wider than 4 feet, and 6 to 8 inches deep. The length is not as important, but a recommended size for your first time is one frame 4 foot by 4 foot. You can, of course, go smaller. A 2 foot by 2 foot works great on patios and 3 foot by 3 foot box is ideal for kids.



Frames can be made from almost any material except treated wood, which has toxic chemicals that might leach into the soil. 1 by 6 or 2 by 6 lumber is ideal, and comes in 8-foot lengths. Most lumber yards will cut it in half at little or no cost. Exact dimensions are not critical. Deck screws work best to fasten the boards together. Rotate or alternate corners to end up with a square inside.

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3. Aisles

If you plan to have more than one garden box, separate them by 2 or 3 feet to form walkways.



Getting Started

Fill frame with Mel's Mix, a mixture of 1/3 compost, 1/3 peat moss, and 1/3 coarse vermiculite (no dirt needed). A blended compost made from many ingredients provides all the nutrients the plants require (no chemical fertilizers needed). Peat moss and vermiculite help hold moisture and keep the soil loose. It's best to make your own compost from many ingredients.

If time is an issue, we now sell Pre-mixed Mel's Mix [HERE](#). Some stores sell mulch or humus and other ground covers but call it compost. Most commercial compost is made from one or two ingredients so to be safe, don't buy all of one kind but one of each kind until you have enough for your garden. It's really best to make your own compost, then you know what goes in it.

4. Mel's Mix



When buying vermiculite, be sure to get the coarse grade, and get the more economical 4 cubic foot size bags. If placing frames over grass you can dig out the grass or cover it with cardboard or landscape cloth to discourage grass and weeds from coming up through your new garden soil.

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Getting Started

5. Grid



On top of each frame, place a permanent grid that divides the box into one foot by one foot squares. The grid is the unique feature that makes the whole system work so well. To show you why the grid is so important, do this little demonstration: Look at your 4 foot by 4 foot box with the grid on and imagine up to 16 different crops. What you see before you is a neat and attractive, well organized garden that will be easy to manage. Now remove the grid.

Could you organize and manage this space without dividing it up into squares? Besides, without the grid you will be tempted to plant in rows, which is a poor use of space. Grids can be made from nearly any material; wood, plastic strips, old venetian blinds, etc. Use screws or rivets to attach them where they cross. On a 4 foot by 4 foot frame, the grid divides the frame into 16 easy-to-manage spaces, for up to 16 different crops. Leave the grid in place all season. The grid can be cut long enough to fit across the top of the box or cut shorter to lay on the soil inside the box.

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Getting Started

6. Care

Since you will NEVER walk on or depress the growing soil, don't make the frames any wider than 4 feet (2 feet, if only one side is accessible). Any wider makes it too difficult to reach in to tend the plants.





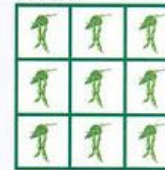
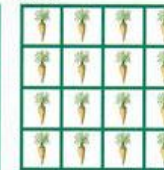
- 10 Basics
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Getting Started

7. Select

Depending on the mature size of the plant, grow 1, 4, 9, or 16 equally spaced plants per square foot. If the seed packet recommends plant spacing be 12 inches apart, plant one plant per square foot. If 6 inch spacing; 4 per square foot. If 4 inch spacing; 9 per square foot. If 3 inch spacing; 16 per square foot.

PLANT SPACING

Extra Large	Large	Medium	Small
1 Plant Placed 12 inches apart:	4 Plants Placed 6 inches apart:	9 Plants Placed 4 inches apart:	16 Plants Placed 3 inches apart:
Broccoli	Leaf Lettuce	Bush Bean	Carrot
			

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Getting Started



8. Plant



Plant one or two seeds in each spot by making a shallow hole with your finger. Cover, but do not pack the soil. Thinning is all but eliminated. Seeds are not wasted. Extra seeds can be stored cool and dry in your refrigerator.

Don't over-plant. Plant only as much of any one crop as you will use. This 4 foot by 4 foot box will grow more than a conventional garden that is 8 foot by 10 foot.

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Getting Started

Water only as much as each plant needs. Water often, especially at first, and on very hot dry days, If possible, water by hand (uses a lot less water) with a cup from a sun-warmed bucket of water. Warm water helps the soil warm up in early and late season.

9. Water



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Getting Started

10. Harvest

Harvest continually and when a crop in one square is gone, add some new compost and plant a new different crop in that square.



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Raised Bed Gardening Kits:

<http://www.squarefootgardening.com/garden-planters/>

http://www.lehmans.com/store/Garden_Square_Foot_Gardening_Kit_1152905?partner_id=COUNTRYLIFE

http://www.lowes.com/pd_319307-50741-RBD9394PK_0_?catalogId=10051&productId=3142563&UserSearch=raised+bed+kit&Ntt=raised+bed+kit&N=0&langId=-1&storeId=10151&rpp=24

<http://www.naturalyards.com/>



Square Foot / Raised Bed Garden Examples



My Square Foot Garden









Container Gardening





Container Gardening sites:

<http://www.youtube.com/watch?v=MjY3C81zSZM&sns=fb>

<http://www.easiestgarden.com/>

Soil Bag Gardening





Indiana Vegetable Gardening Planting Guide

http://www.hort.purdue.edu/hort/ext/Pubs/ho/HO_186.pdf

<http://my-indiana-home.com/spring-calls-for-for-cool-season-vegetables-container-gardening/>

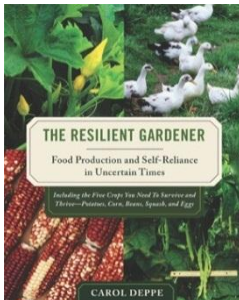
Soil Bag Planting:

<http://www.vegetablegardener.com/item/4396/try-soil-bag-planting-for-no-dig-beds>

<http://www.motherearthnews.com/Organic-Gardening/2008-06-01/No-Dig-Garden-Beds.aspx>

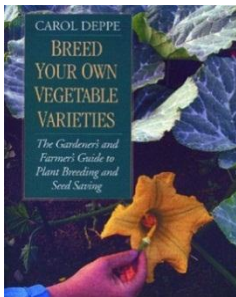
<http://www.rodale.com/growing-vegetables-bags>

http://www.ehow.com/how_7629944_garden-soil-bags.html



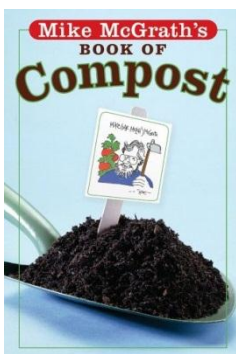
The Resilient Gardener – Food Production and Self-Reliance in Uncertain Times, by Carol Deppe

http://www.amazon.com/The-Resilient-Gardener-Production-Self-Reliance/dp/160358031X/ref=sr_1_1?ie=UTF8&qid=1330885683&sr=8-1



Breed Your Own Vegetable Varieties: The Gardener's & Farmer's Guide to Plant Breeding & Seed Saving, by Carol Deppe

http://www.amazon.com/Breed-Your-Own-Vegetable-Varieties/dp/1890132721/ref=sr_1_2?ie=UTF8&qid=1330885683&sr=8-2



Mike McGrath's Book of Compost, by Mike McGrath

http://www.amazon.com/Mike-McGraths-Book-Compost-McGrath/dp/1402733984/ref=sr_1_1?ie=UTF8&qid=1330448792&sr=8-1

Sprouting



*If you could have
only one food,
and nothing else,
your very best
choice would be
sprouts.*

ALFALFA - Alfalfa contains a huge amount of chlorophyll, every known vitamin, and is very rich in minerals. What's more, like all seeds, when you sprout alfalfa seeds, the nutrients increase! If you could have **only one food**, your very best choice would be alfalfa sprouts!

BEANS - Kidney, garbanzo, pinto and others. Sprouting beans is a great way to get rid of beans' gases. The beans become healthier, more delicious, cook more quickly and they lose their gaseous qualities.

BROCCOLI - As nutritious and delicious as broccoli is—you must try broccoli sprouts. Sprouted broccoli is even better than broccoli!

GARLIC - Along with onions and parsley, garlic is often grown just a little bit longer in order to get some greens. These seeds produce pungent greens that can be used to flavor salads, sandwiches and other dishes.

MUNG BEAN - Mung bean sprouts have been eaten by the Chinese for thousands of years, reportedly for 3000 years before the birth of Christ. Mung beans are used in more ways than any other sprouts.

RADISH - Radish is a legume, and its sprouts impart a very tangy flavor. If you add just a few to a salad or a sandwich, you will get a nice peppery zip.

WHEAT - Wheat, the “staff of life”, has been the mainstay of the human race for centuries. Dr. C. W. Bailey, leading expert on wheat from the University of Minnesota, has noted increases of 600% in vitamin C and higher mineral and enzyme levels in sprouted wheat.





Sprouting guide (video and written instructions):

<http://rawfoodswitch.com/raw-food-equipment-reviews/sprouting-guide-sprout-seeds-bean-sprouts/>

http://www.youtube.com/watch?v=KtH7Im1rWjs&feature=player_embedded#!

Sprouting seeds and supplies:

<http://www.veggiesensations.com/sprouters.html>

<http://www.maryannscupboards.com/pc32/Sprouting-Tools-Supplies>

http://www.seedseva.com/seed_shop/sprouting_supplies.php

<http://www.pcda.com/english/germoir.html>

<http://www.hometownseeds.com/organic-sprouting-seeds-c-217>

Sprouting seeds packaged for long-term storage:

http://www.wheatgrasskits.com/sprouting/5_lb_sprouting_seed.htm

http://www.wheatgrasskits.com/sprouting/35_sprouting_seed.htm

<http://store.foodforhealthinternational.com/Sprout-Seeds-Sprouting-Starter-Kit.html>

<http://www.hometownseeds.com/survival-seeds-c-213/preparedness-survival-sprouting-seeds-p-591>

Local sources of sprouting seeds:

Good Earth Natural Foods

6350 Guilford Ave
Indianapolis, IN 46220
317-253-3709

Georgetown Market

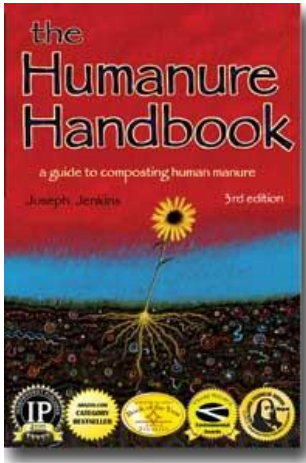
4375 Georgetown Road
Indianapolis, IN 46254
317-293-9525 Phone

Winding Way Farms

5888 E. 82nd Street
Indianapolis, IN 46250
(317) 849-3362

Humanure Info

(Do It Yourself Composting Toilet)



<http://humanurehandbook.com/contents.html>

<http://humanurehandbook.com/videos.html>

<http://humanurehandbook.com/store/LOVEABLE-LOO-Eco-Toilet.html>



Humanure Handbook (entire E-book)

Downloadable Chapters:

<http://humanurehandbook.com/downloads/Contents.pdf>

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http://humanurehandbook.com/downloads/Chapter_9.pdf

http://humanurehandbook.com/downloads/Chapter_10.pdf

<http://humanurehandbook.com/downloads/Index.pdf>