

# Seven steps to an Organic Vegetable Garden

**Presented by:** Mike Cunningham the Teaching Farmer of Country Gardens Farm

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## Gardening Links

Plan your Square foot garden on line. <http://www.sfgplanner.com/#home>

Official Site Square foot gardening. <http://www.squarefootgardening.org/>

Growing Cooking and Preserving Classes at country Gardens Farm

<http://countrygardensfarm.com/classes-and-workshops/>

## Spring cool weather Vegetables

- Broccoli
  - Cabbage
  - Cauliflower
  - Kale
  - Lettuce
  - Mustard greens
  - Spinach
  - Pok Choy
  - Swiss Chard
  - Arugula
  - Collards
  - Sugar snap peas
  - Kohlrabi
- These can go into the garden as plants in late February to early April.
  - They can withstand some cold weather but be prepared to cover them when the temperatures dip below freezing.
  - Roway (a woven fabric for plant protection) or old bed sheets are better to cover plants with than plastic.
  - Back up 4 to 6 weeks if you are starting these plants from seed.

## Root Vegetables From Seed Direct Seed Into The Garden

- Carrots Soil temp needs to be 55
- Radishes Soil temp needs to be 55
- Potatoes (A potato-not a seed. You are planting the potato eyes) can be planted late February to early March. Prepare your soil in the fall because it will usually be too wet when it time to plant potatoes.

## Summer Vegetables To Direct Seed Into The Garden

- Beans
- Squash
- Melons
- Black eyed peas
- Okra
- Corn
- Cucumbers
- Look on your seed packs or seed catalogs for germination temperatures and depth. Check the soil temperature with a thermometer.
- Some seeds like okra will sprout better if soaked overnight.

## Summer Vegetables From Transplants

- Tomatoes
- Peppers
- Squash
- Cucumbers
- Melons
- Okra
- Herbs
- Flowers
- Warm weather vegetables will not tolerate frost and need to have warm soils 65 or better to perform well. Wait at least until April or make plans to protect plants from cold.

## Mike's Mix

Here are the amounts you will need to mix up approximately 10 cubic feet (enough to fill a 4x4 bed that is 7 inches deep)

2 bags of Sunshine Organic Potting Soil Each bag is 2.8 cubic feet

2 bags of Black Kow Cow Manure Copost 40 pounds (approximately 1 cubic foot each)

2 bags of Black Kow Mushroom Compost 40 pounds (approximately 1 cubic foot each)

3 pounds of Organic Fertilizer 3-2-3

1 pound Azomite (A-Z of minerals in the earth)

4 Quarts of Worm Castings