

An aerial photograph of a lush green landscape. The foreground and middle ground are dominated by terraced fields, likely for rice cultivation, with varying shades of green indicating different stages of growth or water levels. A small, simple hut with a thatched roof is nestled among the fields. In the background, a dense forest of tall trees is visible. A light green rectangular box with a black border is positioned in the upper right, containing the title. A white line points from the bottom left corner of this box towards the hut. Another dark green rectangular box with a black border is located in the lower left, containing a list of questions.

Cultivating Health in Your Garden

What to grow, How to grow it, What you need to do,
Why you're growing it, Where and When you grow it.



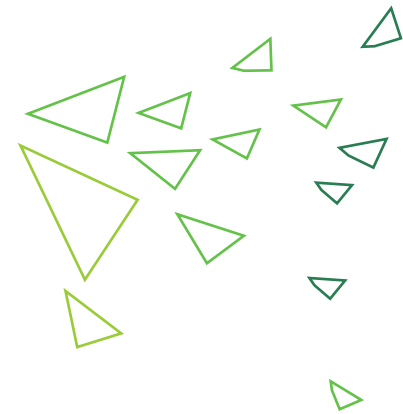
WHERE ?

**...To Make A
Garden**

Optimal Proximity to Light, Water, Access,
Tools, Critters, Compost, Vehicles, Harvesting
and Fertilization

Placement of the Garden

- Choose a place where the soil is loose, rich, level, and well-drained.
- Do **not** choose low areas where water stands or the soil stays wet. Vegetables will **not** grow in poorly drained areas.
- Do **not** plant where weeds do **not** grow; vegetables will not grow well there either.
- Vegetables need **sunlight** to grow well. Do not plant where buildings, trees or shrubs will shade the garden.
- Most vegetables need **at least 6 hours of sunlight daily**.
- Do not plant vegetables under the branches of large trees or near shrubs because they rob vegetables of food and water.
- :Plant the garden near a water supply if possible. In many areas a garden can grow without watering, but it is more likely to be successful if it is irrigated. Water is needed especially during long dry periods or when planting seeds.
- Consider easy access to vehicular area for deliveries (soil, compost, lumber, supplies, sheds, storage); proximity to critters, pets and children.



HOW ?

To Make A Garden

Existing soil area? raised bed? concrete block? lumber framed? pots/planters? Fenced?



How to make your Garden

Raised beds are a fresh start, where you want, low-cost, removable, quick & easy (!)



Plain, cement/concrete block construction with 'extra' side-wall planting pots.

Untreated, lumber-sided boards with sitting/kneeling edge.



Why raised beds?

- Better drainage and deeper rooting mean greater plant productivity.
- Raised beds are ideal for smaller areas where a conventional row garden might be too wild and unwieldy.
- Planting in a raised bed gives you full control over soil quality and content, essential considerations where existing soil is rocky or nutrient-poor.
- Raised beds give a longer growing season, as you can work the soil more quickly in Spring in frost-hardened regions, or convert the bed into a cold-frame in Fall.
- Fewer weeds are seen in raised beds thanks to the bed being raised above surrounding weeds and comprising disease/weed-free soil.
- Garden chores are made easier and more comfortable thanks to less bending and kneeling.

Raised bed treatments.

In-bed tilling for soil aeration and planting preparation.



Plain lumber-sided beds with pathways and mulch fill.



Hooped (for cloche covers) and with trellis for climbing.



Soil Enrichment – Bed Fill

**MUST
HAVE**

- Nutrition
- fibrous content
- food
- cultural environment
- a place fit for a plant to thrive



Our raised-bed home garden.



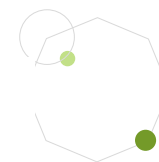


Available space, yield, grow-vs-buy, Nutritional value, personal preferences.



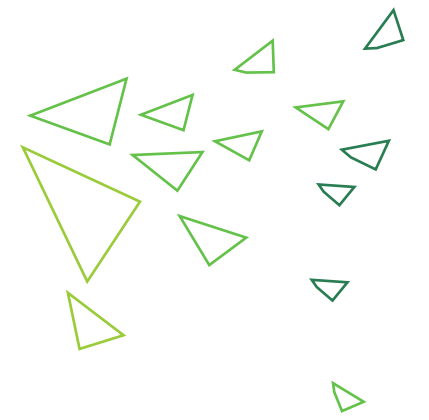
WHAT ?

... to grow in the Garden



What to grow?

- **Space available.** Plant size-appropriate crops. Cucumbers and cantaloupes can be grown in small gardens by trellising them on a fence some other structure. Watermelons and butternut-squash are real-estate hogs.
- **Expected production from the crop.** The smaller the garden, the more important it is to get high production from each row. Small, fast-maturing crops such as radishes, turnips and beets yield quickly and do not require much space. Tomatoes, bush beans, squash and peppers require more space but produce over a longer season.
- **Cost of vegetables if purchased.** Try vegetables that are expensive to buy at the grocery store. Broccoli is usually one of the more expensive vegetables that can be grown in most home gardens.
- **Food value of vegetables.** All vegetables are good, but some are more nutritious than others. Grow different kinds of vegetables to put more variety in your diet.
- **Personal preference.** This is especially important if the garden is purely for recreation or personal enjoyment. Grow vegetables your family likes to eat.
- **Aesthetics.** Make your garden your own; plant flowers, use trellises, paint things colorfully, ENJOY the garden, put seats in it, have a water-feature, consider the view. Make it a place you, family, friends and visitors will love.



WHEN ?

...to cultivate the
health in your Garden

Seeds? Seedlings? plants?

Seeds, Seedlings or plants?



Cheapest option, longest time to fruition; greatest sense of Fulfilment; uneven germination.



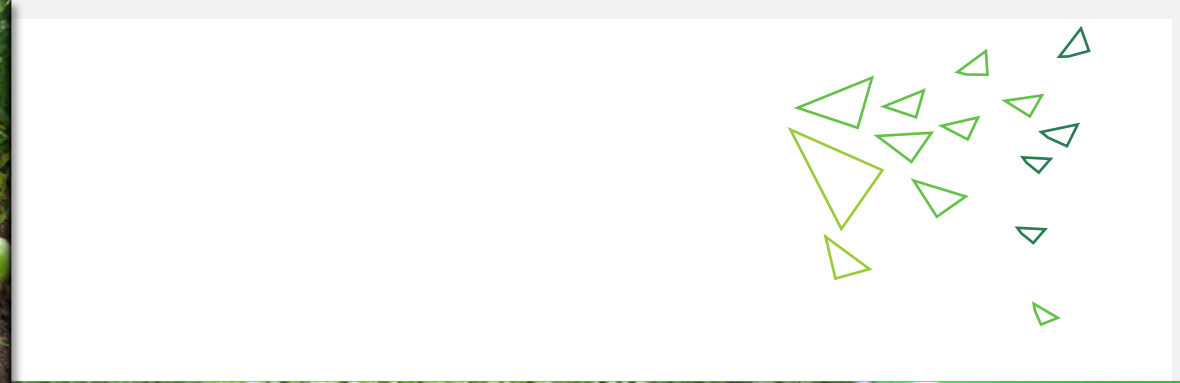
Shorter time to full size, hardier development, pre-planting care still needed.



Priciest option, hardest, shortest time to fruition, but Less choice/varieties.

The work is hard, it never ends. This garden was begun over 100 years ago. It has been a pine forest, a parking lot, a horse paddock, and now, again, a garden





... In summary

Plan where, (for light, water, access, ease)

Review how, (raised/flat-bed, tools, labor)

Consider what, (you'll eat/use/enjoy)

Estimate costs, (suppliers, freebies, re-hab sites)

List preferences, (veg, flowers, fruit)

Just do it!



The Glory of the Garden

Rudyard Kipling

OUR England is a garden that is full of stately views,
Of borders, beds and shrubberies and lawns and avenues,
With statues on the terraces and peacocks strutting by;
But the Glory of the Garden lies in more than meets the eye.

For where the old thick laurels grow, along the thin red wall,
You'll find the tool and potting-sheds which are the heart of all
The cold-frames and the hot-houses, the dung-pits and the tanks,
The rollers, carts, and drain-pipes, with the barrows and the planks.

And there you'll see the gardeners, the men and 'prentice boys
Told off to do as they are bid and do it without noise; For,
except when seeds are planted and we shout to scare the birds,
The Glory of the Garden it abideth not in words.

And some can pot begonias and some can bud a rose,
And some are hardly fit to trust with anything that grows ;
But they can roll and trim the lawns and sift the sand and loam,
For the Glory of the Garden occupieth all who come.

Our England is a garden, and such gardens are not made
By singing:- " Oh, how beautiful," and sitting in the shade
While better men than we go out and start their working lives
At grubbing weeds from gravel-paths with broken dinner-knives.

There's not a pair of legs so thin, there's not a head so thick,
There's not a hand so weak and white, nor yet a heart so sick
But it can find some needful job that's crying to be done,
For the Glory of the Garden glorifieth every one.

Then seek your job with thankfulness and work till further orders,
If it's only netting strawberries or killing slugs on borders;
And when your back stops aching and your hands begin to harden,
You will find yourself a partner In the Glory of the Garden.

Oh, Adam was a gardener, and God who made him sees
That half a proper gardener's work is done upon his knees,
So when your work is finished, you can wash your hands and pray
For the Glory of the Garden that it may not pass away!
And the Glory of the Garden it shall never pass away !

An aerial photograph of a lush green landscape. The terrain is divided into numerous terraced fields, some of which are filled with water, reflecting the sky. A small, simple hut with a thatched roof is situated in the middle of the landscape. The bottom of the image shows a dense forest with various types of trees. A green rectangular box with a black border is positioned in the upper right, containing the title. A white line points from the bottom left corner of this box towards the hut. Another dark green rectangular box with a black border is located in the lower left, containing a list of questions.

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