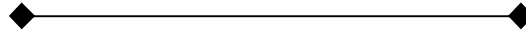


Raising Our Own Food

Goals for the spring gardening workshop

- Decide where your garden will be located and how much room it will take
- Begin building your soil
- Protect from deer, raccoons, etc.
- Decide what to plant
- Make a garden plan and order/buy seeds
- Start a worm and/or compost bin!

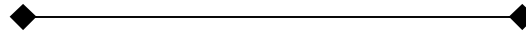


SESSION I

- I. Introduction
- II. Location
- III. Soil Building
- IV. Garden Plans

SESSION II

- V. How to Plant
- VI. Ordering seeds/plants
- VII. Composting
- VIII. Water
- IX. Protection
- X. Record Keeping



What would you LIKE to grow in a garden? (Keep in mind what your family will eat!)
Pick 10 and rank in importance. (You can change you mind later!)

EASIER

Potatoes
Lettuce
Kale
Swiss Chard
Spinach
Mustard
Green onions
Radishes
Garlic
Green beans
Peas
Summer Squash
Fall Squash
Pumpkins

MORE CHALLENGING

Tomatoes
Peppers
Corn
Beets
Carrots
Cabbage
Broccoli
Brussels Sprouts
Onions

Herbs (what kinds)

Other Ideas:

Location Location Location

- ◆ At least 8-10 hours of sun/day (Morning sun is best.)
- ◆ Water source nearby
- ◆ Near your kitchen door, if possible.
- ◆ Start with at least 4x4 (or 3x5—we find it easier to reach in to the middle of a 3 foot bed than a 4 foot bed.)
- ◆ Unless you have unlimited time spring through fall, we suggest no more than a total of 200 square feet
- ◆ You can have several smaller beds spread around your yard, rather than one large vegetable area, but one concentrated area is easier to upkeep.

Soil Types



What is the N-P-K on the Fertilizer Packages?

NITROGEN (N) forms protein and strong leaves

PHOSPHORUS (P) promotes root hair growth
essential for fruit/seed bearing crops

POTASSIUM (K) promotes new cell growth
good for root crops

But soil is so much more!

- ◆ Trace minerals
- ◆ Humus
- ◆ Fungi, virus, bacteria, single-celled creatures
- ◆ Mites, millipedes, worms
- ◆ Insects
- ◆ and all their “leavings”
- ◆ and much, much more!

We need to honor the complexity and diversity of soil and provide an environment for the nutrients and creatures to do their job.

That environment includes:

- ◆ diversity (use as many different kinds of materials for mulching and composting as you can get your hands on)
- ◆ moisture (but not too much)
- ◆ protection (this is where mulches come in)
- ◆ as little disturbance as possible

Steve Solomon's Not so Secret Recipe for Complete Organic Fertilizer (COF)

Measure (by volume) onto tarp or into wheelbarrow:

- 4 parts seed meal (Nitrogen)
- 1 part Dolomite Limestone
- 1 part Rock Phosphate OR ½ part Bone Meal (Phosphorus)
- 1 part Kelp Meal (Potassium)

Mix together thoroughly, avoid breathing in dust. Store in covered container—dogs and rats love this stuff!

Apply at 4 pounds per 100 square feet before planting. Mix thoroughly into top 6" of planting bed.

Starting from Scratch: Spring Gardens

1. Cut weeds/plants as low as possible. Place tops in compost
2. Till until sod breaks down. This will take three passes with the rototiller. Wait a week between each pass.
(Not recommended for heavy soils.)
OR
Dig out weeds and roots with fork and shovel.
3. Rake out rocks or roots if many left.
4. Form raised beds.
5. Top with ½ to 1 inch compost. Apply Complete Organic Fertilizer (COF—see recipe above).
6. Dig compost and fertilizer into top 8 inches of soil by hand.
7. Let sit couple days.
8. Turn over the top 6 inches of soil by hand again.
9. Rake out stones, sticks and weeds
10. Plant seeds/transplants

Resources

The Maritime Northwest Garden Guide: Planning Calendar for Year-Round Organic Gardening Seattle Tilth

A must-have for any vegetable gardener. You will use it every year when planning your garden. Rob Peterson of Vashon's Plum Forest Farm is one of the principal authors.

Square Foot Gardening Mel Bartholomew

Several editions as well as a couple videos are in the library.

Lasagna Gardening Patricia Lanza

Several versions—including one focusing on herbs, another on containers and small spaces

Let it Rot! The Gardener's Guide to Composting Stu Campbell

Worms Eat My Garbage Mary Appelhof

Gardening When It Counts Steve Solomon

Solomon's chapter on soil science helps us non-scientists to understand some of what is going on under the mulch and how fertilizer works. His emphasis on our unique maritime growing conditions are valuable for us and we have been using his suggestions for growing vegetables for many years.

Life in the Soil: A Guide for Naturalists and Gardeners James B. Nardi

Not actually a gardening book, but if you want to really appreciate what all those tiny and unseen critters do for your soil—this is a great, well-illustrated resource.

King County Agricultural Extension Garden Bulletins

king.wsu.edu/gardening/gardenfacts.htm

Click on link to "Garden Fact Sheets"

(# 6 on the list has a list of soil test labs)

Washington State University Extension Vegetable Gardening Site

gardening.wsu.edu/text/veges.htm

Click on link to "Home Gardens" EB 0422

Gardening on Lead- and Arsenic-Contaminated Soils

The Washington State University Agricultural Extension also has a bulletin about lead and arsenic in the soil. Go to ext.wsu.edu

Click on "Educational Materials" and then type "EB 1884" in the SEARCH box. The bulletin costs \$2.50 by mail or it can be downloaded for free from the site.

Seed Catalogs

Cathy's Picks:

Territorial Seeds: www.territoriaalseed.com

Fedco: www.fedcoseeds.com

Pinetree: superseeds.com

Seeds of Change: www.seedsofchange.com

Ronniger's Potatoes: www.ronnigers.com

Nancy's Picks:

Johnny's Selected Seeds: www.johnnyseeds.com

Thomson and Morgan: www.tmseeds.com

Burpee: www.burpee.com