Garden Planning

Let's start at the very beginning…

Your Planting Zone

- The US is broken into 11 main zones and 11 more subzones (1a, 1b, etc.). ***This excludes Hawaii and some US territories
- Each zone is unique- not all plants will thrive in every zone
- Important to do FIRST: find out what zone you're in!
- The importance of average first and last frost dates
- How to calculate your Fall gardening timeline

Action Steps:

- Get a folder or binder to keep all your notes in
- Look up your average first frost date by your zip code: https://www.almanac.com/gardening/frostdates
- Count back from first frost date to today to count up your Fall gardening timeline
- Be sure you have your individualized gardening zone PDF (from Farmer's Almanac).

Garden Planning

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Garden Space

Considerations for your garden space:

- Types of gardens:
  - In-ground
  - Containers
  - Raised beds

- Sunlight:
  - Hours of sunlight
  - Time of day for sunlight: Morning? Afternoon? All day?

- Water source:
  - How far is your water source from your garden?
  - What changes might you need to make watering your garden space easier?

- Types of soil:
  - Potting soil: containers
  - Garden soil and Compost: in-ground and raised-beds

- Building a new garden space:
  - Get soil from local landscaping company- must easier and cost efficient
  - You want a 50/50 blend of compost & garden soil

- Soil amending:
  - More info in "Soil Care" module
  -

Action Steps:

- Look at the space(s) you want to grow your garden. Count the number of hours of sunlight and time of day that area gets sunlight.

- What work do you need to do to get your space(s) ready?

Garden Planning

Let's start at the very beginning…

Intro to Square Foot Gardening

- Garden theory:
    - Think of your garden space in terms of 1' x 1' squares
    - Grow plants much closer together to maximize your gardening space.

- SFG benefits:
    - Less weeding
    - Maximize garden space
    - Less watering (plants protect each other)

- Gardening grids
    - See PDF example of from one of my plots
    - Start thinking of your garden space in terms of 1' x 1' squares

- Importance of trellising/growing vertically
    - It's a part of maximizing your garden space
    - Examples of plants that can be grown vertically: squash, beans, peas, cucumbers, tomatoes, melons and more!
    - Plant vertical plants at north end of beds (to not shade the rest of your garden)
    - Vertical plants are healthier than if they sprawled on the ground-less disease, etc.

Action Steps:

- Measure your garden space and come up with your own square foot gardening grid/planning sheet (I designed mine as a simple Word Document Table: # of rows by #of columns. Super easy!).

- Be sure you download your Square Foot Gardening cheat sheet PDF.

- Also, be sure to download one of my SFG grids for an example of how I'm doing it.

Garden Planning

Let's start at the very beginning…

Making a Plan

- Decide on plants
- Don't grow anything you won't eat
- Try something new that you've never tried!
- Seeds vs. Starts (plants pre-started for you to transplant into the ground)
    - Some plants to better directly sown by seed, some need to be transplanted
- Tools/supplies (keep it simple)
    - Hose/sprayer and/or watering can
    - Trowel
    - Shovel
    - Rake
    - Gardening gloves
    - Kneeling pad
    - Seeds and/or Plants!
    - Soil Conditioners (see soil care module)

Action Steps:

- Be sure to download your individualized garden planning PDF from intro email, which will be specific for your region (from Farmer's Almanac).
- Once you have a made your own gardening grid(s), start planning out what you'd like to plant (keeping in mind plant heights). See next set of videos for more details on specific plant types.

Square Foot Gardening Guidelines

The Basics:

Think of your gardening space in terms of 1' x 1' squares.

Measure your garden in square feet.

Plant a different flower, fruit, veggie or herb in each square, following this guide.

Note: the spacing listed is the amount of space allotted after thinning.

Do your research and make a plan!

Be sure to note where, when and what you have planted in each square.

Tips:

Take note of plant height when making your plan. Plant your tallest plants at the northern end of your plant beds so they don't shade your shorter plants.

Train vining plants (pumpkins, melons, squash, peas, beans, etc.) up a trellis and grow vertically where you can- this saves a ton of space in your garden!

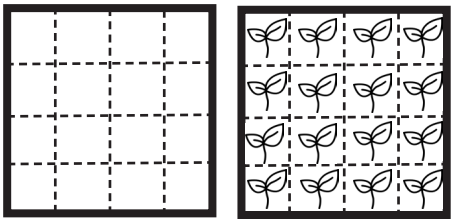
When designing your garden beds, make sure they are narrow enough so you can reach all the way across. The best raised-beds are not wider than 3-4' across. Also make sure you leave enough walking space between your beds for easy navigation.

Plan successively! Plant things like carrots, lettuce, beans and peas every few weeks so you have a harvest all season long!

Visit:
www.deeplyrootedkitchen.com
for more gardening information.

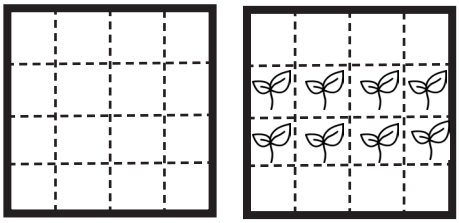
For more information on SFG, read Mel Bartholomew's book "Square Foot Gardening".

3" spacing = 16 plants/square foot



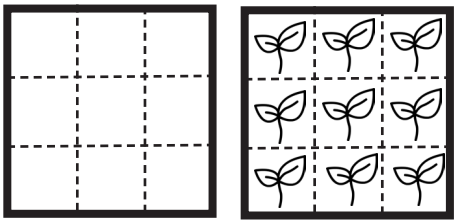
Carrots
Radishes
Parsnips
Scallions

3" (on trellis) = 8 plants/square foot



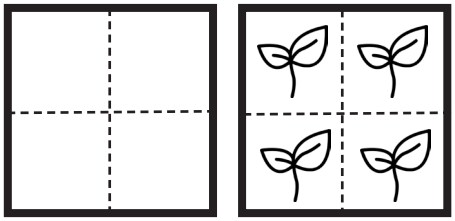
Peas
Pole Beans

4" spacing = 9 plants/square foot



Bush Beans
Spinach
Beets, Turnips
Leeks, Onions
Garlic (small)

6" spacing = 4 plants/square foot



Lettuce
Swiss Chard
Garlic (large)
Kohlrabi
Bok Choy
Cilantro

8" spacing = 2 plants/square foot

Kale
Cucumbers (on trellis)
Fennel
Parsley
Chives

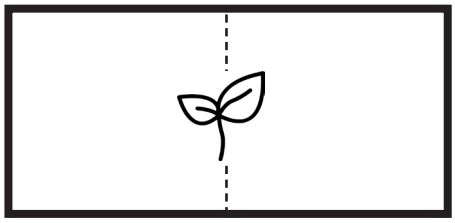
12" spacing = 1 plant/square foot

Eggplant
Peppers
Celery
Cauliflower
Potatoes
Cabbage

Basil
Okra
Fava beans
Collard greens
Dill

Tomatoes (staked)

18-24" spacing = 1 plants/2 square feet



Broccoli (18")
Brussels Sprouts (18")
Trellised:
Summer Squash (24")
Winter Squash (24")
Melons (24")
Tomatoes (caged)

This is a sample SFG gardening grid from one of my garden plots at our community garden.

C-7

Celery X1	Celery X1	Lettuce (GS) X4	Lettuce (RS) X4	Lettuce (SB) X4	Lettuce (RM) X4	DG X4	Kale (L) x2	Beets (R) x9	Beets (C) x9	Beets (DR) x9	Leeks (C) X 9	Leeks (KR) X 9	Garlic X9	Garlic X9	Garlic X9
Celery X1	Celery X1	Lettuce (GS) X4	Lettuce (RS) X4	Lettuce (SB) X4	Lettuce (RM) X4	DG X4	Kale (L) x2	Beets (R) x9	Beets (C) x9	Beets (DR) x9	Leeks (C) X 9	Leeks (KR) X 9	Garlic X9	Garlic X9	Garlic X9
Celery X1	Celery X1	Lettuce (GS) X4	Lettuce (RS) X4	Lettuce (SB) X4	Lettuce (RM) X4	DG X4	Kale (L) x2	Beets (R) x9	Beets (C) x9	Beets (DR) x9	Leeks (C) X 9	Leeks (KR) X 9	Garlic X9	Garlic X9	Garlic X9
Celery X1	Celery X1	Lettuce (GS) X4	Lettuce (RS) X4	Lettuce (SB) X4	Lettuce (RM) X4	DG X4	Kale (L) x2	Beets (R) x9	Beets (C) x9	Beets (DR) x9	Leeks (C) X 9	Leeks (KR) X 9	Garlic X9	Garlic X9	Garlic X9

Lettuce: Green Salanova (GS)
Red Salanova (RS)
Salad Bowl (SB)
Red Mascara (RM)

Dandelion Greens (DG)

Kale: Lacinato (L)

Beets: Roasting (R)
Chioggia (C)
Detroit Red (DR)

Leeks: King Richard (KR)
Carenton (C)

This is a sample SFG gardening grid from one of my garden plots at our community garden.

B-9

Broccoli (M) x1		Broccoli (M) x1		Broccoli (M) x1	Cabbage (P) x1	Cabbage (P) x1	Cabbage (N) x1	Carrots (N)	Carrots (DP) x16	Carrots (DP) x16	Carrots (AR) x16	Carrots (AR) x16	Carrots (AR) x16	Carrots (AR) x16	Carrots (B) x16
Broccoli (W)		Broccoli (W)		Broccoli (W)	Cabbage (P) x1	Cabbage (P) x1	Cabbage (N) x1	Carrots (N)	Peas (S) x8	Peas (S) x8	Peas (S) x8	Peas (P) x8	Peas (P) x8	Peas (P) x8	Carrots (B) x16
					Cabbage (P) x1	Cabbage (P) x1	Cabbage (N) x1	Carrots (N)	Peas (SG) x8	Peas (SG) x8	Peas (SG) x8	Peas (P) x8	Peas (P) x8	Peas (P) x8	Carrots (B) x16
Broccoli (B)		Broccoli (B)		Broccoli (B)	Cabbage (P) x1	Cabbage (P) x1	Cabbage (N) x1	Carrots (N)	Carrots (DP) x16	Carrots (DP) x16	Carrots (NG) x16	Carrots (NG) x16	Carrots (NG) x16	Carrots (NG) x16	Carrots (B) x16

Broccoli: Marathon (M)
Waltham (W)
Batavia (B)

Cabbage: Pixie (P)
Napa (N)

Peas: Snow (S)
Purple (P)
Sugar (SG)
Magnolia (M)

Carrots: Nantes (N)
Deep Purple (DP)
Atomic Red (AR)
Negovia (NG)

*Note: I have a PVC pipe trellis built up surrounding the area where I will plant my peas