

Vegetable Gardening Project List



Everyone loves the fresh tastes and cooking possibilities from having your own vegetables. Most growers will want to use organic growing practices to maximize nutrition. Start with high-quality soil and plant by seed or transplant at the proper time, and you'll enjoy the rewards from growing your own food.

FIRST SEASON

SITE:

The first season can be more difficult with smaller yields, but have patience! **Choose your site carefully** - vegetables need at least 6 hours of sun. Plan for ease of frequent maintenance. Amend and plant directly, or use **raised beds**, which give you much greater success with many plants due to increased drainage and ease of soil turning. Larger containers can also work for many types of vegetables.

SOIL:

Don't treat your soil like dirt! Vegetables need *the best* soil health you can give them in order to get the best results. For **containers**, try our **NHG Organic Potting Soil**. For raised beds or in-ground situations, use a ready-made mix, your own compost and recipe, or try ours. A Garden Advisor can give you ratios and quantities needed for your gardening situation:

Soil Mix - *(for raised beds or containers)*

Mayer Raised Bed & Garden _____

NHG Recipe - *(for raised beds; omit Topsoil if planting in-ground)*

Soil Mender Topsoil _____

Vital Earth Organic Compost _____

Soil Mender Garden Soil Builder _____

Soil Mender Cow Manure _____

Fertilizer - add an organic vegetable food to all mixes at 2 lbs per 100 sq ft:

Espoma Garden-Tone _____

Espoma Tomato-Tone _____

Texas Tee *(add to in-ground situations to give additional nitrogen)* _____

Thoroughly blend your chosen materials together, moisten it as needed, and plant.

Mulch— water first, then add a 2 - 3" layer of organic mulch such as pine straw, cedar, or hardwood, and lightly water again. Do not mulch areas to be seeded.

See the reverse for other ingredients to maximize your produce!



Additional Amendments

Try adding these other ingredients help ensure your vegetable success:

Espoma Bio-Tone Starter Plus _____

An organic soil bacteria jump-starter, food, & bio-stimulant for new soils

Dried Molasses _____

Adds needed sugars to boost the population & activity of soil bacteria

Liquid Seaweed _____

Supplies trace nutrients and a good pest repellent; apply as a drench or spray

Texas Greensand _____

Gives iron and other trace nutrients; ideal for root crops

Horticultural Corn Meal _____

Increases soil quality and helps to prevent possible fungal diseases

Epsom Salts _____

Supplements magnesium, required for plant growth & ideal for tomatoes; apply dry, or drench or spray in a solution.

SECOND SEASON & THEREAFTER

Be patient; as your soil improves, things will get better over time!

- Watch for earthworms as the soil improves, and the nutrients become more available to your plants.
- It is normal for the soil to settle, and the organic matter to be used up by the plants each season. Add additional prepared **soil mix**, or the **Compost, Garden Builder** and **manure**, **fertilize** again, moisten and turn prior to starting the next planting season.
- If a larger volume is needed, start with **Topsoil**. See a Garden Advisor for rates.
- Unless seeding, make sure the mulch layer is maintained at all times.
- Monitor your growing garden carefully— daily if possible—for potential pest and disease problems to catch them early and maximize your harvests.

Vegetable gardening can be a challenge! Ask a Garden Advisor for help.