



# Project List:

# Vegetable Gardening

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, and preferably 8 or more. 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. Choices include pine straw, cedar, hardwood & others. Afterward, lightly water again. Do not mulch areas to be seeded.

*See the reverse for other ingredients to maximize your produce!*



## Additional Amendments for Vegetable Gardens

*Try adding these other ingredients to help ensure your 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** \_\_\_\_\_

Supplies potassium, 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 to appear as the soil ages, 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.*