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**Veggie Gardening Guide**

**Location & Scale** – Where Will Your Garden Be Located? How Big or Small?

* Movable Containers or Planted?
* The More Sun in the Area, the More Choices You Have of What to Grow
* Start small and build on SUCCESS!
* Tall Plants (like tomatoes) on North Side of Garden, Don’t Save Space for Lettuce, use it as a “plug-in” crop in between your taller plants; the shade will help keep it cool & happier too!

**Plant Selection & Sunlight**-

* What Sunlight - Full Sun to Full Shade and everything in between, watch the area throughout the day and throughout the season
* What do you like to eat? How big is your family?

**The “Dirt” About Soil** – Soil Testing - When in doubt, find out!

* Essential Nutrients, Organic Matter & Texture, ~~Horse Manure~~ (no value)
* Nutrients & Calcium (water-soluble) need to be applied at least twice in a season
* Old, Compacted Dirt – Change It and Add Nutrients
* “Healthy Soil, Healthy Plants…Healthy You!” = **Feed the Soil** so it Feeds You

**“Garden Cart Combo” -**  rated for approx 100-150ft2 *Other Options Available*

1. **Peat Moss** – Using an iron rake/pitch fork, break apart compressed bale of peat moss, spread evenly over entire garden
2. **Dehydrated Cow Manure**-Use both bags, spread evenly over peat moss
3. **Coop Poop** (pelletized, dehydrated chicken manure): sprinkle full bag over cow manure
4. **Mag-i-Cal :** Sprinkle full bag over COOP POOP.
5. **Incorporate/Mix/Rototill**
6. **Plant**– There’s no sense in having a garden full of water-soluble nutrients, then it rains, and the nutrients aren’t feeding any plants
7. **Re**-**Apply Fertilizer & Lime-** Reapply Every 4-6 weeks (or more frequently if we have had a lot of rain)

**COM Raised Bed Mix**- Another Easy to Use Option is the Coast of Maine Organic Raised Bed Soil available in 2cu ft and 1cu ft bags. We still recommend additional organic fertilizer and additional lime for reapplication every 4-6 weeks as the bag only contains ingredients for initial planting.

**\*\*Other Animal-Free Products Available – Dr Earth Vegetable Planting Soil & Fertilizer and Mag-i-Cal (pelletized lime) will keep things organic and manure-free\*\***

**Watering**- “A human with a hose is the kiss of death,” says Farmer Harvey

* The problem is Too much frequency, not enough volume of water – better to be out once/week for 30 mins than 7 days a week for 5 mins 🡪 roots will follow the moisture deep 🡪 healthier plants
* Containers vs. Planted in the ground – Are containers able to picked up to test weight? Most of a plant’s weight is the water – heavy = lots of moisture, light= may need a drink (depending on the plant)

**“Feed Me”** – Plants Need to be Fed, Just Like People

* Water-Soluble (necessary application every third watering) vs. Continuous-Release (the “insurance policy”)
* Be sure to reapply fertilizer and lime at least twice or three times during a season. We recommend re-application every 4-6 weeks for “annual” crops. As the season progresses, it’s rained/you have watered, the plants have taken up nutrients and are getting bigger, but less nutrients are present in the soil…time to FEED & LIME!

**Questions/Notes:**