

How to Grow All Your Own Produce in 2 ½ Years: A rEvolution Disguised as Organic Gardening

Supplementary Handout

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- 1) Frequent the local farmer's market to observe what vegetables are growing seasonally that your family likes to eat. Talk to the farmers about what varieties are the easiest for your area and your needs. Develop an appreciation for seasonal produce for your bioregion.
- 2) Map your landscape. Maps of larger properties can be found by contacting your county assessor.
- 3) List your dominant outside influences (Sectors) with that information and analyzing your flow through the landscape, then you can determine what your zones will be. This will help you determine various microclimates in the garden and how to maximize your involvement with the landscape.
- 4) Prepare your beds for your garden. Get a soil test. Talk to your extension agent or a local farm store about what amendments are needed. You can double dig, sheet mulch, use chickens, or whatever technique fits best for you. Remember that by starting small, you can build on your success.
- 5) Plant a broad range of types of vegetables that you like to eat. Plan on planting more than you need to build abundance and success. Share with your neighbors (ex. Humans, insects, birds, and chickens).
- 6) Build soil. Start a compost pile. Start a worm bin. Search for resources that you can salvage from your local area like animal manures, coffee grounds, fall leaves to build soil fertility.
- 7) Refer to a resource like the Maritime Northwest Garden Guide (by Seattle Tilth) or the Maritime Northwest Planting Calendar to ensure that you are planting appropriate crops at appropriate times of the year.
- 8) Keep a garden journal to record your experiences.
- 9) Learn the details about micronutrients in the soil (i.e. minerals, calcium, ph balances).
- 10) Tend to your plants appropriately. Know which plants will thrive from frequent harvests and when fruit needs to stay on the vine for maximum ripeness. Refer to the brief list below.
- 11) Learn how to preserve food, including techniques of canning, dehydration, and fermentation. Start with your abundance. Reflect on your unique situation at home and what storage method(s) works best for you.

Clipping Beds: Arugula, Basil, Chard, Lettuce, Mustards, Spinach

Ephemeral Perennial Crops: Artichoke, Asparagus, Lovage, Rhubarb

Field Crops: Dry Beans, Garlic, Onions, Potatoes, Pumpkins, Winter Squash

Frequent Pickings: Bush Beans, Cucumbers, Peas, Summer Squash, Indeterminant Tomatoes, Zucchini

Vines (aided with trellising): Pole Beans, Cucumbers, Peas, Pumpkins, Tomatoes, Winter Squash