



**Why garden and live organically?** *Gardeners are natural environmental stewards. Organic gardening is safer for your children, grandchildren, pets, and you; it's safer for our waterways; it's safer for wildlife, butterflies, and pollinators; and it is safer for the planet. An easy way to avoid GMO's is to grow your own food or buy organic food. Fresh food from your own garden is full of vitality and one of life's most delicious pleasures.*

### **Seeds VS Transplants:**

**Seeds** = Offer a broader variety of choices, economical if planting more than a 4-pack; take longer to reach maturity than transplants; consider soil temp and time of year; direct seed plants that don't like their roots disturbed; start early for maximum harvest window; grow your own transplants from seed

**Direct seed:** Beans, Beets, Carrots, Corn, Melons, Peas, Radish, Spinach, Squashes, Turnips, Zucchini, Potatoes

**Transplants** = Use transplants for warm-season plants; easier to control conditions with transplants; transplants give you a jump start; transplants are more insect/slug resistant than tiny sprouts; transplants can offer more variety in the garden (plant 6 *different* kinds of tomatoes!); buy healthy transplants

**Transplant:** Tomato, Pepper, Eggplant, Celery, Greens, Leeks, Onion, Scallions, Brassica family (cabbage, broccoli, kale, etc)

### **Growing Your Own Transplants:**

- Keep moist while sprouting
- Use good quality soil mix
- Provide plenty of light, turning tray if necessary
- Harden off before planting in garden & fertilize at planting with liquid fish/seaweed

#### **-More info at:**

<http://organicgrowersschool.org/for-gardeners/seeds-vs-transplants/>

<http://organicgrowersschool.org/487/ask-ruth-january-2013-starting-your-own-transplants-from-seed/>

### **Making Compost:**

*Compost improves soil structure, adds fertility, adds microorganisms, and utilizes waste materials*

- Proper Carbon (C)/Nitrogen (N) Ratio, 30:1 is ideal
- Moisture/water, 50 to 60% moisture is optimal, but not TOO wet, cover pile during rainy spells
- Size – 3' x 3' x 3' is the minimum size needed to acquire enough heat in pile; 4 x 4 x 4 is better
- Particle Size - good balance of large/small particle size, if too big will not cook, if too small goes anaerobic
- Layer brown (C) and green (N), throw in an occasional handful of garden soil for microbial activity
- Heat kills weed seeds and pathogens, maintain 104 degrees for at least 5 days and 131 degrees for at least 4 hours; above 149 degrees kills beneficial microorganisms
- Well-built pile reaches 104 to 122 degrees in 2-3 days
- When the compost stops heating, even if you turn it, the compost materials have all been consumed by

bacteria and the N is converted to nitrates. The pile cools to around 100 degrees. The C is now resistant to further breakdown, and the N slowly becomes available for crops.

-Leave it to cure for about 30 days, so beneficial microorganisms can move back in. It is then ready to be used.

-Should smell good/earthy when complete

**-Compost Tips:**

**-C/N Ratio:** <http://organicgrowersschool.org/for-gardeners/composting-101/>

**-Vermicompost (Worm Castings):** <http://organicgrowersschool.org/1538/ask-ruth-vermicomposting/>

**-Book on Vermicomposting:** Worms Eat My Garbage by Mary Appelhof

**-Double Digging instructions:** [http://www.growbiointensive.org/Self\\_Teaching\\_2.html](http://www.growbiointensive.org/Self_Teaching_2.html)

**-Raised Beds & Using Cardboard:** <http://organicgrowersschool.org/4017/the-charisma-of-cardboard/>

**Make It EDIBLE EVERYWHERE!**

Think outside the square - Plant everywhere and anywhere in your yard.

Reframe your perspective – edibles ARE ornamental!

Look for puddles of sun around your yard (after leaves are out) for planting spots.

Observe and utilize your microclimates.

Utilize vertical space.

Push the shade window, (but provide as much sun as possible to maximize harvest).

Incorporate fruit trees, berries, and fruiting vines (most need at least 6 hrs. of sun).

Include edible flowers, beautiful medicinals, and flowers for pollinators.

Integrate comfortable outdoor spaces that suit each season.

Bring delight & make it fun!

**Resources:**

**Growing Potatoes:** <https://www.greenmylife.in/guide-growing-potatoes/>

**Podcasts:**

<https://nori.com/podcast/63-reading-nutrient-density-to-improve-the-quality-of-our-foodwith-dan-kittredge-of-the-bionutrient-food-association?fbclid=IwAR2RZGGsMNxheO0mdVPzeKBdQaNfM93hczUNHMOMjg2C9skXiN4RBbiTGDo>

<https://www.stitcher.com/podcast/the-permaculture-podcast/e/54973833> A great podcast with Dr. Elaine Ingham about the benefits of No-Till Gardening.

For small scale garden planning: <https://www.growveg.com/> Apps for planning your home garden and weekly garden videos for the home grower delivered to your inbox when you sign up.

[www.sustainablemarketfarming.com](http://www.sustainablemarketfarming.com) From Pam Dawling of Twin Oaks, detailed Look for: the-complete-twin-oaks-garden-task-list-month-by-month

Follow [Elaine Ingham](#) to learn more about the soil food web.

Great resource list of books and more from [Living Web Farms](#).

**You have power.** Bring about the changes you want to see. Lead the way to a safer, healthier, cleaner, and more delicious world with every dollar you spend.

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