



Module 3: Edible bliss

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Objectives: Learn the basics of planting and maintaining an edible garden

- Who is T.O.M
- Identify plants well-suited for containers /family needs
- All about transplanting

Let's talk transplants

Determination of how deeply to bury the plant when it has been transplanted. If a seed facing conditions are met, they will thrive those conditions are temperature oxygen moisture also referred to as T.O.M

Planting your edible garden

Planting seeds is a fundamental practice. If you follow the basic rules, you should have no trouble growing many different kinds of flowers, trees, and vegetables from seed. There isn't much equipment you need, and all you have to do is give the seeds the basic conditions they need to thrive in, which are temperature, moisture, and oxygen.

Growing plants from seed results in significant cost savings compared to purchasing established plants. This is one of the most obvious benefits of this method. A lot of plants produce a lot of seeds, which are easily gathered and planted, and you are able to collect more seeds than would ever be contained in a packet that you buy from the shop. These are the basic steps, but make sure to check the seed package for specific information about when to sow, how deep to plant the seeds, and what temperature the process of germination should be.

- Gather Seeds from Different Types of Flowers and Vegetables.
- Gather any trays or pots that are available, and if necessary, drill holes in them.
- Compost free of pathogens should be placed within the container (Seed-Starting Potting Mix).
- Add some moisture to the top of the compost.
- Spread the seeds uniformly across the compost.
- The seed tray should be covered and placed in a warm location.
- Once the seedlings have germinated, cover them with soil.
- Replace each seedling in its own pot when you've finished the transplanting.
- Protect the seedlings from direct sunlight while they are still putting down roots after being planted.
- Plant Out and Harden Off

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Let's talk transplants

Transplanting is not always an easy task! ! Safely transplanting a plant without giving it transplant shock and without causing it to become stressed out is slim. What's also important is the determination of how deeply to bury the plant when it is being transplanted.

Depending on the type of plant being transplanted, the plant or seedling can have up to two-thirds of its stems submerged during the transplanting process. When buried deeper into the soil, plants belonging to the nightshade family, including tomatoes, peppers, potatoes, and eggplants, will generate healthier roots, which will in turn result in healthier plants.

When it comes to whether or not you should bury your plants deeply when you transplant them into the ground or pots, there is a lot of information that is accessible that is contradictory.

Prepping the transplants space

When it comes to being transplanted, plants are not very tolerant of mistakes and can be highly sensitive to their surroundings. The spring is an excellent time to reposition plants that are already established in your garden. Transplanting plants at this time provides them with a longer growing season, which increases the likelihood that they will be healthy and robust after being moved.

It is possible to end up with very little fruit or rotten stems if the plant is not transplanted in the appropriate manner. A plant will be more robust, productive, and healthy if it is transplanted at the appropriate depth and given sufficient water. You will proceed through the process with the help of the following instructions. Preparing the bed or hole for the transplant without putting it in any danger in any way:

- To get started, remove all of the leaves from the lower two-thirds of your plant and prune them

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- After that, dig a trench by hand or with a tool, whatever you want. If you are going to be transplanting a plant from the nightshade family, especially tomatoes, the trench that you dig should be at least three inches deep (around seven to eight centimetres). Also, if your transplant is larger, you should dig a trench that is eight to ten inches (twenty to twenty-six centimetres) deep to create a robust support system and cover multiple growth nodes.
- Now, insert your chopped stem carefully on its side into the trench, preferably at an angle of 45 degrees. So, the part of your transplant that was at the top will still stand up straight and get light.
- After you put your transplant where you want it, carefully cover it with enough dirt and pat it down to keep it in place.
- As the last step, make sure to give your plant enough water so that it can adjust to its new environment.
- Sunlight is essential for the proper development of vegetables. Avoid planting in areas where there will be too much shade from nearby buildings, trees, or plants. The majority of veggies require a minimum of six hours of sunshine per day.
- Planting vegetables under the branches of huge trees or next to shrubs is not a good idea because these locations limit the amount of food and water available to the veggies.
- If at all possible, locate the garden in close proximity to a source of water. Even though a garden does not need to be watered to thrive in many regions, the likelihood of it being successful is increased if it is irrigated. Water is important, especially when it's been dry for a long time or when seeds are being planted.
- Look for the best place you can find for your garden because most people don't have the ideal setting.

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2. Garden dimensions

One of the most common errors made by new eager gardeners is making the garden too big for the space they have available. A garden that is too big will require an excessive amount of maintenance. Take into consideration the following aspects as you plan the layout of your garden:

- Available room. A growing bucket or planter box can serve as a makeshift garden for people who live in apartments. On the other hand, there is likely to be an abundance of available land for a garden in a suburban or rural setting.
- Available time. If the only time you have to tend to your garden is on the weekends, you might not have enough time to maintain a sizable garden plot.
- The size of the family if gardening is something that the whole family enjoys doing together, then a larger area can be maintained. A larger family has the potential to consume more fruits and vegetables.
- To successfully grow vegetables that can be canned or frozen, you need a bigger space.
- Various kinds of veggies can be cultivated. Some vegetables require a considerable amount of space. The majority require a minimum of three feet of spacing between rows. It is necessary to have a garden that is thirty feet wide in order to sow 10 rows of vegetable seeds.

3. Choosing what to grow and plant

It is just as important to decide where to put the garden as it is to decide what to grow in it. When choosing veggies, keep in mind the following considerations:

- Space is available. If you have a small garden, it is possible grow various types of vine crops, such as cucumbers and cantaloupes, in smaller gardens by trellising them on a fence in 2020 I grew watermelon and cantaloupe upright and used knee highs to make slings they did amazing.
- The amount of harvest that is anticipated from the crop The more compact the garden, the more significance it places on maximizing the yield from each row. Radishes, turnips, and beets are examples of crops that mature quickly and produce a high yield while not requiring a large amount of land. Tomatoes, bush beans, squash, and peppers all take up a lot of space, but their harvests last longer.

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- Expenses incurred for the purchase of veggies grow the kinds of veggies that are more expensive to purchase in the supermarket. Broccoli is usually more expensive than many other crops that can be grown in home gardens.
- The nutritional value of vegetables there is no such thing as a bad vegetable, although certain veggies are healthier than others. Grow a wide range of veggies in your garden to provide more flavour and interest in your meals.
- Personal preference this is of the utmost significance if the garden is being kept only for the purpose of pleasure or personal enjoyment. Grow vegetables that everyone in your family enjoys eating.

6. Location of vegetables in the garden

Arrange the vegetables in such a way that they make the best possible use of the available space and the available light. On the northern side of the garden, plant tall vegetables like okra, maize, and tomatoes together so that they won't cast a shadow over shorter plants like bush beans. Also, classify the vegetables according to their stage of development. Because of this, it is much simpler to plant new seeds after harvesting an early crop like lettuce or beets.

5. The optimal time for planting

There are two primary categories of vegetables: warm-season vegetables and cool-season vegetables. Plants that thrive throughout the cool seasons may withstand temperatures that are lower; do so before the soil warms up in the spring. Additionally, they can be sown in the late summer and harvested in the autumn after the first frost has occurred.

Warm-season crops are unable to withstand frost and will not grow when the temperature of the soil falls below freezing. Plant them in the spring after the last frost has passed, and do so early enough that they will mature before the fall frost.

6. How many seeds should I plant?

Because some veggies have a higher yield than others, we will require fewer plants overall. The number of seeds you should plant is determined by the size of your family, the amount of produce you anticipate harvesting, and whether or not you intend to can or freeze any of it. Do not plant an excessive amount. It is both inefficient and labour-intensive to plant too many seeds.

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Plants and veggies most beneficial for your family's needs

Eating a diet that is rich in vegetables is likely one of the easiest ways to improve one's health and overall quality of life. Although all veggies have beneficial vitamins, minerals, and dietary fibre, certain vegetables stand out from the rest due to the additional benefits they offer.

Determine which plants and vegetables are the most helpful for your family's needs through the consumption of particular vegetables that provide more health benefits to various people based on the diets they follow, their overall health, and the nutritional requirements they have. The vegetables that are the most beneficial to your health, as well as some suggestions for how you can make the most of them in your diet.

1. Spinach
2. Kale
3. Broccoli
4. Peas
5. Sugar potatoes
6. Beets
7. Carrots
8. Fermented vegetables
9. Tomatoes
10. Garlic
11. Onions, number
- 12, Shoots of alfalfa 13 red bell peppers
14. Cauliflower
15. Seaweed

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When to plant and harvest vegetables

Your harvest will increase significantly if you plant the vegetables while they are in their appropriate growing season. The vast majority of vegetables are either warm-season crops or cool-season crops, depending on when they are grown.

When you should start planting each variety of vegetables depends on the kind of weather the vegetable is able to stand up to best. When the weather is colder in the early spring, late summer, and autumn, cool-season veggies have the highest chance of flourishing. When the temperature is warm in the late spring, summer, and early fall, warm-season vegetables have the best chance of reaching their full potential for growth.

Crops that mature during the cold season must do so while the weather is still cool, or else they will go to seed. This indicates that they are typically planted either at the end of the warm season or at the beginning of the cool season. Warm-season crops have to be planted after the final frost or freeze of winter in order for them to start growing, and they have to mature quickly enough that they can be harvested before the first frost of the following cool season.

Naturally, if the climate in your area remains cool throughout the year, then cool- weather crops will be able to thrive there for the majority of the year. If you live in a tropical or subtropical area where the temperature doesn't drop below a certain point very often if, at all, warm-weather crops are also the best choice for growing all year long.

1. Plants that are grown during the cool season

Planting cool-season vegetables in such a way that they reach maturity either in the spring or early summer, before the heat of summer, or later in the autumn, when the weather begins to cool down, is the optimal strategy. Vegetables that thrive in temperate climates must be planted at a temperature of at least 40 to 50 degrees Fahrenheit (5 to 10 degrees Celsius), and they produce the best harvests when the day's highs are in the range of 70 to 75 degrees Fahrenheit (21 to 24 degrees Celsius). When daytime temperatures reach 80 degrees Fahrenheit or higher (26 degrees Celsius), most cool- weather crops will stop producing fruit and vegetables. The ability of cool-season vegetables to withstand frost and/or brief periods of freezing temperatures leads to the categorization of these plants as either hardy or half-hardy.

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(A) Hardy plants: Planting cold-resistant veggies in the spring should be done two to four weeks before the last expected frost. Their seeds are able to grow in soil that is cold, and their seedlings can survive brief periods of freezing temperatures.

Examples of hardy plants are as follows:

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Collards
- Garlic
- Horseradish
- Kale
- Kohlrabi
- Leeks
- Onions
- Parsley
- Peas
- Radishes
- Rhubarb and strawberries
- Rutabagas
- Spinach
- Turnips

(B) Half-hardy: Cool-climate vegetables are able to withstand brief exposure to frost or freezing temperatures, typically no more than a few hours at a time. Planting dates for crops that are only half-hardy should be done around the time of the final spring frost. If you plant them too soon, they won't be able to withstand prolonged exposure to frigid temperatures.

Vegetables that are half-hardy include the following:

- Beets
- Carrots
- Cauliflower
- Celery
- Chard
- Cabbage of Chinese origin
- Chicory
- Globe artichokes
- Endive
- Lettuce
- Parsnips
- Potatoes
- Salsify

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Warm-season cropping

A soil temperature of at least 10 degrees Celsius (50 degrees Fahrenheit) must be present for the planting of warm-season vegetables. The temperature of the soil should be at least 60 degrees Fahrenheit (16 degrees Celsius) before planting warm-season crops. When the air and soil temperatures reach 65-86 degrees Fahrenheit (18-30 degrees Celsius), warm-season crops do best. Growing conditions must be at least 75 degrees Fahrenheit (24 degrees Celsius) for most warm-season crops.

Tender and very tender are two categories that can be used to describe warm-season crops. When planting tender vegetables, wait for one to two weeks after the last frost before doing so. Very delicate vegetables should not be planted until at least three weeks after the final chance of frost has passed.

(A) Tender veggies include:

- Spinach from
- Snap beans
- Corn on the cob
- Tomatoes

(B) Very tender veggies include

- Cucumbers
- Eggplant
- Lima beans
- Muskmelons
- Okra
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Watermelons

If they are shielded from temperatures lower than 10 degrees Celsius (50 degrees Fahrenheit), several warm-season vegetables can be cultivated outside of their normal growing season. To grow warm-season vegetables when they are not in season, you can use equipment such as cold frames, row covers, cloches, and others to extend the growing season.

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Make sure lighting and heat isn't too much. Love on and feed your plants
Before going to the store to buy plants, make a list of everything you need.
Make sure you have friendly neighbours.

Make sure you read and keep the plants' tag. Make your plants adapt to their surroundings. The greater the quantity of potting soil, the better.
If, your plant is showing signs of a serious disease, you should take it out of its pot right away, repot it, and either put it in quarantine or put it in a plastic bag before throwing it away.

Remember A Garden Is a Window into Earths soul

After finishing module 3 read over the information again if you need then take the quiz.

After completing your meditation and write in your journal how you felt after

Module 3: Quiz

1. What does T.O.M stand for?

2. How many basic conditions does a seed have?

3. What is the most common error made by new gardeners?

4. What is the minimum of space needed between rows for majority of plants?

5. What are the two primary categories of vegetables?

6. What are the easiest ways to improve one's health and overall quality of life?

7. Name three tinder veggies?

**Check out recipe book pick out a dish to make tag us and or email us how
@flavorbyfaith #gardentotable**

**Write in your journal any new thoughts ideas or feelings you have
pertaining to gardening or the course**