



Welcome

to Garden to Table

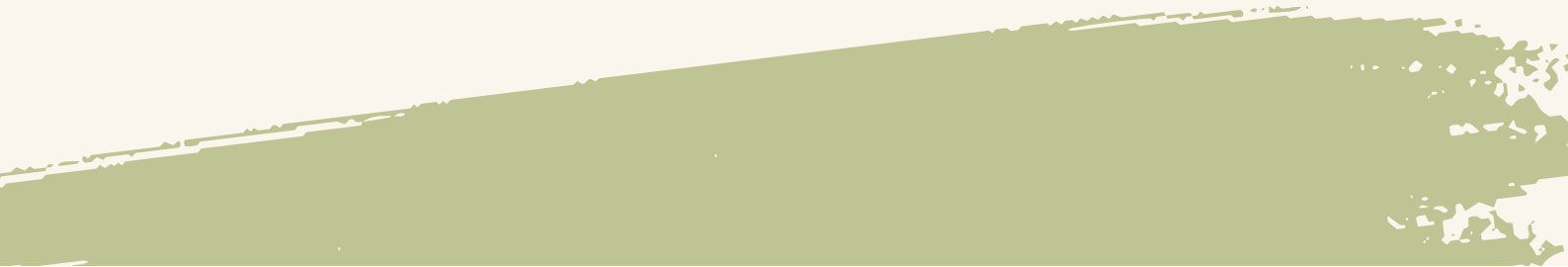
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flavorbyfaith**

RAISED BEDS VEGETABLE GARDENING





Module 1 : Garden Basics



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Basic techniques for growing at home in an outdoor or garden

Objectives: This module teaches people how to:

- Review the fundamentals of hands-on gardening.
- Learn basic techniques for growing at home in an outdoor, garden

One of the greatest rewarding and fulfilling activities is planting a garden. Everyone stands to gain something by getting their hands in the soil and connecting with nature, so why not get your hands dirty by planting a vegetable garden? However, if you are new to gardening, it might be challenging to determine where you should begin and that's why you've chosen this course to make things flow for your benefit. Gardening does not have to be difficult; if you divide the activity into phases that are manageable, you will be able to ease into gardening at your own speed and comfort level. We have provided you with an interactive journal to assist with making things as simple as possible so you can be your best. And before you know it, you'll be rewarded for your hard work with delicious, beautiful mouth-watering flavours, and vibrantly coloured veggies.

These methods will help you get started right away, Vegetable gardening will allow you to become self-sustainable, it is a way to save money, eat healthier, connect with nature create family bonds and more. You'll quickly appreciate the flavour and texture of garden grown produce it is much better than what your local grocer has. When it comes to gardening, having success is all about selecting the appropriate plant for the appropriate location at the appropriate time. This begins with having a solid awareness of the types of crops that thrive in your geographic region as well as the time of year in which to grow them. The United States is divided into thirteen plant hardiness zones based on the average annual minimum temperature, and the USDA maintains a plant hardiness zone map that may be searched by ZIP code.

Find your hardiness zone and become familiar with the fruits, vegetables, flowers, and herbs that grow in it. If you live outside of the United States, study international hardiness zone charts for your region. Once you have determined the climate zone in which you live, the next step is to research the predicted dates of the first and last frosts. This will allow you to calculate the length of your growing season. When you go to the garden centre near your home, you can now search for plants that are labelled with the number that corresponds to the hardiness zone where you live. When you acquire seeds, make sure you check the number of "days to maturity" indicated on the packet and compare it to the amount of time you have for planting and growing.

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2. Decide what you want to grow use your journal seed catalogue highlight your favourites and maybe notes.(have fun)

Determine what plants you would like to grow by taking into account the limitations of your temperature zone as well as your own personal preferences. Do you want to grow flowers, vegetables, herbs, or container plants in your yard, or do you want to combine many of these gardening methods? Consider what kinds of fruits and vegetables you enjoy eating the most, and then focus your gardening efforts on growing those. Also, take into consideration the amount of space you have accessible in your home garden. Large plants should be avoided in a garden that is on the smaller side because of limited space.

3. Choose the best location for your garden.

Because the majority of flowers and vegetables need many hours of direct sunshine each day, you should look for a location that gets sufficient full sun for what you intend to cultivate. It will also be simpler to cultivate plants on a level area of ground that is located next to a building or other structure that offers some protection from the wind.

4. Purchase some fundamental gardening tools.

When you first get started with your garden, you should make sure to purchase at the very least a robust shovel and a pair of gloves. A standard kitchen knife can be used to make precise cuts when harvesting vegetables. A battery-powered or rechargeable cordless drill can be used to make drainage holes when converting found objects to planters. A hori hori knife can be useful for dividing clumps of roots and performing other coarse garden tasks. Hand pruners can cut stems and branches up to a half-inch in diameter. You don't need a bunch of handy crafty large tools to produce a good yield just love dedication willingness to learn and a few good ole hand tools.

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6. Preparing your garden space.

The first thing that has to be done in order to make room for a garden bed is to remove any existing plants. Weeds can be removed manually by pulling them out. Be sure to get all of the roots since this will prevent them from growing back. If you are beginning with an existing lawn, I recommend you trim and cut the grass. After that, you will need to prepare your space for plating. It is preferred not to till the ground until it is absolutely necessary to do so because digging can disrupt the life that exists beneath the topsoil, which includes worms, beetles, and bacteria. After clearing away the rubbish and the grass, put a substantial layer of at least 4 inches thick of mulch, coffee grinds and cardboard over the area that will be used for growing. It is best if the beds you make are no more than four feet wide. This will allow you to reach into the centre of the bed without having to step on the loose soil and cause it to become compacted, which would ruin all of your hard work.

7. Decide whether you will start the plant from seed or transplant seedlings.

The process of starting seeds from scratch can save money, I am always upfront and honest with newbies starting from seed comes with challenges. There are some seeds that simply will not germinate, while others take an unusually long time to develop into powerful plants that are ready to survive the elements that are found in nature. You also have the option of going to a local store, fb plant groups that sale starter plants visiting local 4h groups close to you and purchasing young plants produced in a commercial greenhouse. It is important to keep in mind that you do not necessarily want the largest plants in the batch, as these are frequently "root bound." These seedlings have outgrown their containers and have developed a dense thicket of plant roots beneath the earth. They may not adapt well to being planted in the garden because of this.

8. Be gentle extend love and in a state of gratitude while handling your seedlings

When planting seeds, it is important to ensure that they are sown at the correct depth it is important to read and understand the living quarters needed for your plant to thrive Make their home comfortable for their needs so they can grow adequately. Make sure the dirt is packed down firmly over them using the palm of your hand, and that they are watered whenever the surface of the soil dries out.

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When planting seedlings, flip the container over carefully while keeping your hand on the soil's surface and holding the plant's stem between your fingers. Squeeze the pot on all of its edges carefully before attempting to remove it. Take hold of the clump of soil in your hands and give it a light massage until the plant's roots are removed from the container. In the event that the plant is root bound, you will need to massage it more aggressively, and you may even need to use a knife to cut through the root mat in order to release the plant. Finally, dig a hole in the soil with your hands or a little shovel that is just a little bit bigger than the root mass. The plant should then be positioned; the roots should be covered with soil, and the plant should be pressed firmly into the ground. Covering any part of the plant's stem with soil may kill many different kinds of plants, so take care to avoid doing so.

9. Water & hydrate oh yeah water and hydrate!

The average amount of water that plants need during the growing season is around an inch and a half every week. In the event that there has been no rain, it is especially important that you provide an adequate amount of water. If you want to know for sure whether or not your plants need water, all you have to do is stick your finger into the soil about two inches deep. This will eliminate any room for error. If it has a dry feel to it, then it is probably about time to water it. And keep in mind that it's better for most plants to have a little bit of dryness than a complete saturation in water. Root rot can be caused by an excess of water, which can be dangerous. When you water, you want to get the soil moist, but you don't want it to be soaked.

10: Mulch is our friend.

Weed seeds have a difficult time germinating in soil that has been covered with organic matter and rocks, both of which help to maintain the soil's temperature and moisture levels, making it more difficult for weeds to grow. Mulch is a favourite food source for earthworms and other beneficial soil organisms, and when it decomposes, it provides nutrients to the soil food chain in the same way that compost does. It is essential to use the appropriate kind of mulch in conjunction with each crop. Wood chips are an excellent amendment for a wide variety of large, long-lived plants, including fruit trees, shrubs, perennial flowers, and others. Lighter-weight mulches, such as straw or leaves, are best for use around what I call dainty veggies.

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11. Be sure to water and tend to your garden regularly.

The upkeep of a garden follows a pattern that changes with the seasons. In the spring, the most important thing is to prevent weeds from establishing a foothold. During the summer, maintaining an adequately hydrated garden takes a heightened level of attention. The fall months are ideal for decluttering and trimming back overgrown vegetation. Always pay careful attention to what the plants are trying to tell you throughout the growing season. Remember they are living and communicate in their own way. If a leaf has turned yellow or is distorted in some other way, you should remove it from the plant. An indication that a plant needs to be staked is when it topples over under its own weight. When plants get too big and thick, they need to be trimmed carefully to make room for sunlight and fresh air to flow through.

Great job finishing module one. Read over the information again if you need afterwards take the quiz then go ahead and complete your meditation video

Module 1: Quiz

1. Match the word with the definition

(USDA, Germinate, transplant, plant roots, amendment, dense)

Come into existence and develop: _____

Move or transfer to another place: _____

Closely compacted in substance: _____

Something which is added to soil in order to improve its texture or fertility:

Part of a plant is found below ground level: _____

United States department of agriculture: _____

2. What were the nine important recommendations (hint follow the sun)

3. What amount of water is needed for plants during growing season?

4. Look up the definition of root rot and write it here:

5. What causes root rot? : _____

Remember to complete your meditation video