

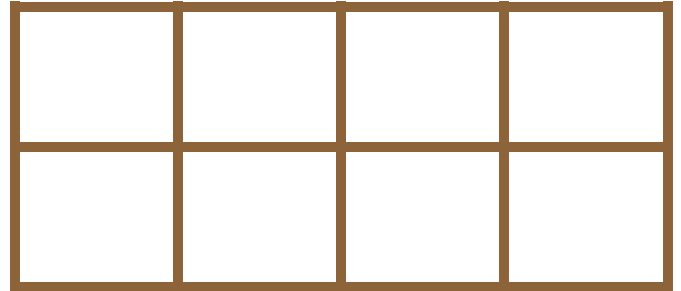
SQUARE FOOT GARDENING.



We could bore you for hours with all the reasons why gardening does wonders for your well-being: it's great physical exercise, promotes sleep, and can be great for your mental health. However, many of us – especially those who live in the city – simply aren't blessed with acres of backyard. Therefore, let us introduce you to square foot gardening.

WHAT ON EARTH IS A SQUARE FOOT GARDEN?

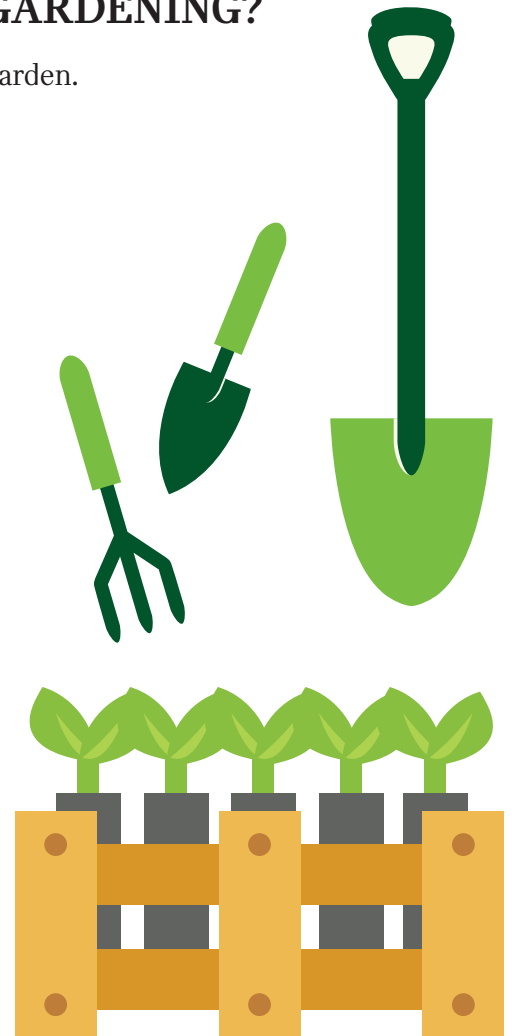
Square foot gardens are small, though not quite as tiny as they first sound. Square foot gardening is the process of making a raised garden bed, which is then divided into 1-foot blocks, each containing a different crop.



WHAT ARE THE BENEFITS OF SQUARE FOOT GARDENING?

Great question! There are many reasons why you may want a square-foot garden.

- 1 Small space, large yields.** The small garden beds are ideal if you have green fingers but little outdoor space, as they produce the same yield as traditional gardening while using 80% less space!
- 2 No garden, no problem.** The raised bed can be placed anywhere, even over pavement, so it's ideal even for the tiniest of paved backyards.
- 3 New to gardening? Step this way!** Working out the precise distance between plants and rows in a vegetable plot can be overwhelming. The square foot gardening system is great for beginners, as all you need to know is how many plants fit in each square.
- 4 Anyone can get involved.** Another upside of square foot gardening is that it's a fantastic method for older or disabled people, since the bed can be raised to any height.



SQUARE FOOT GARDENING.



YOU'VE PIQUED MY INTEREST; NOW HOW DO I START?

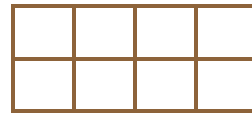
WHAT YOU NEED:



ONE RAISED BED



SOIL MIX



A SQUARE FOOT LATTICE



SEEDS

- 1 Build or buy your raised bed.**
These are usually 4 foot by 4 foot and ideally 12" deep.
- 2 Add the soil mix.** The recommended soil mix is a combination of compost, peat moss and vermiculite, which is rich in nutrients, so you won't have to add fertilizer. However, peat moss and vermiculite are both non-renewable resources, so an alternative is to use 100% recycled compost.
- 3 Place the square-foot lattice on top.**
This allows you to separate the crops into square-foot sections.
- 4 Plant in the squares.** Space is tight, so it's best to choose leafy crops such as salads, spinach and chard, and close-planted veggies like radish, carrot, and beetroot. In each square you can plant either 1, 4, 9, or 16 plants. The number depends on the crop, for example, you'd plant 16 radish seeds per square but only one tomato plant.

WHICH PLANTS CAN I GROW TOGETHER?

Like most of us, your veggies are more likely to thrive when surrounded by friends who support them. These may be plants that attract the right pollinators, or simply those that don't take up all the nutrients. This diagram on the right will help you chose which seeds to plant in neighbouring blocks.

CARROTS Tomatoes. Leeks. Sage. Rosemary. Chives.  Seeds: 30	ONIONS Carrots. Beets. Cabbage. Lettuce. Tomatoes.  Seeds: 4	LETTUCE Mint. Chives. Garlic. Beans. Beets. Broccoli. Carrots. Corn. Peas.  Seeds: 10	TOMATOES Basil. Carrots. Celery. Onions. Lettuce. Parsley. Spinach.  Seeds: 1	RADISHES Cucumbers. Carrots. Kale. Beets. Cabbage. Lettuce. Spinach. Squash.  Seeds: 16
CUCUMBERS Beans. Celery. Corn. Peas. Lettuce. Dill. Radishes.  Seeds: 2	SWEET CORN Green beans. Cucumbers. Peas. Pumpkins. Melons. Zucchini.  Seeds: 2	SQUASH Corn. Beans. Peas. Radishes. Dill.  Seeds: 1	GREEN BEANS Corn. Peas. Broccoli. Radishes. Potatoes.  Seeds: 9	PEPPERS Basil. Onions. Spinach. Tomatoes.  Seeds: 1