

How to Grow Your Own Vegetables

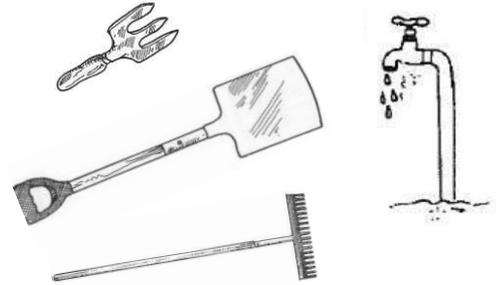
The Basics – Pamphlet No. 1



Only collect your seedlings when your bed is ready for planting

WHAT YOU NEED

- A patch of ground that is sunny for at least half the day
- A fence, sticks or even orange bags to keep animals out
- Water and a spade. And a fork and a rake if possible



START WITH A SIMPLE BED & MANURE

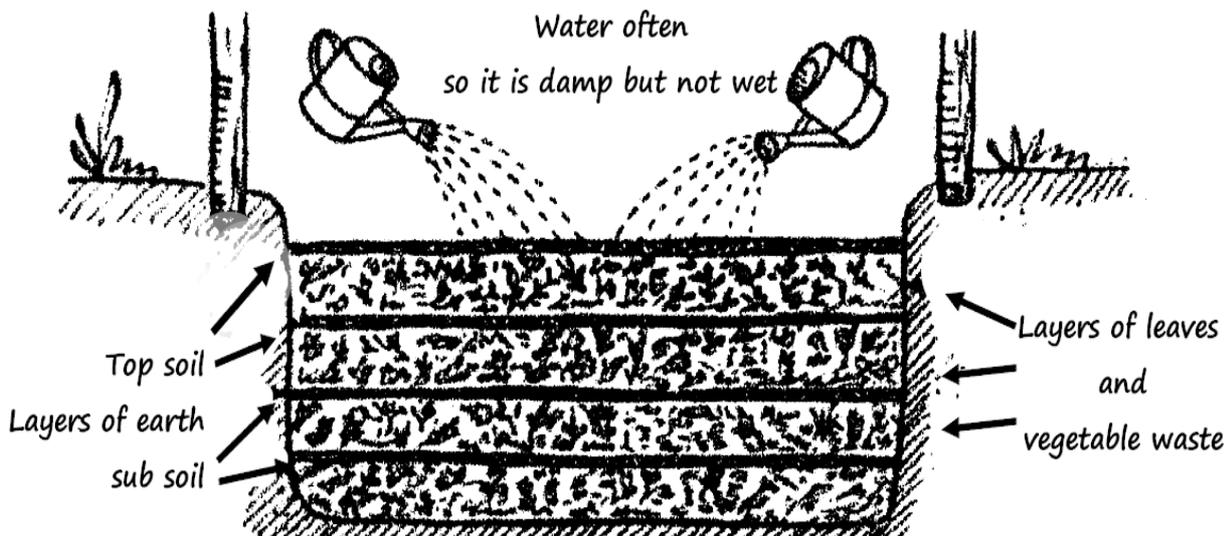
- Clear your bed and remove all weeds and stones
- Loosen the soil 30cm down or 1 spade heads deep
- Empty 2 buckets of manure across the top of your bed for every 2 square metres of soil = about the size of a door. Mix the manure thoroughly with the soil making sure there are no big lumps
- You can use pig, chicken, cow and horse manure
- Water it well



OR USE A TRENCH METHOD

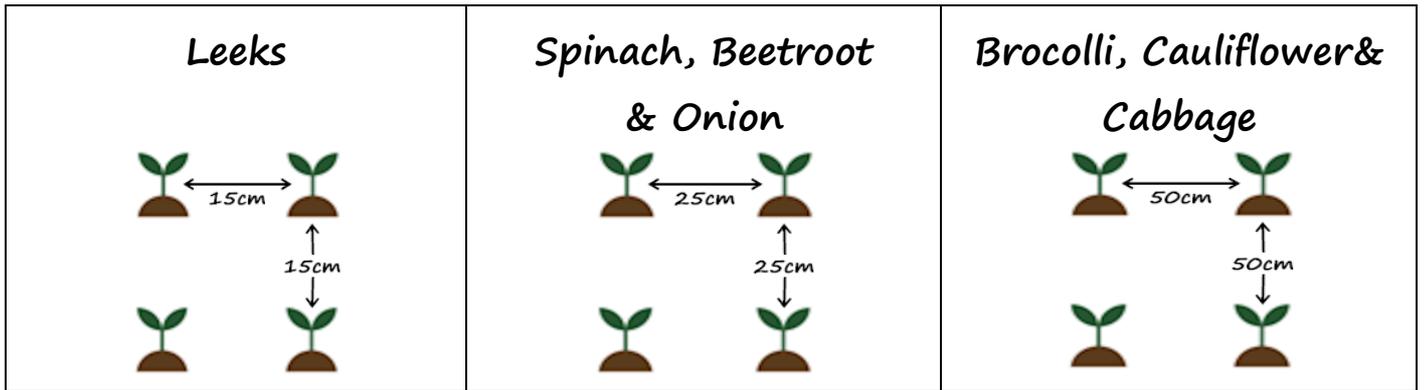
For long term soil improvement, you can dig a Trench Bed

- Dig out the top 30cm (1 spade head) of topsoil and place next your bed
- Dig out the next 20cm of sub soil and place on the other side of your bed
- Add a layer of waste material grass, weeds, vegetable peels, leaves and manure mix well together now add half your sub soil and repeat
- Do the same with your topsoil so you have four layers of waste between the soil



DECIDING ON SPACES BETWEEN PLANTS

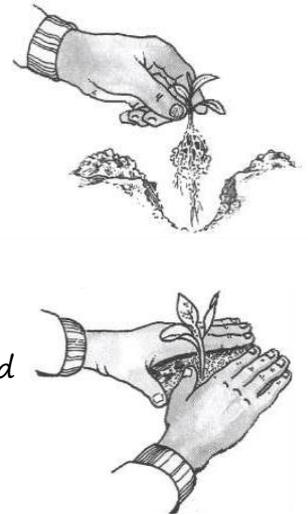
Each plant needs enough space to grow and each plant is different



PLANTING & WATERING

It is best to plant early morning or late afternoon while it's cool

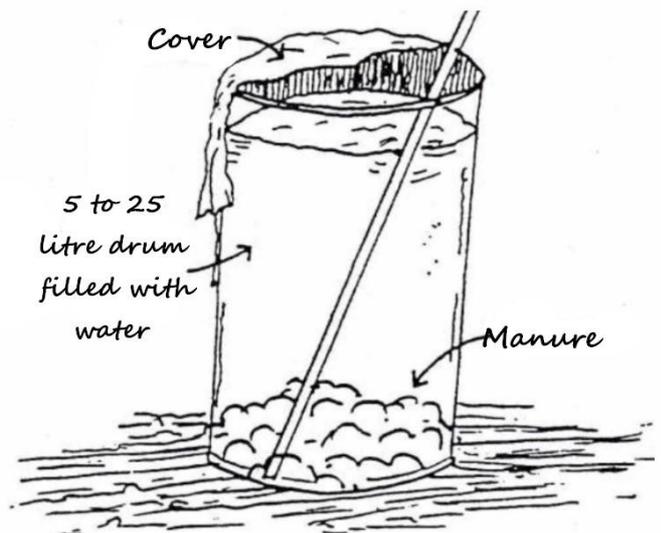
- Make the holes for your seedlings with the spaces between them like we showed you above. You can even mix the plants – they like that
- Lift the plant out of its container carefully by the leaves
- Place the roots into the hole making sure it is deep enough for the roots to hang down straight
- Gently push the soil back into the hole and press the soil down around the seedling
- Now water your seedlings and mulch them, putting dead leaves, grass, straw on top to protect the soil from the sun, keeping it moist
- Water your seedling every 2 days for the first 3 weeks and after that twice a week



TEA MANURE

Your seedlings need food and a good way to feed them is with Tea Manure

- You will need a bucket (5 to 25 litres) and enough manure to fill the bottom 20%
- Place your manure in the bottom of your drum, fill it with water and stir
- Cover your drum and leave for 2 weeks stirring every day
- When its ready mix 1 litre of the liquid with 5 litres of water
- Use a can or bucket and water the plant with the Tea Manure once a week



For more advice call: Shireen 0721302208 (Bereaville), Riaan 0743340798 (Boesmanskloof/Heuwelkroon)
Lionel 0843605649 (Voorstekraal), Lizzan 0763054172 (Genadendal), Gay 0844347702 (Ecolodge)

Thanks to Abalimi Bezekhaya