

# TBI GROW NORTH

## Planning your garden

Whether you made a New Year's resolution to cut your carbon footprint, or the credit crunch is putting pressure on your food budget, now is the perfect time to try growing some of your own vegetables. You don't need a lot of space, or expensive kit, to get started – and it doesn't need to take up a lot of your time.

### **Finding a space**

First of all you'll need to find some space for your vegetable patch. Most vegetables and fruits need a sunny spot, so think about which areas of your garden get the most light during the spring and summer (the peak growing times). Perhaps there's a section of lawn that you could dig over, or room on the patio for a raised bed or some containers. Maybe you could grow some vegetables in your flower beds instead of splashing out on bedding plants – there are some varieties that look very ornamental. And don't forget to look at your vertical spaces. Runner beans would look lovely clambering up a pergola, and you can train fruit bushes against walls and fences.

Try starting off with a small space, and think about expansion plans next year once you've got the hang of it.

### **Choosing crops**

There are two golden rules when you're starting a new kitchen garden. The first is that you should only grow things that you're going to eat. It doesn't matter what the latest trend in vegetables is, or what exciting new varieties are listed in the seed catalogues – if no one in your family likes turnips, or sprouts, or even carrots, then you're wasting valuable space by growing them. Make a start by listing what you and your family like to eat.

The second rule is not to try to grow everything at once. You need to be realistic about how much space you have. Being self-sufficient in potatoes may be a pipe dream unless you have a very large garden, but it's easy to grow enough herbs and salads to last you all summer. A handful of home grown strawberries will be a treat on summer days, cherry tomatoes do well in containers and hanging baskets and if you've got a sunny spot or a greenhouse then red hot chilli peppers are fun and very attractive.

Courgettes are easy to grow and can provide huge harvests even when grown in a container. Don't grow more than one or two plants unless you're planning on feeding the whole street!

Finally, consider the timing of harvest - late summer crops like peppers, aubergines, courgettes and tomatoes are deservedly popular, but will need polytunnel / greenhouse space. Remember you can reuse the space for a succession of crops through the year, so aim for spring, summer, autumn and winter crops.

With some careful planning you can intercrop (growing another crop in the space between the rows) and catch crop (a fast-growing crop that is grown simultaneously with, or between successive plantings of a main crop). Planning on graph paper can help avoid overcrowding later.

## **Water and compost**

The last couple of years have been very wet, but the weather is unpredictable and it's always worth installing a water butt or two in the garden. Fixed to the down pipe on the guttering, they collect water when it rains that is great for watering thirsty plants and washing cars. It's something to think about now, before the weather really warms up. When you start your new vegetable patch you might need to buy in some top soil or some potting compost, but if you start a compost heap at the same time then next year you will have your own compost – completely free. You could buy a plastic compost bin from Waste Aware Scotland (red A4 fliers are being delivered at present) or from the garden centre, but if you're handy then you can build your own out of wood.

Add garden waste, vegetable kitchen waste, cardboard and newspaper as and when you have them – and they'll turn into compost over several months. If you only have a patio then investigate wormeries, which turn kitchen waste into compost and don't take up much space. Grow North will be covering compost in more detail later in the course.

Starting a new vegetable garden might seem like a daunting task. Even planning an established garden every year might seem like a hit-or-miss proposition. What should you consider in choosing a site for a new garden? How can you create a yearly plan for your garden that will increase your chances of success?

### **Choosing a Site**

If you're planning a garden your first question is probably: "Where is the best site for my garden?"

To pick a good location, consider:

- **Sun** - Choose a site that gets at least 6 hours of sunshine a day. Check how sunny your proposed plot will be at different times of day. Remember that the angle of the sun is lower in the spring and autumn and may affect how the garden is shaded by nearby trees.
- **Water** – Your garden will need at least 2.5 cm (1 inch) of water per week. You should also consider how far from a water supply your patch will be to avoid having to carry water further than is necessary. If you are going to use a hose, make sure it will reach your intended site. Too much water isn't good, however: avoid a site with poor drainage.
- **Air Circulation** – Your site should have good air circulation, especially important for wind-pollinated crops such as tomatoes and sweet corn. Too much wind is a detriment, however: it can reduce yields, cause erosion, result in moisture loss and topple tall crops like sweet corn. In this case, consider wind breaks.
- **Slope** – A flat site is best. Soil erosion is a problem with sloping land. A slope can be used to advantage, however, if it's kept planted. On a south-facing slope, soil warms up faster in the spring: a boon for early crops. Also, the site could be terraced.
- **Convenience** – Try to situate the garden close to the house. Kitchen gardens – just outside the back door – are handy. When you need an ingredient for dinner, it's just steps away.
- **The patch should be as level as possible.** This not only allows easier maintenance but avoids drainage problems. The bottom of slopes can become very wet and boggy. Frost pockets can also develop at the base of slopes.

## How Large Should the Garden Be?

If you plan to plant a garden that will provide you with all of your vegetables, ideally you should plan on 5 square meters (50 square feet) per person. But don't despair if you have a small property (or none at all!) Even a small plot can produce big yields with a little planning, and vegetables can even be grown in pots on a sunny balcony or patio.

Unless you have a lot of time to garden, don't plant a larger garden than you can realistically care for. A smaller, well-tended garden will be more productive and more satisfying.

## Planning and Organisation

A good garden begins with a plan. Make a plot plan of your garden using graph paper and a pencil. Using removable Post-it notes with crop names on them makes it easy to try out plans before committing them to paper. Save your plot plans from year to year. This helps keep track of what was planted where so that you can rotate your crops appropriately. Keep a diary so you can learn from year to year and improve your garden. Keep information about what soil amendments you've used, what the weather was like (in particular how much rainfall), planting dates, days to harvest, disease and pest problems and the solutions you've tried and how well they've worked. Also keep track of how much you watered and fertilized (what and when). You may want to keep a garden log planting dates and varieties, as well as your successes and failures. A good garden journal can help you improve your garden with each successive year.

An online vegetable plot planning tool is available from [www.Growveg.com](http://www.Growveg.com). It costs £25 per year. You can set up the plan for the garden. If you use GrowVeg.com's Garden Planning Tool then each vegetable has a coloured circle around it indicating the plant family it belongs to. It also remembers what you planted in previous years and shows you which areas to avoid, making crop rotation simple and intuitive.

## Layout / Planting systems

- **The traditional vegetable garden**

Growing crops on one large patch of soil is a system that still works well for those gardeners who have the time and the space to do it. You will need to dig over and clear the space of weeds, before incorporating as much compost and leaf mould as possible. It is a good idea to include paths through the centre of your plot that are wide enough for a wheelbarrow.

- **Permaculture**

Permaculture focuses on the sustainable use of your land and working in harmony with nature. Permaculture methods are based on the adage: Reduce, Reuse, Recycle. Working with this system can cut down on your carbon footprint.

The idea is to plan your garden for easy access and minimum labour, and to grow food without using chemicals. You should observe the **sunny** areas, the **sheltered** spots and the direction of the prevailing **wind**, and then decide on the growing methods that will work best for those conditions. Permaculture also involves minimising wastage, using systems such as water butts, compost bins and wormeries.

- **No-dig**

It is easy to understand why people developed a no-dig method of gardening! The argument is that digging is hard work, can cause light soils to dry out rapidly and spreads weed seeds. However, the no-dig technique is really only suitable on soils that are already well aerated.

For maximum success with this method it is advisable to create narrow beds, between boards at least 15cm high, held in place with pegs hammered into the ground. Several layers of newspaper are spread over the soil and a mulch of straw, sawdust and grass clippings added. This needs to be watered well before spreading a layer of compost, finished off with about 6cm of soil, which is the layer into which you plant your seeds. The soil level will drop as the layers of mulch rot down, but your beds can be topped up with compost, as required.

- **Raised Beds**

Raised beds work on the same principle as the no-dig techniques, but tend to be deeper – they are basically large boxes of soil and compost. You can construct them from permanent materials such as bricks or railway sleepers, or from wooden crates or boards. Raised beds are filled with rich compost which is higher than the surrounding ground and therefore remains dryer. This avoids the problems of poor soil and bad drainage. Although more of your garden is taken up in paths between beds, these do allow easier access to plants and prevent soil becoming compacted by being walked on. The deeper soil can often compensate for the lost space. If you plan well in the initial stages, you can incorporate systems for covering your beds with cloches, to provide warmth and protection in cold weather. Some commercially available raised-bed systems include holes into which hoops fit, allowing you to easily cover the whole bed with fleece or netting.

- **Square Foot Gardening**

This system is particularly effective where space is at a premium.

You divide a specially prepared deep raised bed into one foot modules, planting each of your crops into this area. This method is particularly suited to salad crops and miniature varieties of vegetables. Close planting produces a micro-climate in which weed growth is suppressed. The crops are easy to reach from all sides, making it a very accessible way to grow produce directly outside your kitchen door.

- **Containers**

If you are short of space, most vegetables can be grown in pots and even fruit bushes and trees can grow in pots.

- **Lay out Summary**

- Before choosing a planting method, consider the size of your plot and the quantities and varieties of vegetables you want to grow.
- Consider how to protect your crops from harsh weather and rotate vegetables each year to prevent build up of disease.
- Permaculture principles can help you work with the garden you already have, creating a sustainable productive garden
- Raised beds solve the problems of poor drainage, waterlogged or poor soil and allow easy access to plants.

- Square foot gardens are ideal for easy-access crops raised near to your house. Combine any of the above methods, to create a system that suits you best.

### **Other Considerations:**

#### *Wildlife / pets*

If you have wildlife (or pets) in your area, consider how you plan to keep animals out of the garden. Fencing may be necessary.

#### *Time and effort.*

Consider how much time and effort you want to devote. Tomatoes, for example are popular plants, but they need staking and training, protecting from blight and only crop for a few weeks in late summer. Therefore just a few plants giving fruits of the best flavour might be enough. In contrast runner beans crop abundantly over a long period.

### **Preparing the growing areas:**

The first task would be to use a spade or strimmer to skim off any top growth. Mark out the vegetable beds which will then need to be well dug over and as many weeds as possible removed. You should try to remove all roots of weeds such as docks, thistles, dandelions, buttercups, brambles, nettles etc. Gloves, long sleeved tops and long trousers should be worn when clearing the patch. Not only can some plants sting but the sap of many plants can irritate or burn skin especially when the sun is shining.

Depending on what the land had been used for previously you may need to remove rubble and any large stones.

Digging will improve the soil structure - if you dig in autumn or early winter the frost will help break down lumpy soil which can then be dug again in early spring. As the first lot of digging could be heavy going it would be wise to enlist adults to at least help the children with this. Once weeds are removed, if you can find an adult with a rotavator that's even better. Don't rotavate weed infested soil as this will only chop up the roots and cause more weeds to grow - Once dug the patch should be levelled and the beds marked out.

The soil may benefit from an application of manure if so make sure that you can obtain a load from a safe supply. Always wear gloves when handling manures. Alternatively you could use compost either bought or home-made. You can also add bonemeal or fish blood and bone to feed the soil.

### **Growing in a Protected Environment.**

You may wish to include a structure to provide a protected growing environment in your garden plan.

#### **Greenhouse**

This is usually the most expensive form of protected environment and care should be taken in the siting of any such structure, whether large or small. Greenhouses are normally of aluminium frame although those with wooden frames can be just as robust and are more aesthetically pleasing. A sheltered site is required in exposed areas and structures should not be sited where there is a danger of wind-borne debris causing damage to the structure e.g. under large trees – panes of glass can be costly to replace. A small greenhouse can provide the ideal conditions for propagation of seeds whereas larger greenhouses are ideal for growing such crops as tomatoes, cucumbers etc. The environment inside a greenhouse can be very cold in winter but very hot in summer. You

may control the environment to adjust for this with ventilation, and some people may choose to add a heat source during the winter.

### **Polytunnels**

Polytunnels offer the opportunity to extend the traditional seasons as crops may be sown earlier and/or later to give an extended season. Outside temperature fluctuations do not impact so greatly on production under polythene, except when there is severe frost. It is possible to produce crops under polythene throughout the growing year although light levels and temperature fluctuations can be a factor in more northerly locations.

The following illustration gives some idea of the beneficial effect of a polytunnel construction on temperature:-

<b>Weather</b>	<b>Outside Temperature (°C)</b>	<b>Tunnel Temperature (°C)</b>
Dull	13	19
Bright	21	33

This increased temperature is not the only benefit of polytunnels, as they also offer protection from wind, rain, increase in humidity (beneficial to some crops) and, with new plastic cover developments, up to 90% or more light transmission.

### **Siting**

As with a greenhouse, it is important to identify the right location for a polytunnel and, in exposed areas, consideration should be given to providing shelter for the structure itself to minimise wind damage. This could take the form of an earth bank (created on site preparation); erection of suitable windbreak fencing which should have a porosity of approx. 50% to avoid the creation of damaging turbulence; tree shelter, especially of quick growing willow, has been proven to be effective but care should be taken against the possibility of twigs breaking off and perforating/damaging the skin. Any windbreak construction 2m high can provide useful protection to a polythene tunnel. When siting the polytunnel and any windbreak, consideration should be given to avoidance of shade, especially if the tunnel is to be cropped in the winter. To avoid this situation, it is recommended that a windbreak should be four times its height away from the tunnel.

Tunnels should ideally be constructed to run up and down a slope to take advantage of air movement, but if this is not possible, a North–South line should be adopted to avoid uneven exposure of the plastic cover to the sun.

### **Size & Construction**

There is an adage that whatever size you decide upon, you will afterwards always wish you had gone for a bigger tunnel!! However, with the limitations of site, climatic conditions and finance, you should consider what is best for your needs and location. Larger tunnels can be cheaper per area covered, but ventilation difficulties, especially in narrow structures, can cause problems. Narrow tunnels are cheaper but can be inconvenient with restricted inside working area and a large wasted area. Straight sided tunnels give more working area and ventilation can be achieved with louvres or doors/windows at both ends as well as a number of different side ventilation options e.g. wind up/roll up curtain sides, mesh sides etc

Installation or close proximity to a water supply is essential and there are a number of options available for irrigation systems i.e. overhead, undersoil etc etc.