



## How to Grow Your Own Veggies in 15 Minutes a Day! Organic Gardening Made Easy

Handout for Class I

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### Good Gardening Books

Local: Books by Henry Homeyer:

- *The NH Gardener's Companion: An Insider's Guide to Gardening in the Granite State* (2<sup>nd</sup> edition just out, expanded and revised)
- *The Vermont Gardener's Companion* (may be hard to find)
- *Organic Gardening (not just) in the Northeast: A Hands-on, Month by Month Guide* (a collection of Valley News articles)

Vegetables: *The Vegetable Gardener's Bible* by Ed Smith

General: *The Garden Primer* by Barbara Damrosch

Master Gardener Helpline NH: 877-398-4769; VT: 800-639-2230

Weeding Tool: CobraHead weeder is available at West Lebanon Supply or [www.CobraHead.com](http://www.CobraHead.com).

Celestial Planting Calendar = Stella Natura  
[www.stellanatura.com](http://www.stellanatura.com) or 610-469-9686

### Building a Plant Stand:

Go to [www.Gardening-Guy.com](http://www.Gardening-Guy.com) and use the search box on the left side of the home page. Type in "building a plant stand" and you will find it, along with photos.

### Recipe for Making Soil Blocks

Using a 2-quart plastic juice pitcher and a set of measuring cups, measure into a wheelbarrow the following:

- 10 qts peat moss
- ¼ cup limestone

Mix well with a hand trowel

### Add:

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| 10 qts sand   | ½ cup green sand (available at garden centers)                      |
| 10 qts peat humus (available at garden centers)                 | ½ cup blood meal (available at garden centers)                      |
| ½ cup colloidal or rock phosphate (available at garden centers) | ½ cup Azomite or rock dust (optional) (available at garden centers) |



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Mix well

Add:

8 qts compost (Moo-Doo brand or your own)

8 qts rich garden soil (your own or purchased - Fafard makes a good organic topsoil)

Mix well. Place 4 qts of the dry mix in a recycling bin and add 2 qts water. Mix well with a gloved hand or trowel. Add more water as needed until gooey but firm, not watery.

You can also use Fort V, a bagged mix for making soil blocks made by Vermont Compost and available at Garden Centers (but expensive).

When to plant seeds indoors:

- Early March: onions, leeks, artichokes
- Mid-March: peppers (hot and sweet)
- Late March: broccoli, Brussels sprouts, cabbage, cauliflower, kale, lettuce, Swiss chard (Lettuce and kale can be seeded directly in the ground in May).
- Early to Mid-April: tomatoes, eggplants
- Early May: melons, cucumbers, squashes of all types (can be direct seeded)