Want to get more out of your garden space for years?

→ *Try* ***Crop Rotation***

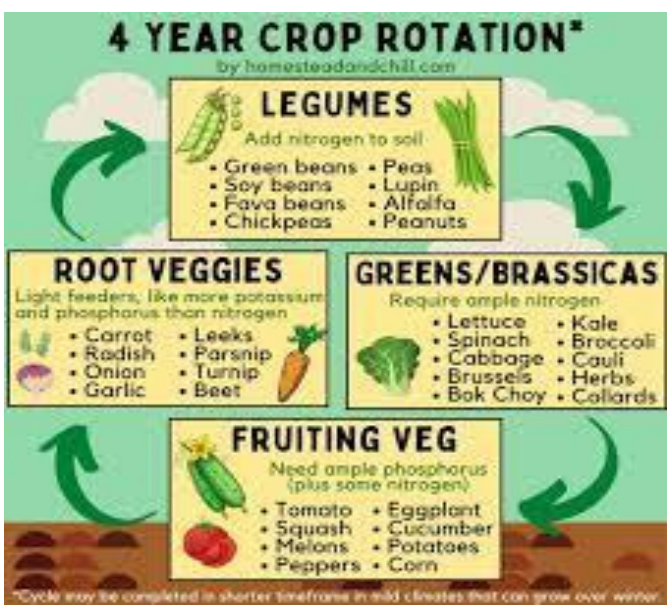
Why?

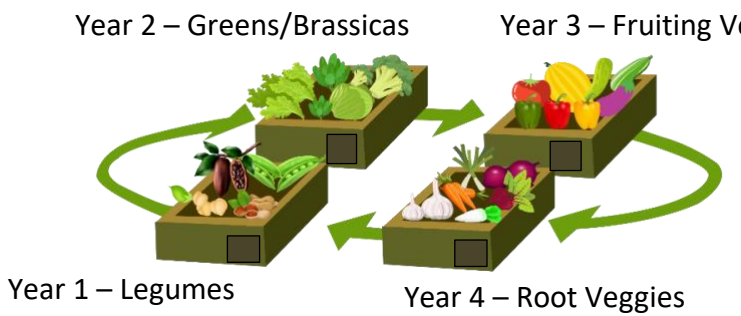
- Each *Vegetable Family* is unique in the type/amount of nutrients it extracts/deposits into the soil.
- Some plants are *takers*, others are *givers* (like Nitrogen, Phosphorus, Organics).
- Crop rotation allows replenishment of extracted nutrients

Plus it reduces insect damage and crop diseases!

How?

- Keep a map of where vegetables are planted each year.
- Rotate what is in each section like this:





Want more?
Visit https://mgnv.org/?s=crop+rotation
Or scan the QR code here

Want veggies all summer without too much all at once?

→*Try* ***Succession Planting***

Why?

- Reduce the "feast and famine" of having all your veg ripe at the same moment!
- Reduce potential waste (and having to find enough friends to give all those cukes to!)

How?

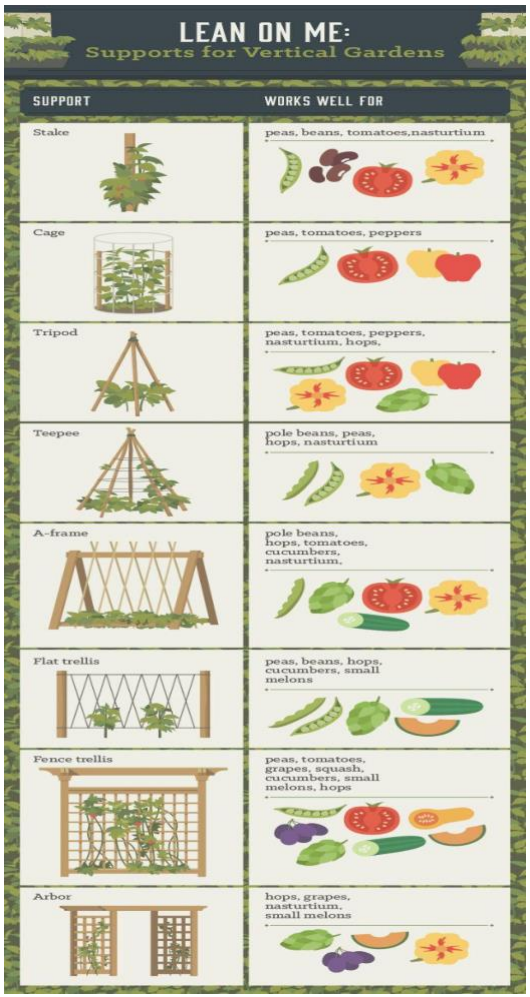
- *Stagger plantings* - Don't plant everything at once: plant smaller amounts of one crop every few weeks so staggered maturity.
- *Select Plants with Different Maturity Times* – Each variety of the SAME plant ripens at a different time.
- *Reuse the Same Space Continuously* – As you harvest, cut down the plant and put a new one in the same space.

Look for "days to harvest" or "days to bloom" on the seed packet!

Want more?
Visit https://mgnv.org/demo-gardens/ovg/notes-from-the-ovg/ovg-may-2021/
Or scan the QR code here

Want to get more out of a small space? T

→*Try **Vertical Gardening** or **Growing on a Trellis***



Why?

- Plants can grow vertically as easily as on the ground

Vertical growing has better air flow than on the soil surface and therefore often has less disease!

How?

- Grow plants such as beans, peas, tomatoes, squash or cucumbers on a trellis.
- Use Tripods, Teepees, "A"-Frames, Fence Trellis or, Arbors to support the growth climbing plants.

Want more?
Visit https://www.pubs.ext.vt.edu/HORT/HORT-189/HORT-189.html

Or scan the QR code here

Want a healthier garden without chemicals?

→*Try* ***Companion Planting***

Why?

- When you grow two (or more) crops near each other, they
  - help each other's nutrient update
  - improve pest management (so you don't need to use pesticides)
  - improve pollination

Border plantings can keep critters away!

- Ants don't like mint
- Deer don't like eggplant
- Rabbits avoid alyssum, onions, and herbs like lavender or thyme.

How?

- Plant different crops interspersed with each other like
  - Basil, tomatoes, and asparagus
  - Lettuce, onions, and carrots
  - Eggplants, green beans, and marigolds

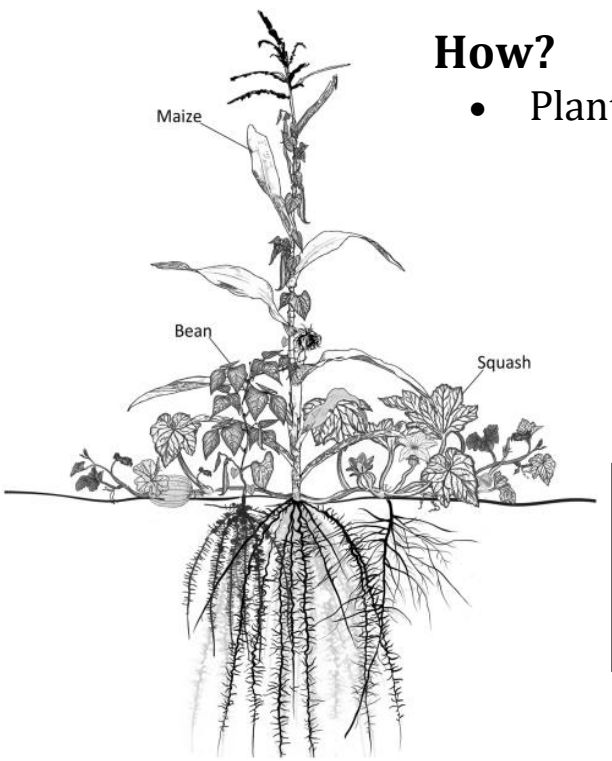
Want more?
Visit https://extension.wvu.edu/lawn-gardening-pests/gardening/garden-management/companion-planting
Or scan the QR code here

Want to try a classic companion planting?

→*Try* ***Planting the Three Sisters***

Why?

- Native Americans discovered that these three plants grow better together than alone:
  - **Corn (Maize)-** creates a trellis for support
  - **Beans** - add Nitrogen to the soil and grow up the corn stalks
  - **Squash** - shade the soil with their leaves, which retains moisture and suppresses weeds



How?

- Plant corn, beans, and squash together!

The "Three Sisters" Companion Planting originated in North America millennia ago.

Indigenous People once lived on the land that is now Potomac Overlook Park!

Want more?
Visit https://mgnv.org/wp-content/uploads/2023/04/Presentation_Slides_Advanced_Veg_Gardening_2023.pdf
Or scan the QR code here

Want to start your own garden?

→*Check out our OVG Hot Tips*

Why?

- Let's you eat more fresh vegetables (at less cost than at a supermarket)
- Kids are more likely to eat vegetables that *they* grow
- You decide what fertilizers and pesticides are on your food
- You reduce your carbon footprint
- It gets you outside and is physically good for you in many ways
- It connects you with your community

How?

- Read our signs around the garden and find a method or way that fit your needs

Want more?
Visit https://mgnv.org/resources/veg_references/
Or scan the QR code here

Want to start a garden without digging?

→*Try "Lasagna" Gardening*

Why?

- Not only does it save your back but it's environmentally healthy
- Digging exposes the soil to air, damaging the delicate soil structure and killing the micro-organisms living in the soil that actually feed and protect your plants

Use this technique to create a new garden or to improve an existing one

How?

- Give your new garden bed a "buzz cut" (cut as short as you can any grass or plants)
- Create a border around the new bed to hold in the materials you will use (and this will later help prevent weeds and grass from growing back over time)
- Cover the new bed with cardboard scraps and wet thoroughly (so it breaks down faster)
- Cover the cardboard with at least 6" of organic material (e.g., leaf mulch, worm castings, grass cuttings, leaves, and kitchen vegetable scraps)
- Cover all with pre-made compost and/or garden soil and plant your garden seeds in this layer
- Water all thoroughly

Want more?
Visit https://mgnv.org/mg-virtual-classroom/ug-class-video/grass-to-garden-2022/
Or scan the QR code here

Want to keep gardening without digging?

→*Try the "No Dig" Gardening Method*

Why?

- Not only does it save your back but it's environmentally healthy
- Digging exposes the soil to air, damaging the delicate soil structure and killing the micro-organisms living in the soil that actually feed and protect your plants

How?

- Remove your garden bed's winter covering (e.g., straw, chopped leaves) or cut down your cover crop (e.g., clover or buckwheat)
- Cover the bed with pre-made compost and/or garden soil
- Plant your seeds or seedlings in this layer
- Harvest! But don't uproot your plants after your harvest: cut them off as close as you can to the ground (leaving the roots to decompose in the soil)
- Recover your garden be with fresh organic material and plant anew

If you used a cover crop to add nutrients to your soil, leave it three weeks before planting new seeds

Want more?
Visit https://mgnv.org/intern-projects/garden-myth-busters-2/
Or scan the QR code here

Tired of gardening on your knees?

→*Try a **Raised Bed***

Why?

- Easier access: raised beds and planters bring the garden up to you
- Better soil: it's not compacted by foot traffic so the soil stays fluffy and aerated
- Safe soil (if you are in location where the soil may be contaminated)
- Improved drainage

How?

- Raised beds can be made out of a host of materials—metal or plastic troughs, naturally rot-resistant wood (like cedar), pressure-treated wood, composite timber, stones, cement, or cinder blocks
- Fill the raised bed with lasagna layering
- Plant your new garden!

Want more?
Visit https://www.pubs.ext.vt.edu/content/pubs_ext_vt_edu/en/SPES/spes-425/spes-425.html
Or scan the QR code here

Having problems managing your garden?

→*Try **these Strategies** – Part 1*

Why?

- All gardens have problems and everyone has plants get infected or fail to thrive.

Be patient with yourself and your garden, and know that you are FAR from the first person to face challenges!

How?

- Select plant varieties resistant to most common illnesses
- Prevent the spread of a disease or a pest by removing affected leaves or plants
- Stop soil-born diseases from infecting your new Solanaceae (e.g., eggplant, tomato, pepper) by removing any leaves touching or almost touching the ground
- Deter slugs, beetles, and birds from eating your plants by covering them with "row cover" fabric and surrounding them with sand or diatomaceous earth
- Stop squirrels and grazing critters by building a chicken wire fence or a cage that completely encloses your plants
- Reduce the spread of disease by sanitizing your tools (especially after pruning infected plants!)
- Stop mildew and other nastiness by pruning for good air circulation
- Some problems are soil-borne: if all else fails, try planting in a new location next time.

Want more?
Visit https://mgnv.org/mg-virtual-classroom/ug-class-video/diseases-veg-garden-2022/
Or scan the QR code here

Having problems managing your garden?

→*Try **these Strategies** – Part 2*

Why?

- All gardens have problems and everyone has plants die or refuse to thrive.

Be patient with yourself and your garden, and know that you are FAR from the first person to face challenges!

How?

- Think about your garden bed's conditions and choose plants that can thrive there (e.g., don't plant an azalea in full sun or a tomato plant in less than full sun)
- Check that your soil matches a plant's needed conditions and amend it if necessary (e.g., add sand or gravel for growing Mediterranean herbs such as thyme, rosemary, and chives)
- Interplant or "*companion plant*" with flowers or other vegetable crops
- Mulch regularly to retain moisture, suppress weeds, and regulate soil temperature
- Rotate crops annually or semi-annually, as space allows
- Pull out or move plants that don't thrive: there is only so much space in the garden
- Don't over water (especially with peppers!)
- Use compost to amend and fertilize the soil regularly

Want more?
Visit https://mgnv.org/mg-virtual-classroom/ug-class-video/diseases-veg-garden-2022/
Or scan the QR code here

Want your garden to feel exotic?

→*Try* ***Growing Ginger & Turmeric***

Why?

- Ginger and turmeric leaves look tropical
- Heat-loving plants can thrive in cooler climates like ours if you start them indoors

Ginger and turmeric from your garden can save you money and can't be beat for freshness.

How?

- Select ginger or turmeric rhizomes (e.g., pieces from the grocery store) that have "eyes" (little spots with buds) and that are not dried out
- Soak your selected rhizome(s) in warm water overnight
- Place the soaked rhizome(s) in a container with warm potting soil and cover lightly with enough potting soil so none of the rhizome(s) is exposed
  - Hack: the soil can be sterilized with boiled water, which warms it nicely 😊
- Keep at 80°~85° (e.g., put on a heat mat if inside) and water only from the bottom
- After 7-10 days, you should see tiny shoots and roots on your rhizome(s)
- After 2-3 weeks more, you can transplant your sprouted rhizome(s) to a sunny, warm spot outdoors (by early summer the DMV is warm enough)

Want more?
Visit https://site.extension.uga.edu/fultonag/2021/03/growing-ginger-and-turmeric-at-home/
Or scan the QR code here