



GARDENING TIPS FOR ORGANIC VEGETABLE GARDENING

- ▶ Do a soil sample and find out the nutrient needs of your garden. Usually your local extension office can tell you how to do it and where to send it to.
- ▶ Amend the soil with natural supplements as indicated by the soil sample
- ▶ Compost
- ▶ Insure there are plenty of local plants around the area you plan to garden to attract beneficial insects. If you don't have them, plant some. Some examples are Rudebeckia, small daisies, queen Anne's lace, and milkweed.
- ▶ Create a plan for the crops you want to grow and rotate them yearly for 3 years
- ▶ Plant year round but try to allow some time for cover crops each year. Cover crops include such things as winter peas, hairy vetch and buckwheat. They provide nutrients and organic matter for the soil
- ▶ If possible locate a store that sells organic products. If you are unable to find one check out the following websites:

www.highmowingseeds.com www.johnnysseeds.com www.seedsofchange.com

www.planetnatural.com

- ▶ Easy crops are lettuce, beets, spinach, greens of any kind such as chard, kale, collards, okra and summer or winter squash. Tomatoes are everyone's favorite but they do take more attention, maintenance and preventative work. Peppers and eggplant are in the same family and take more maintenance.
- ▶ Use preventative techniques to avoid diseases. Powdery mildew, blight and various other diseases can be managed with preventative spraying with serenade, peroxide and copper.
- ▶ If you find harmful insects, identify them first and then use the appropriate insecticide. One great website is <http://vegetablemndonline.ppath.cornell.edu/>.