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* (of Nitrogen, Phosphorus, Organics).
- Crop rotation allows replenishment of extracted nutrients

**How?**

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

  - Year 1 – Legumes
  - Year 2 – Greens/Brassicas
  - Year 3 – Fruiting Veg
  - Year 4 – Root Veggies

**Plus it reduces insect damage and crop diseases!**

**Want more?**

Visit [https://mgnv.org/?s=crop+rotation](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** – Varieties of the SAME plant ripen at a different times.
- **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 to get more out of a small space? Try **Vertical Gardening or Growing on a Trellis**

### Why?
- Plants can grow vertically as easily as on the ground

### How?
- Grow plants such as beans, peas, tomatoes, squash or cucumbers on a trellis.
- Use tripods, teepees, “A”-Frames, fence trellises or, arbors to support the growth climbing plants.

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

**Want more?**

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 uptake
  - improve pest management (so you don’t need to use pesticides)
  - improve pollination

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

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.

**Want more?**
Visit [https://extension.wvu.edu/lawn-gardening-pests/gardening/garden-management/companion-planting](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?


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/](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

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/
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)
- Re-cover your garden bed with 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?
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), some pressure-treated woods, composite timber, stones, cement, or cinder blocks
- Fill the raised bed with lasagna layering
- Plant your new garden!

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**Want more?**
Or scan the QR code here