

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

→ Try *Crop Rotation*

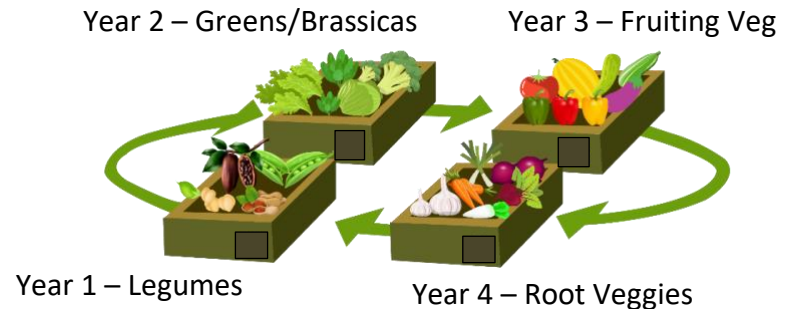
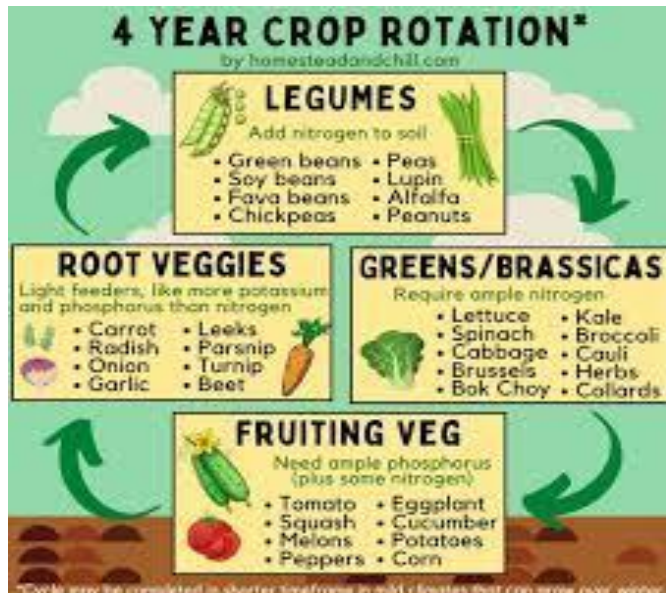
Why?

- 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

★ 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* – 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 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*

LEAN ON ME: Supports for Vertical Gardens	
SUPPORT	WORKS WELL FOR
Stake 	peas, beans, tomatoes, nasturtium 
Cage 	peas, tomatoes, peppers 
Tripod 	peas, tomatoes, peppers, nasturtium, hops 
Teepee 	pole beans, peas, hops, nasturtium 
A-frame 	pole beans, hops, tomatoes, cucumbers, nasturtium 
Flat trellis 	peas, beans, hops, cucumbers, small melons 
Fence trellis 	peas, tomatoes, grapes, squash, cucumbers, small melons, hops 
Arbor 	hops, grapes, nasturtium, small melons 

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

How?




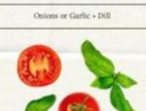


- Plant different crops interspersed with each other like
 - Basil, tomatoes, and asparagus
 - Lettuce, onions, and carrots
 - Eggplants, green beans, and marigolds



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.

Companion Plant Combos
for Beginners

 Beans • Squash • Corn	 Onions or Garlic • Dill	 Carrots • Rosemary or Sage
 Peppers or Eggplants • Marigolds	 Tomatoes • Basil	 Cabbage, Cauliflower, or Broccoli • Oregano
 Strawberries • Spinach • Thyme	 Squash • Marigolds or Nasturtiums	 Zucchini • Cress • Sunflowers

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?

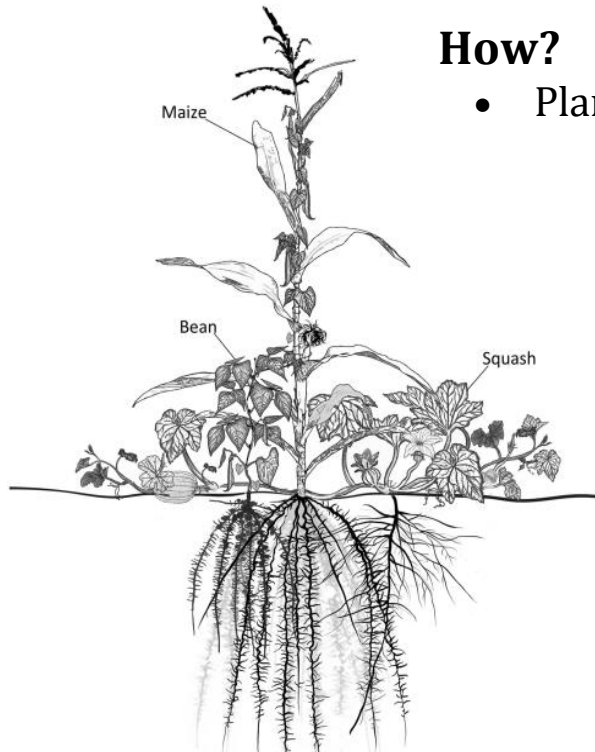
- Native Americans discovered that these three plants grow better together than alone:
 - **Corn (Maize)** - creates a trellis for support
 - **Beans** - add Nitrogen to the soil and grow up the corn stalks
 - **Squash** - shade the soil with their leaves, which retains moisture and suppresses weeds

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

MGNV Organic Vegetable Garden OVG Hot Tips

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://extension.vccs.edu/lawn-gardening/pocket/news/2022/08/01/three-sisters-gardening-method>
Or scan the QR code for Companion Planting



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

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

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

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?

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), some pressure-treated woods, 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

