

SQUARE FOOT GARDEN BOX

**Presented by
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Why Boxes?

- 1. Looks neat and tidy.**
- 2. Organizes and simplifies your garden chores.**
- 3. Holds special soil mix aboveground.**
- 4. Easy to add protective features.**

MATERIALS:

(FOUR) 4 FT. LONG 1" X 6 OR 2" X 6" BOARDS

(SIX) 4' LATH BOARDS

WEED CLOTH

8 CUBIC FEET OF POTTING SOIL (TOTAL)

*** Mel's mix simple formula-1/3 blended compost, 1/3 peat moss, 1/3 vermiculite.
So a little more than 2 ½ cu. Ft. each. This formula is crucial and totally organic!**

Screws

A power drill

Seeds

PREPARATION:

Stack your four boards and pre-drill 3 holes in one end of each board.

**Screw 3 large, coarse-thread deck screws through the pre-drilled holes,
Attaching the boards end-to-end, until you have a complete box frame.**

**Once assembled, move the box to your chosen location, remove grass or
Weeds, and cover that spot with weed cloth .**

**Fill the box with the formula (this formula is a must for the SFG) until it covers the
bottom and then water. DO THIS 3 TIMES UNTIL YOUR BOX IS FULL (this
ensures the vermiculite and peat are fully saturated).
Then, add your wood lath and plant.**

TIPS:

If buying new wood have the supplier cut the pieces for you saving you one step.

Free is always good. Construction sites- ask if they have any scrap lumber you can have.

Work on a level hard surface, to keep your frame flat so it won't end up crooked. If you want to preserve the wood, you could use linseed oil. If you want to paint, only paint the outside so there is no chance of contamination to the grow mix.

Other Box Materials:

Recycle stores, dump recycle may have what you need, old palettes. Also I've used old metal roofing for 1 ft. deep beds. It has to be cut length wise so have someone who knows how to cut it do this for you. You can cut it for any depth you want.

SFG Boxes can also be constructed with bricks, cement blocks, prefabricated stone, or large rocks. Stone can be manmade preformed sizes or slate, round, riverbed, or any other type of decorative stone that is easy to place and forms an interesting border.

One last point don't use treated wood because the chemicals used to treat the wood can leach into your soil, not good.

Plywood Bottom for tabletop gardens

5/8-inch or 3/4- inch plywood is needed for a 4x4 foot box

If you decide to create a bottom for your SFG, use plywood sheeting and drill 1/4-inch drainage holes, one for each square foot and one in each corner. You attach this bottom by putting it on top of the assembled box sides, screw it down, then flip it over so the box sides are sitting on top of the plywood with several 16 inch long cement blocks in a support square in the middle and outside corners. 2x4,s can also be used for added support.

PROTECTIVE COVERS

PVC IS MY FAVORITE THING TO USE FOR THE FRAME WORK FOR EASE OF BUILDING AND WEIGHT

EASIEST

Protective Dome

Bend two 10ft. PVC pipes of ½-inch diameter from corner to corner in an X shape shoving ends into soil; then tie or bolt the center of the cross on top. You now have the frame work for a mini greenhouse.

2ND EASIEST - BETTER SHAPE

Covered Wagon shape

This takes a little longer to make and a bit more material. 2 - 10ft, ½ PVC pipe and 1 4ft.1/2 PVC pipe, Drill holes close to the ends of the 4ft. Piece and at the center of the 10ft pieces. After you stick the ends of the 10ft. Pieces into the corners attach the 4ft. Piece to the top with nuts and bolts.

The Box

2 4X4 FT. PVC FRAMES CONNECTED WITH 3 HOLE CONNECTORS AND UP RIGHTS CONNECTING THE 2 FRAMES.

Use your imagination, there are many things you can do that will better fit your needs.

THE FULL CAGE MATERIALS:

4 1X1- INCH OR 1X2 INCH BOARDS LENGH DEPENDS ON HOW MANY SQUARES YOU ARE COVERING,

CHICKEN WIRE

PLASTIC TIES

CUTTING SHEARS

POWER DRILL

COARSE THREAD DECK SCREWS

- 1 .Stack the boards. On one end of the boards drill 2 holes within the 1 inch area on each board.
2. Attach the boards with 2 coarse- thread deck screws using your power drill.
3. Roll out two long piece of chicken wire and place your frame close to the center. Bracing the frame with your foot, bend the chicken wire up. Then do this again on the other side.

Wear gloves so you don't get scratched. Make sure you cut the pieces long enough that the sides end up tall enough to cover full grown plants.(Example: 4x4 of small plants. 2 - 6 ft. long x 4ft. Wide pieces bending up a ft. on each side),

4.Next take the wooden frame out and connect the 4 corners using plastic ties.

5. Turn over and set your wire frame over the wood frame and Use the ties at random places on top too.

6. Connect the chicken wire cover with plastic ties to the wooden frame

The frame is lightweight and easy to lift off you 4x4. Remove to water, plant ,prune, weed or harvest.

Materials used for covering the wire cage can be anything from clear plastic to protect from rain, wind (green house effect ,careful about heat) --to shade cloth, cheesecloth, fiberglass or vinyl screen to protect plants from insects getting in to lay their eggs. Your trellis plants can be protected by putting a sheet of shade cloth, cheesecloth, or screen over the trellis and clothes pin it shut.

BASIC RULES OF THE SFG

Don't walk on your growing soil

Keep replanting squares as it's harvested

Replace a 1 gallon pail of old soil with a 1gallon pail of new humus- (formula) every time you replant a square, .

How many plants per square depends on how big the plants get and how far they spread

Make your plant marker tags before you plant, date at time of planting.

GUIDE TO GROWING CROPS THE SFG WAY

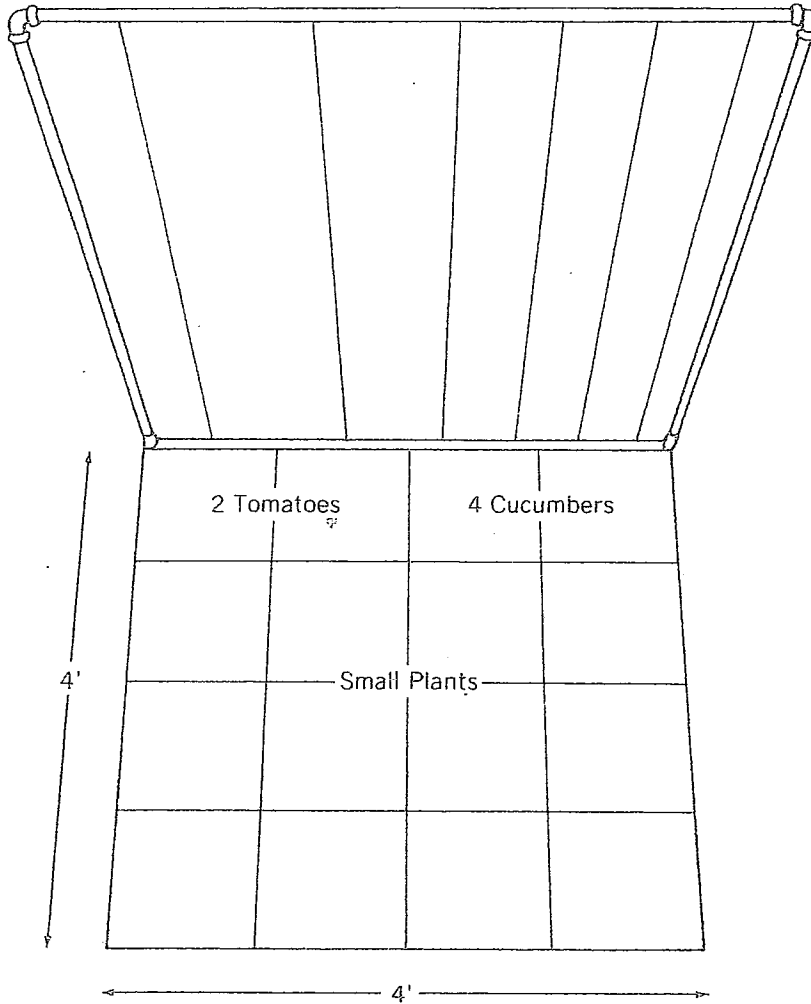
CROP	BEST TIME TO PLANT	SPACING	DAYS TO HARVEST
BEANS	year round	BUSH -	8 WKS
POLE	" "	trellis	8
LIMA	yr. lg.	8 PER SQ.	12
WING	yr. lg.	-8 PER SQ	14
YARDLONG	yr. lg.	8 trellis	10
BEETS	Sept.-Apr.	16	8
BITTERMELON	yr. lg.	6	10
BROCCOLI	Sept.- Apr.	1	16
CABBAGE			
HEAD	Sept.-Feb	1	16
CHINESE	Sept.-Dec	8	8
MUSTARD	yr. lg.	8	8
CANTALOUPE	yr. lg.	1 trellis	12
CARROTS	Sept.-Arp.	16 12" deep bed	
		10	
CAULIFLOWER	yr. lg.	1	14
CELERY	Sept. -dec	1	14
CHARD	yr. lg.	4	8
CORN	yr. lg.	1 use all 16 sq.	16
CUCUMBERS	yr. rd.	2 trellis	9
DAIKON	July-Dec	1 12" deep bed	
		11	
EGGPLANT	yr. rd.	1	19
ENDIVE	Nov.-Mar.	1 or 2	19
GINGER	Jan- Mar	4	8- 10 mo.
LETTUCE			
HEAD	Nov.-Jan	4	7wks.
SEMI HEAD	Oct.- Mar.	4	14
ROMAINE	Sept.-Feb.	4	10
LEAF TYPE	Sept.-Feb.	4	8
OKRA	yr. rd.	1	8
ONIONS			
BULB	Sept.- Mar	16	22 wks. from seed
GREEN	yr. rd.	16	9
SHALLOT	Sept.-May	16	9

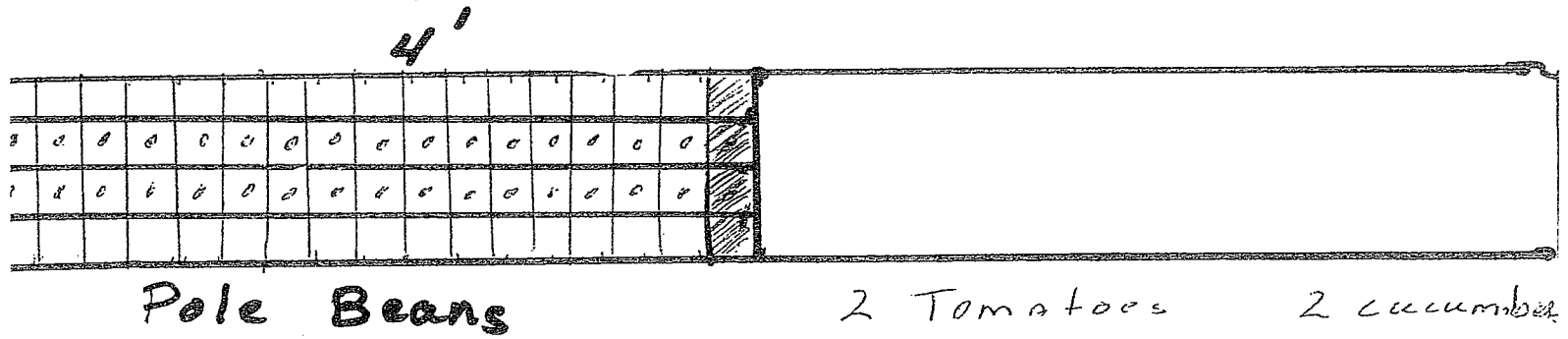
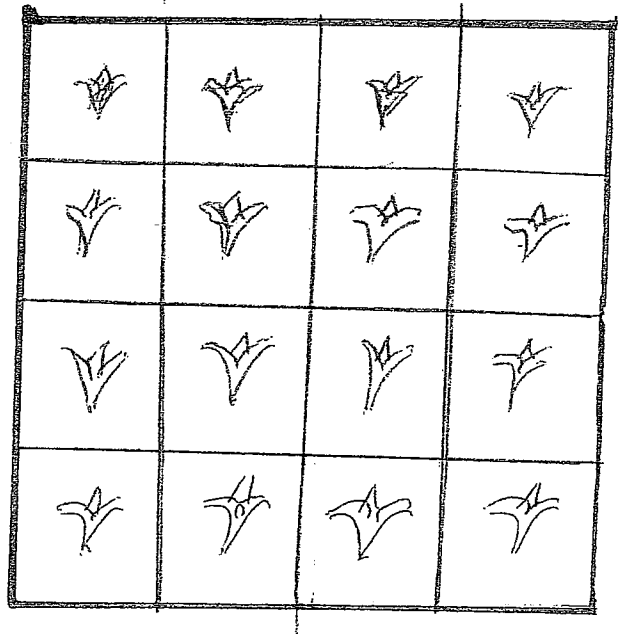
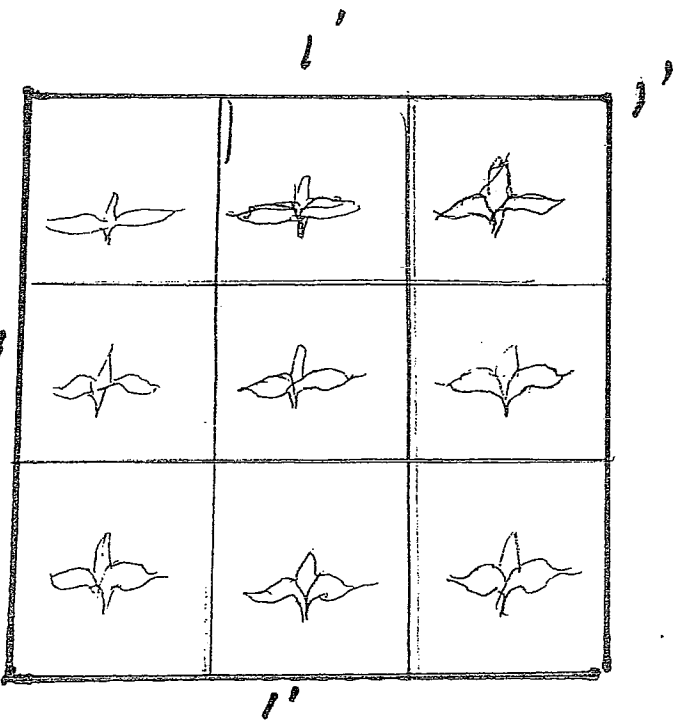
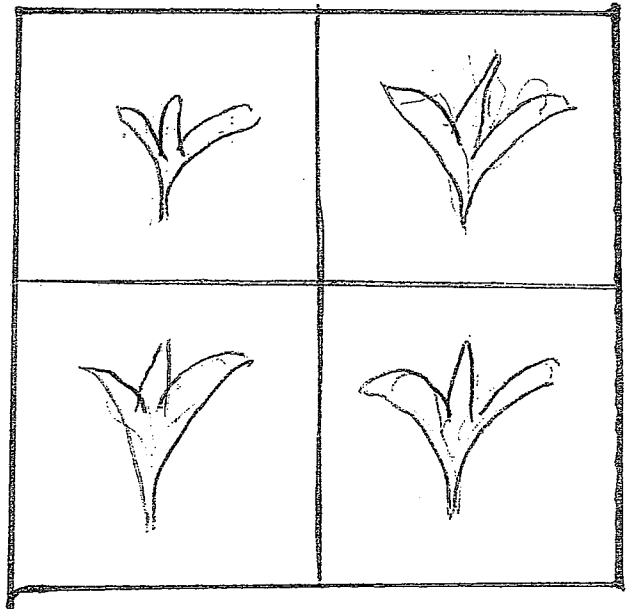
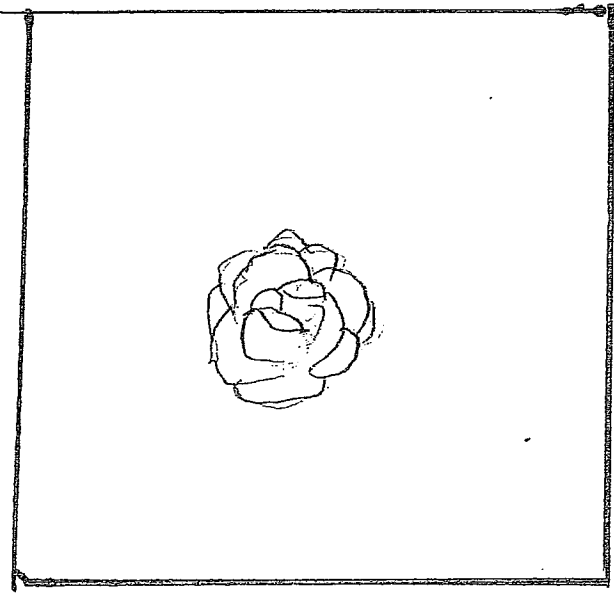
CROP	BEST TIME TO PLANT	SPACING	DAYS TO HARVEST
PEAS			
EDIBLE POD	Sept.-Feb.	16 trellis	10
SHELLING	Sept.- Feb	16 trellis	9
COWPEA	yr. rd.	16 "	1
PEPPER, BELL	Sept.-Apr.	1	10 wks. From transplant
PEPPER, HOT	yr. rd.	1	14
RADISHES	yr. rd.	16	4 wks.
SPINACH	Nov.-Mar.	9	7
SQUASH			
Summer	yr. rd.	1 plant in the middle of 9 sqs.	7
Winter	yr. rd.	1 in the middle of 9 sqs.	12
SWEET POTATO	yr. rd.	4 in grow lgr. bag bag	21 wks. From cuttings
TARO			
Poi	yr. rd.	1	8-14 mo.
Table	yr. rd.	1	8- 10 mo
Leaf	yr. rd.	1.	6-8 wks
Dasheen	yr. rd.	1	6-10 mo.
TOMATO	yr. rd. (staked or trellis)	1	12 WKS
Unstaked	sm	4	12 -17
TURPIPS	Sept.- Apr.	9 in 12" deep bed	8 wks

If you want to grow corn or zucchini squash, add one additional 4-foot by 4-foot block to the garden for every two people you're going to feed.

A One-Person Garden

For a small garden with mostly small plants, you'll need one block with a vertical frame:





Some Sample Garden Plans

Here are some charts to help you plan a garden for one, two, or four people.

You can mix and match crops as you choose. Each 1-foot by 1-foot square will hold any of the following crops:

Small Plants	Large Plants	Vertical Plants
16 radishes	1 cabbage	1 tomato
16 carrots	1 broccoli	2 cucumbers
16 onions	1 cauliflower	8 pole beans
9 spinach	1 pepper	
9 beets	1 eggplant	
4 Swiss chard		
4 lettuce		
4 parsley		
4 marigolds		

GARDEN SIZE AND MAINTENANCE TIME

Number of Blocks	Harvest for	Total Maintenance Time (per week)
1	minimum* for 1 person	1 hour
2	maximum** for 1 person	1½ hours
3	minimum for 2 people	2 hours
4	maximum for 2 people	2½ hours
6	minimum for 4 people	3 hours
8	maximum for 4 people	4 hours

*Minimum harvest means enough fresh vegetables for salads.

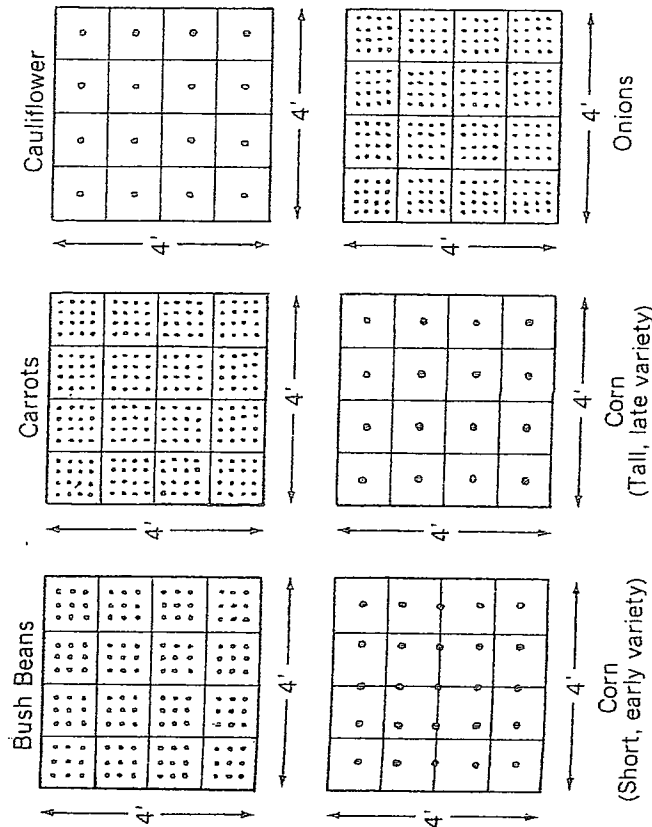
**Maximum harvest means enough fresh vegetables for all kinds of dishes, but not enough to can or freeze.

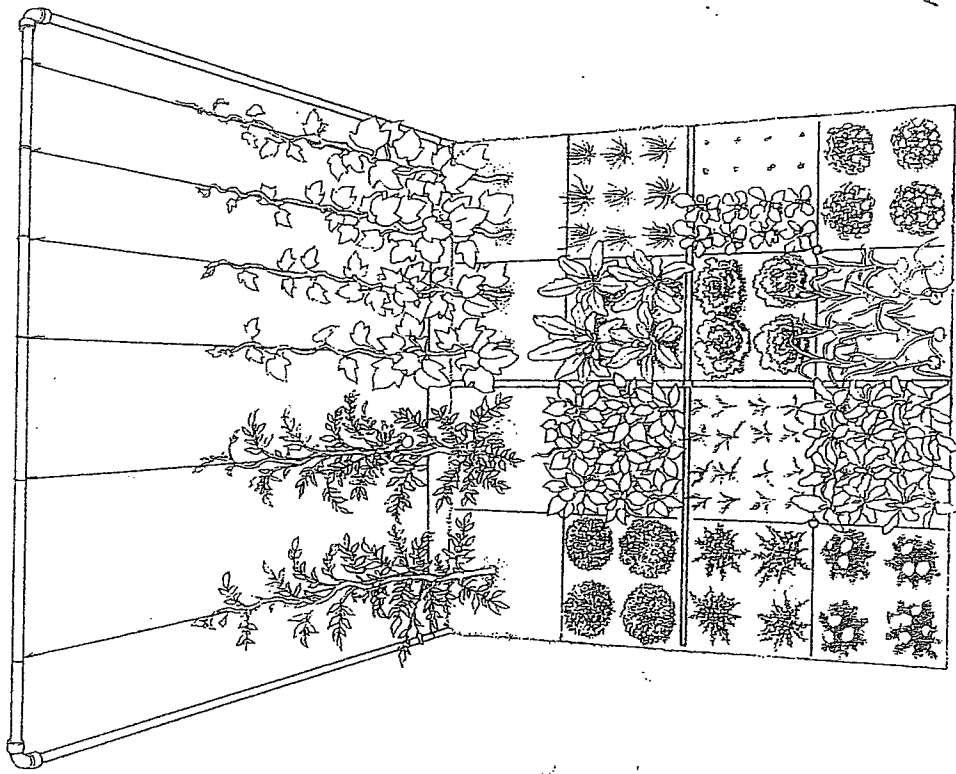
A GARDEN FOR CANNING OR FREEZING

Gardeners who want to grow extra food for canning or freezing can plant an additional block entirely in one crop for a maximum harvest. Since you will probably want to put up the whole crop at once, plant the entire block at one time so the whole harvest will be ready at the same time.

Crop	No. of Plants	Harvest to Expect	Spacing
Bush beans	144	35 lbs.	4"
Carrots	256	30 lbs.	3"
Cauliflower	16	14 heads	12"
Corn (Short, early variety)	25	25 ears	9"
Corn (Tall, late variety)	16	24 ears	12"
Onions	256	25 lbs.	3"

Spacing of Plants in Block





Here's a simple, one-block garden, fully planted. Tomatoes and cucumbers grow up the vertical supports. The back row contains, left to right, a square each of Ruby lettuce, bush beans, Swiss chard, and chives. The center row holds Oak Leaf lettuce, carrots, Salad Bowl lettuce, and radishes. The front row contains dwarf marigolds, beets, onions, and nasturtiums.

So far you have used up 4 square feet of garden space for vertical vines, 2 for flowers, 1 for an herb, 3 for lettuce, and 2 for onions and beets—a total of 12 squares. Three of the remaining squares will be planted with 16 carrots at 3-inch spacing, 9 green bush beans at 4-inch spacing,

and 4 Swiss chard seeds at 6-inch spacing. The last square will be for radishes planted 3 inches apart. If you plant all 16 radish seeds at one time you will be inundated with too many to harvest all at once, so just plant 8 seeds now and then wait two weeks before planting the other 8 in-order to stagger the harvest.

The entire 4-foot by 4-foot block is now planted and will provide a nice selection of salad fixings—enough to provide one person with a fresh salad each day, or provide a family with less frequent salads. Water the seed squares daily (with just a fine mist) until the seeds sprout. Plants should be watered once a week. The only other necessary maintenance is to pull out any little weeds once a week and to train your tomatoes and cucumbers up the vertical strings. Within three or four weeks, or as soon as your plants are about half grown, you can start harvesting. Outside lettuce leaves can be cut, individual beet leaves pinched out, the first young radishes can be pulled, and onion and chive tops snipped. The harvest will be small at first, but the idea is to start picking a little each day to add to your store-bought vegetables. Pretty soon you'll have enough for a good-size salad every single day.

Here's how much you'll be able to harvest from just that first planting:

- | | | |
|--|---|--|
| 4 plants Ruby lettuce | } | or 12 plants of any other leaf lettuce |
| 4 plants Salad Bowl lettuce | | |
| 4 plants Oak Leaf lettuce | | |
| 16 carrots | | |
| 16 beets | | |
| 24 bunches beet greens | | |
| 6 pounds beans | | |
| 16 radishes. | | |
| 16 onions | | |
| continuous harvest of Swiss chard | | |
| continuous harvest of chives | | |
| continuous harvest of marigolds and nasturtiums | | |
| continuous harvest of nasturtiums for salads | | |
| continuous harvest of tomatoes and cucumbers through the summer, | | |
| a total of over 8 pounds of each | | |

**THE INFORMATION FOR THIS WORKSHOP WAS FROM THE SQUARE
FOOT GARDEN BOOK BY MEL BARTHOLOMEW. HIS METHOD HAS
RECEIVED WORLDWIDE RECOGNITION FOR IT'S SIMPLICITY.**