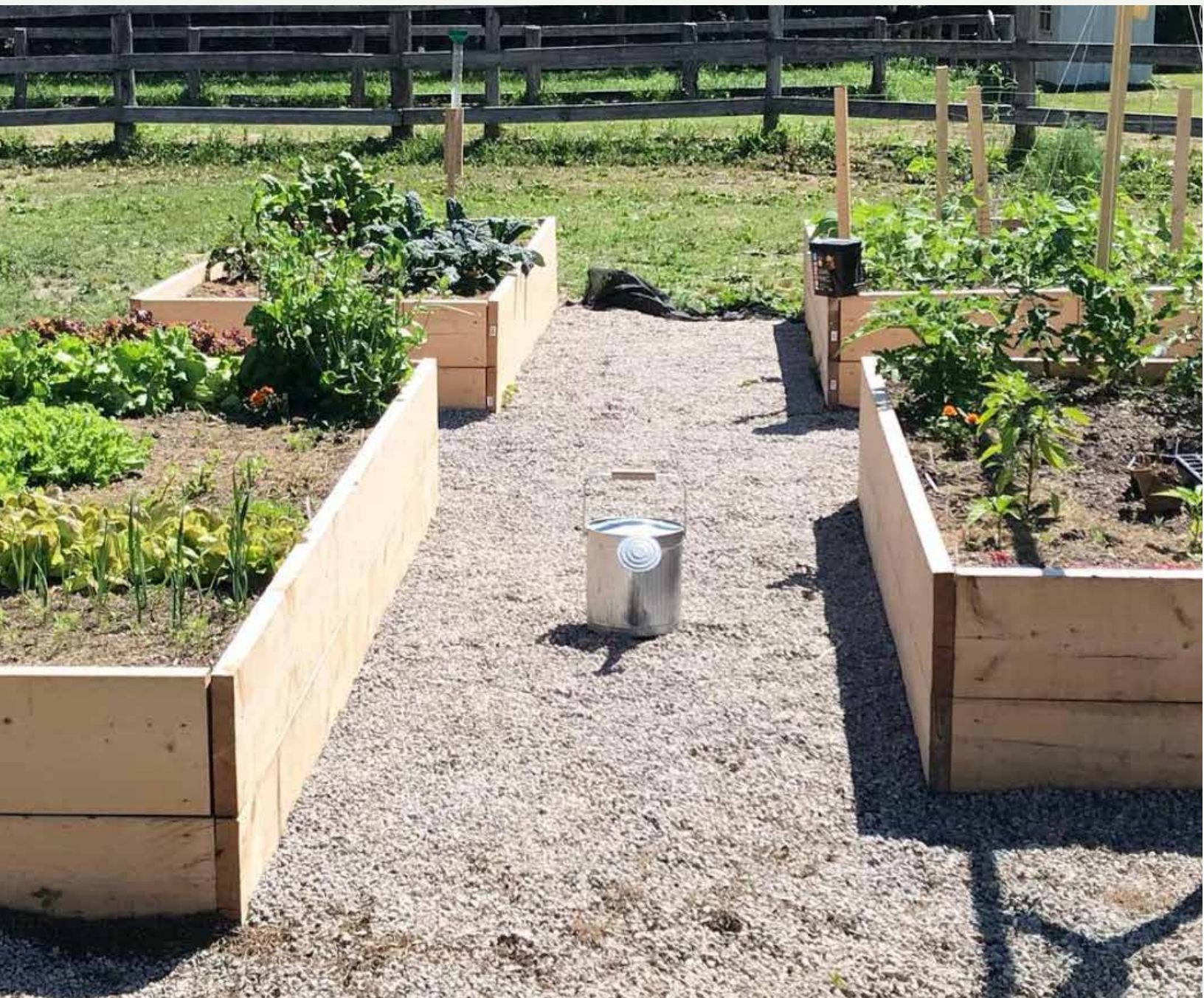


BEGINNER SQUARE FOOT **garden plans**

3 FREE PLANS TO HELP YOU PLANT THE PERFECT GARDEN
includes: 3 different sizes, companion planting & helpful tips



Abigail @ Sage & Shepherd Farm



Welcome

YOU'RE ON YOUR WAY TO A PRODUCTIVE GARDEN

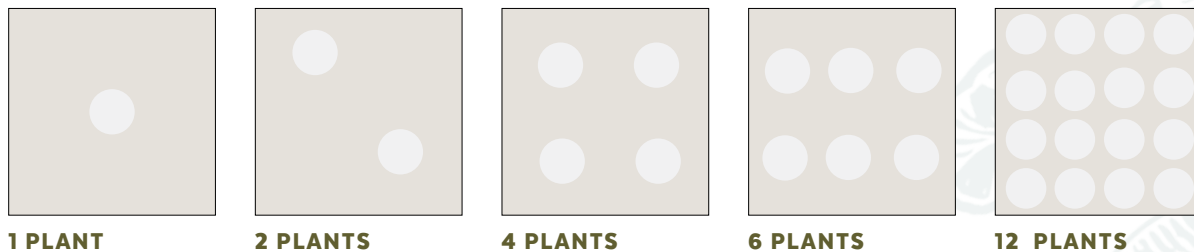
I think the hardest part of starting a vegetable garden is knowing what to plant and where to plant it. Certain vegetables grow better beside one another, which is also known as companion planting. For example some plants will just grow healthier, others will keep pests away, some will guard each other from the elements, and some help reduce weeds. Knowing these basics can help save you a lot of mishaps in your first year vegetable gardening.

-abbigail

HOW TO USE THE PLANS

Each of these plans is designed for a particular size space. The first is if you just have a small space like a balcony, the second, if you have a medium space like a suburban backyard, and the third if you have a large space, like a few acres.

Each plan is based on the square foot gardening method. So for each 1' x 1' square space, you plant a different amount of that particular vegetable - it's different for each veggie. You'll see a number in the top left of each square. For example, if the number is 1, you plant the one plant in the centre, if the number is 2, you would plant 2 diagonal from each other. See below for the popular number of plants and spacing layout.



WHAT YOU NEED TO KNOW BEFORE YOU PLANT

Now, I know you're excited to dive right in, but let's cover some basics before you plant your first

SUNLIGHT

Fruits and vegetables love full sun. They prefer 8 hours a day, but if you have a spot that gets only 5-7, you should be fine. Perhaps, instead of a tomato, you plant more root vegetables or leafy greens.




WATER

Watering in the morning or evening is the best time, so not to scorch the leaves in the blazing sun. Water the base of the roots, not the top of the leaves, this reduces the risk of disease.

SOIL

This is where all your nutrients come from! Be sure to use organic soil, and add in organic compost, and organic manure - this ensures a well-balanced soil. A soil test is always a good idea.

SMALL SPACE plan


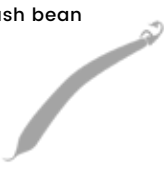











<p><i>'celesta'</i> radish x16</p> 	<p><i>'ovation greens'</i> mix lettuce x1</p> 	<p><i>'defiant'</i> tomato x1</p> 
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GARDEN SIZE: (1) 1' X 4' OR (1) 2' X 2'

This is the perfect starter garden, as it will fit on the smallest of balconies or patios. Use as this rectangle, or configure it into a square.

The tomato is a determinant variety, meaning it is in the shape of a bush and you will not need a tomato cage or stake. The lettuce is cut-and-come-again, so plenty to harvest. That goes for the herbs as well, you will now have them on hand for any dish you're making. The radish you will have to replant once you've plucked them all, but they are a cold weather crop, so keep planting throughout the season.

MEDIUM SPACE plan





<p><i>'mokum'</i> carrot x16</p> 	<p><i>'provider'</i> bush bean x1</p> 	<p>marigold x4</p> 	<p><i>'pink tiger'</i> tomato x1</p> 
<p><i>'ruby red'</i> swiss chard x1</p> 	<p><i>'marino'</i> cilantro x2</p> 	<p><i>'genovese'</i> basil x2</p> 	
<p><i>'ovation greens'</i> mix lettuce x1</p> 	<p><i>'toscano'</i> kale x1</p> 	<p><i>'yankee bell'</i> sweet pepper x1</p> 	<p><i>'corinto'</i> cucumber x1</p> 
<p><i>'regiment'</i> spinach x2</p> 	<p><i>'flat leaf'</i> parsley x2</p> 		







GARDEN SIZE: (1) 4' X 4'









This garden shape is best kept a square because these particular plants are designed to grow best beside one another. This is the perfect size for your backyard!

This array of vegetables will give you a well-rounded harvest. All of the herbs and greens are cut-and-come-again, leaving you with continued bounty. The carrots can be harvested early for baby carrots at around 36 days. The marigold is there as a natural pest deterrent, and the tomatoes, peppers, and cucumbers are all doubled - because trust me, you'll want more! Be sure to use a stake or trellis for these (and the beans).

LARGE SPACE plan

<i>'jewel'</i> strawberry x1 	<i>'jewel'</i> strawberry x1 	<i>'high bush'</i> blueberry x1 	<i>'high bush'</i> blueberry x1 
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<i>'northern pickling'</i> cucumber x1 	<i>'mokum'</i> carrot x16 
	<i>'boro'</i> beet x16 
<i>'black krim'</i> tomato x1 	<i>'celesta'</i> radish x16 
	<i>'parade'</i> green onion x2 

<i>'ruby red'</i> swiss chard x1 	<i>'super sugar snap'</i> snap peas x1 
<i>'toscano'</i> kale x1 	<i>'provider'</i> bush bean x1 
<i>'flat leaf'</i> parsley x1 	<i>'aura'</i> sweet pepper x1 
<i>'genovese'</i> basil x1 	
<i>'ovation greens'</i> mix lettuce x1 	

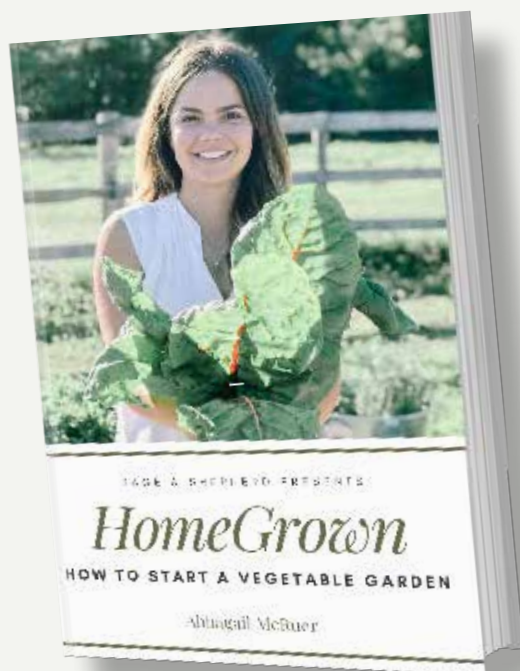
GARDEN SIZE: (2) 2' X 4' & (1) 1' X 4'

Again, this design is best kept as is because of companion planting. This option is for you if you have a large plot of land - it can even be doubled if you have the space.

There are double tomato and cucumber to allow you to try different varieties -you could try one pickling and one eating variety of cucumber. After harvesting all of the root vegetables, you can either plant again or plant lettuce in its place. All of the greens are cut-and-come-again, and as for the beans and peas... the more you harvest the more they grow. Try using a trellis for these!

WANT MORE GARDEN HELP?

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MY NEW EBOOK

HOMEGROWN: HOW TO START A VEGETABLE GARDEN

Your complete guide to everything you need to know to enjoy fresh, organic food that's home-grown by you - now is the time!

[LEARN MORE!](#)

ABOUT

Sage & Shepherd Farm

We're Abbagail & Mackenzie, the husband and wife duo running the farm and those are our 2 dogs Aslan & Levi.

We started this journey with a few chickens for ourselves, and fell in love with the ability to control where our food comes from and the act of farming itself. Since then, our operation has expanded greatly. We sell direct to customers, at farmers markets, to restaurants and small grocers, and ship across Ontario.

We practice regenerative agriculture methods, which build top soil, sequester carbon, and create polycultures. We want to share the message of regenerative ag, and want to inspire and help people who want to opt out of normal living!

Follow along and visit our website for more info and other resources to help your farm or homestead be successful.

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