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MANDATE

“It is our mission to enhance our collective well being by bringing together individuals, organizations and resources to foster community action and create positive social changes through our various programs.”

BASIC STEPS FOR GARDENING



Step 1: Plan your garden plot

Think about:

- How do you want your garden to be laid out or look like?
- How can you most effectively use your plot of land?
- What do you want to plant?
- Create a timeline for your garden, certain plants have optimal growth times.
- *Refer to the plant chart on page 7.*

For more information visit:

<http://greenlivingideas.com/2013/11/12/community-garden-plots-make-limited-space/>

Step 2: Design your garden plot

Think about the structural design of your plot (i.e. spacing between plants and how many plants you want).

- *Types of Beds:*
 - Raised beds: Easier to access when soil is contaminated or of poor quality.
 - In ground beds: Planting directly in the ground.
 - Containers: Moveable receptacles with holes drilled at the bottom for water drainage and filled with soil.

Traditional rows are easy to manage and maintain, they also allow easy access to plants.

- For more information:
<http://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/>

Step 3: Prepare the Site

- Clear up any remaining debris or unwanted materials and weeds from your plot.
- Turn the soil and add compost (must be organic).

BASIC STEPS FOR GARDENING

Step 4: Maintaining the Garden

- In order to ensure a successful community garden, you must maintain your plot for the full season.
- Basic tasks include:
 - Watering your plot as needed to ensure adequate moisture for optimal growth.
 - Weed your plot to ensure that water and nutrients go to your plants and not to weeds.
 - Rotating crops is important to renew the soil, keeping it healthy and preventing diseases and pest infestations.
 - Prune and trim away any overgrown branches or stems to help increase the growth of your plants.
 - Apply organic fertilizer if needed.
 - Use mulch to keep down weeds and to provide the soil with extra nutrients.

For more information on the effectiveness of using mulch visit:

<http://lrc.on.ca/resources/gardens-2/what-mulch-is-good-mulch-for-your-garden>

- Be aware of any pests that may attack your crops.

For more information on controlling pest control, visit:

<http://www.rodalorganiclife.com/garden/10-fast-ways-control-pests/>

- Tie back and stake plants that require extra support.

For more information visit:










<http://gardenclub.homedepot.com/how-to-stake-plants/>

After the fall season has come to a close, be sure to remove any remaining plants and compost them for next year!



COMPANION PLANTING

- Companion planting refers to placing plants next to each other that compliment each other's growth.
- Mix up plants to confuse pests.
- Grow insectary plants (well-known flowers that attract beneficial insects that will natural that will control pests).
- Consider shade and support.
- Leads to enhance quality and growth.

Plant	Good Companions	Don't Plant With!
 BEANS	Sunflowers, cabbage, cucumber and strawberries	Onions, garlic or fennel
 CARROTS	Lettuce, chives, leeks, rosemary, sage and peas	Strawberries, fennel or cabbage
 LETTUCE	Carrots, beans, peas, pumpkin, squash, cucumber and melons	Cabbage, tomatoes or celery
 CUCUMBER	Radishes, peas, beets, corn, beans and carrots	Potatoes or sage
 DILL	Beans and lettuce	Cabbage, carrots, caraway, chili, bell peppers, fennel, lavender or potatoes
 RADISH	Chervil, cucumber and squash	Cauliflower, cabbage, turnips or Brussels sprouts
 SPINACH	Strawberries, beans and peas	No bad companions – easy!
 TURNIPS	Peas	Beans or potatoes
 POTATOES	Tomatoes, Marigold, beans, maize and the cabbage family	Pumpkin, cucumber, squash, melons, sunflowers or tomatoes

For more information visit:

<http://www.motherearthnews.com/organic-gardening/companion-planting-guide- zmaz81mjzraw>
<http://lcrc.on.ca/resources/gardens-2/companion-planting/>

SUCCESSION PLANTING

- Succession planting refers to several planting methods that increase crop availability during a growing season.

For more information, click on the following links:

<http://lcrc.on.ca/resources/gardens-2/succession-planting>

<https://www.youtube.com/watch?v=mbAMYBouo6I>

SUCCESSION PLANTING

Plants for Second Plantings

Succession planting consists of 3 basic methods. These methods are general strategies for planting times and their success would vary depending on your gardening zone and weather.

1 SAME VEGETABLE IN SUCCESSION

Plantings of the same crop can be spaced out to avoid a "feast or famine" harvest of that crop. Initial yields of a crop tend to be heavy with following yields tapering off. By planting your seeds or seedlings about 2-4 weeks after one another, you will end up having a larger yield over an extended period of time.

2 DIFFERENT VEGETABLE IN SUCCESSION

Seeds with short growing periods can be harvested and then cleared to allow for a new crop to utilize the space. For example, you may choose to grow a plot of peas, which have a short growing season, and after their harvest use that space to grow a completely different vegetable.

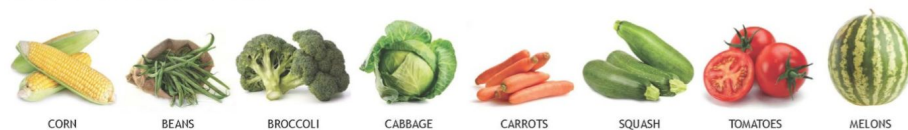
3 SAME VEGETABLE, DIFFERENT MATURITY RATES

One crop can offer multiple varieties (i.e. tomatoes offer 7,500!) and therefore can be used to harvest at various times. Varieties will have differing maturity dates; information which can be found online or on the seed packet. Choose a few varieties and space out their harvests so that you can enjoy them throughout the summer and fall seasons.

When considering a succession strategy like continuous planting, you'll want to choose crops that have a shorter maturity rate but can thrive throughout season. Options for this type of planting include:



To employ a technique using same vegetable with various maturity dates, you'll want to consider planting:



PLANTING CHART

Vegetable Planting Chart • Southern Ontario & Montreal

Vegetables	WINTER			SPRING			SUMMER			FALL			W
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Artichoke		*****			**								
Asparagus		*****			***								
Arugula													
Broad beans													
Soya beans													
Beans bush & pole													
Beets													
Broccoli			*****		**								
Broccoli overwinter													
Brussels Sprouts					*****			**					
Cabbage			*****		**								
Cabbage overwinter													
Carrots													
Cauliflower			*****		**	*****		**					
Cauliflower overwinter								**					
Celery/celeriac			*****		**								
Corn													
Corn salad													
Cucumbers					***	**							
Eggplant				*****		**							
Endive/Radicchio													
Fennel													
Garlic													
Kale & Collards													
Kohlrabi													
Leeks			*****		**								
Lettuce			*****										
Melon					**	***							
Onions sweet		*****			**								
Onions storage		*****			**								
Onions overwinter													
Onions scallions													
Pac Choi				~~~~~					~~~~~				
Parsley		*****			**								
Parsnips													
Peas			**										
Peppers		*****				**	*						
Pumpkin					*****								
Radishes				~~~~~									
Rutabagas													
Spinach				~~~~~						**			
Squash					*****								
Swiss chard													
Tomatoes				*****		**	*						
Turnips													

Ottawa
Montreal

May 6 - Oct. 5
(151 days)
May 3 - Oct. 7
(156 days)

Kingston
Toronto
Kitchener

May 2 - Oct. 10
(160 days)
May 9 - Oct. 6
(149 days)
May 11 - Sept. 29
(139 days)

Hamilton
London

Apr. 29 - Oct. 15
(168 days)
May 9 - Oct. 8
(151 days)



West Coast Seeds

1-888-804-8820 | www.westcoastseeds.com

Retail Store: 4930A Elliott Street, Ladner, BC, Canada, V4K 2Y1
Warehouse: 3925 64th Street, Delta, BC, V4K 3N2

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COMMON GARDEN TOOLS

Garden Tool	Function
Trowel	Weed, dig, cultivate, divide plants, pry out small rocks and help you put plants into the ground
Fork	Hand fork allows you to chop up clumps of soil
Hoe	Helps you take out weeds easily
Spade/Shovel	Useful for digging holes and moving soil Use shovel for digging/moving larger amounts of soil
Wheelbarrow	Useful for transporting compost, soils, and other tools <i>Substitute: container, bucket, or a garbage can</i>
Secateurs (Hand Pruners)	A good set of pruners will let you do lots of trimming. Use them to cut back perennials and flowers, and to trim dead stalks and branches.
Watering can, Hose, or Sprinklers	Watering cans and soaker hoses (used for larger areas) let you water the roots of plants instead of the soil where nothing is growing
Gardening Gloves	Protect your hands while gardening
String and Stake	Outline your garden using the string and use the stake to hold the strings up

COMMON DO'S + DON'TS



DO water plants as needed



DO use organic fertilizer



DO control weeds and pests



DO leave spaces between plants



DO regular removal of crop debris



DO check your garden frequently



DON'T water your garden more than required



DON'T use an unapproved fertilizer



DON'T allow weeds to grow too much



DON'T plant crops too close together



DON'T allow accumulation of litter and weeds



DON'T ignore your garden

ABOUT LCRC

There are 17 Community Gardens in London, Ontario. 15 are on city land, run by the City of London, and 2 are on privately own land, and run by LCRC. The LCRC gardens are the [Westview Garden](#) and the [Pond Mills Garden](#).

Community Gardens yield more than just fresh fruits and vegetables: they build friendships, provide recreation and promote physical activity while they also foster civic pride and unity amongst neighbours.

Grow Cook Learn is one of the food security projects taken by the London Community Resource Centre.

LCRC also hosts a Sprout's Gardening Program for children during the summer, which is a great opportunity for children to learn about nature, food, and gardening throughout London.

Website: <http://lcrc.on.ca>

Contact Us:

LCRC
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London, Ontario N6A 1C9
lcrc@lcrc.on.ca
519-432-1801

ADDITIONAL RESOURCES

LCRC Resources

<http://lcrc.on.ca/resources>

<http://lcrc.on.ca/resources/gardens-2/succession-planting>

<http://lcrc.on.ca/resources/gardens-2/companion-planting>

<http://lcrc.on.ca/resources/gardens-2/tips-for-aerating-the-garden>

<http://lcrc.on.ca/resources/gardens-2/deterring-unwanted-guests-in-the-garden>

<http://lcrc.on.ca/resources/gardens-2/weed-identification-guide-from-better-homes-and-gardens>

<http://lcrc.on.ca/resources/gardens-2/watering-for-the-health-of-your-plants>

<http://lcrc.on.ca/resources/gardens-2/helpful-articles-and-videos-for-gardeners>

<http://lcrc.on.ca/resources/gardens-2/putting-your-garden-to-bed>

Additional Resources

<http://foodshare.net/resources/printable/>

http://foodshare.net/custom/uploads/2015/11/Community_Gardening_101.pdf

<http://www.motherearthnews.com/organic-gardening/companion-planting-guide-zmaz81mjzraw>

<http://greenlivingideas.com/2013/11/12/community-garden-plots-make-limited-space/>

<http://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/>

<http://lcrc.on.ca/resources/gardens-2/what-mulch-is-good-mulch-for-your-garden>

<http://www.rodalorganiclife.com/garden/10-fast-ways-control-pests/>

<http://gardenclub.homedepot.com/how-to-stake-plants/>