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| |  |  | | --- | --- | | Oneida Emergency Food Pantry Gardening Guide |  | |  |  | | |
| Introduction  The Oneida Emergency Food Pantry maintains and manages 9,126 square feet, educational garden space located at N7372 Water Circle Place in Oneida, WI 54155. With the help of our volunteers, students and community members, the pantry is able to provide local, fresh and nutritious produce to those in need. Our mission is to enhance community engagement, promote sustainable food production, traditional farming and gardening techniques, educate on health and nutrition, and connect to the land spiritually as our ancestors once did. |

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**Basic Steps for Starting a Garden**

* Planning/Mapping
* Choosing Which Vegetables to Grow/Seeds
* Preparing the Soil
* Planting Your Vegetable Garden
* Maintaining Your Vegetable Garden

**Step 1: Planning/Mapping**

There are multiple factors you must consider when planning your garden. These include the following:

* Space/Area/Location
* Type of soil
* Length of growing season (for WI our growing season is May 11th – September 29th = 140 days)
* Seed Selection/Quantity

Putting your ideas on paper is a good place to start. Jot down ideas even if you decide to change them later. Make a list of the vegetables/fruits you’d like to grow. Make note of the amount of space you must work with and make sure you choose the most appropriate spot for your garden.

Map-out your garden plan on paper. Whether you create long rows or wide beds, don’t forget to include a walking path (usually 12-inches) in your design. You can get fancy and utilize a computer program or simply use paper and pencil. It’s good practice to have a concrete vision to refer to. Create a journaling system to keep track of all activities occurring in your garden. It’s important to know when you sowed certain seeds, when you noticed plants first sprouting, any pest/weed activity occurring, any fertilizer application and so forth. Keeping good records helps you better plan.

Knowing your soil-type is useful knowledge. This information allows you to consider adding the appropriate amendments and nutrients to your garden as needed.

**Step 2: Choosing Which Vegetables to Grow/Seed**

There are many seed varieties to choose from. When deciding, it’s important to consider the following factors:

* Heat Tolerance
* Cold Hardiness
* DTM (Date to Maturity)
* Disease/Pest Resistance
* Taste/Appearance

**Step 3: Preparing the Soil**

Preparing your soil should take place prior to any planting. The following steps for preparation of soil/beds are as follows:

* Primary Tillage, deep (plows, broad fork, rotovator tiller) \*Spread fertilizer prior to tilling.
* Secondary Tillage, shallow (rotary tiller) \*Do 2 weeks after primary tillage.
* Bed Preparation (measure, shape, rake)
* Water the Bed (wait 7 days for germination of first weeds)
* Cultivate Weeds (2x)
* Plant/Seed

**Step 4: Planting Your Vegetable Garden**

Whether you decide to use a seeder, transplants or direct sow; knowing the appropriate spacing is important. Spacing properly offers your plants to grow to its’ full potential. Most of your seed packages will come with plant instructions/information; spacing, when to direct sow and date to maturity.

**Step 5: Maintaining Your Vegetable Garden**

Taking care of your garden through-out the growing season is constant work.

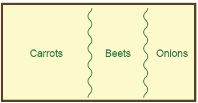
**Space Saving Ideas**

* Companion Planting
* Succession Planting

Companion planting s is a planting technique where two different types of plants are planted together with the idea that their companionship offers some benefit to the other; such as increasing soil nutrients, chasing away pests, natural supports, weed suppression and shade regulation.

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| **COMPANION PLANTING CHART** | | | |
|  | | | |
| **Plant** | **Companion Plant** | **Benefit** | **Combatants** |
| Tomatoes | Basil, asparagus, carrots, celery, lettuce, parsley, spinach, marigolds, Liliaceae (allium/onion) family. | Helps produce greater yields.  Repels flies and mosquitoes. | Cabbage, fennel, dill, rosemary, corn (corn earworm), potatoes (blight). |
| Corn | Bean, cucumber, melon, pea, radish, potato, radish, squash | Natural support and protection (against pests). | Tomato |
| Carrots | Bush beans, pole beans, lettuce, onion, pea, radish, tomato |  | Chives, dill, parsnip |
| Peppers | Basil, onion, spinach and tomatoes. | Helps repel aphids, spider mites, mosquitoes and flies. |  |
| Green Bean |  |  |  |
| Cucumbers | Bean, celery, lettuce, peas, radish |  | Cauliflower, potato, basil |
| Onions | Broccoli, lettuce, cabbage, strawberry, tomato |  | Bean, peas |
| Cabbage | Sage, mint | Protection from cabbage moths. | Cauliflower |
| Squash, Winter | Lettuce, radish | Quick-growing. |  |
| Potatoes | Bean, corn, cabbage, pea, eggplant |  | Cucumber, pumpkin |

Garden Layout Examples of Companion Gardening

Succession planting is a planting method that requires careful planning. It allows you to extend your harvest by staggering your planting. You can stagger by date of maturity; when one plant has been harvested plant a different crop in its’ place. Or, you can plant a partial row/area then wait a couple weeks and plant the rest. This way, you continuously have a crop growing.

Some of the best vegetables for succession planting include arugula, basil, beans (pole, beets, broccoli raab, carrots, cilantro, dill, endive, onions, kale, kohlrabi, lettuce, radish, rutabaga, swiss chard and turnips.

**SEED/PLANT SPACING QUICK REFERENCE GUIDE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Vegetables | Planting Depth (inches) | Space in Rows (inches) | Space Between Rows (inches) | Dates to Maturity (days) |
| Arugula | 1/4 | 4 | 18 | 45-60 |
| Beans, Bush | 1 | 3-4 | 24-36 | 55-90 |
| Bean, Pole | 1 | 3-4 | 24-36 | 55-90 |
| Beet | 1/2 | 2.5 | 12-18 | 50-70 |
| Broccoli | 1/4 | 24-30 | 20 | 60-70 |
| Cabbage | 1/2 | 24-30 | 24-36 | 65-70 |
| Carrot | 1/2 | 1 | 12-18 | 70 |
| Cauliflower | 1/4 | 30 | 24-36 | 50-60 |
| Cantaloupe | 1 | 2 HILL | 6 feet | 80-90 |
| Collards | 1/4 | 12 | 30-36 | 70-85 |
| Sweet Corn | 1 | 10-14 | 24-36 | 60-100 |
| Cucumber | 1 | 4 | 4 | 55-72 |
| Lettuce, Leaf | 1/8 | 3-6 | 12-18 | 45-55 |
| Lettuce, Romaine | 1/8 | 1 | 12-18 | 70-75 |
| Onions, Green | 1/2 | 2 | 12-18 | 20-30 |
| Onions (bulbs) |  |  |  | 100-175 |
| Peas | 1-2 | 1-2 | 3 | 60-70 |
| Peppers, Green | 1/4 | 18 | 18-24 | 70-80 |
| Radish | 1/4 | 2 | 12-18 | 25 |
| Spinach | 1/2 | 2 | 12-18 | 25 |
| Squash, Summer | 1 | 2-3 HILL | 36-48 | 60 |
| Squash, Winter | 1 | 2-3 HILL | 36-48 | 80-110 |
| Swiss Chard | 1/2 | 3-6 | 12-18 | 55-60 |
| Tomatoes  (depends on variety, determinant/indeterminate) | transplant | 2-3 | 24-36 | 45-85 |
| Watermelon | 1 | 2-3 HILL | 6 feet | 70-85 |

**References:**

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