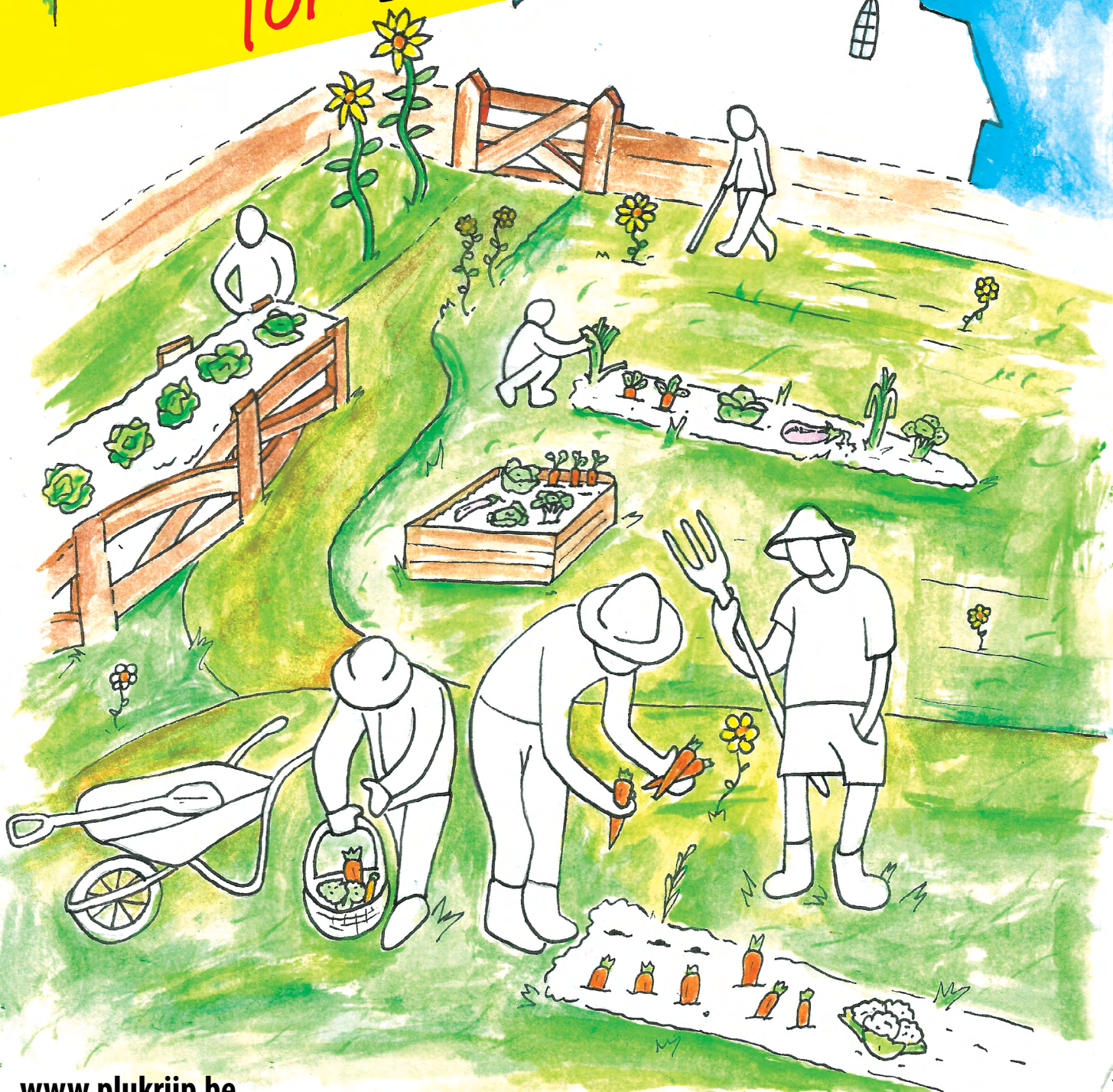


Plukrijp

for Dummies



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Introduction

*Making and maintaining a vegetable garden doesn't has to be difficult.
We explain the basics in this book so everybody can start immediately on his
terrace or in a communal garden.*

There is regulary a reference to a 1m²box.

This is a box with the size of 1m² and divided into 9 parts.

It's a simple and productive way of gardening.

You can easily expand your garden with more boxes.

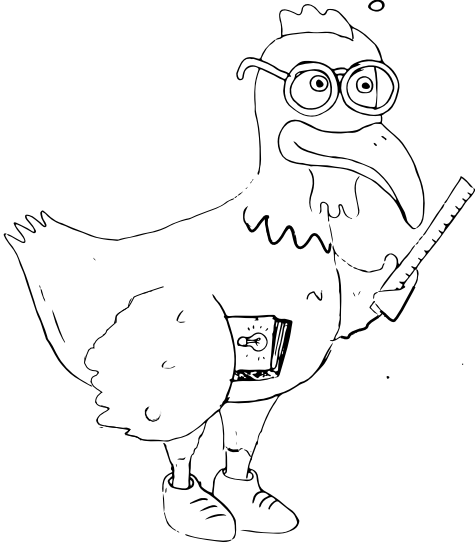
The book exists of a general explanation and an extra explanation for 50 plants.

plukrijp.be

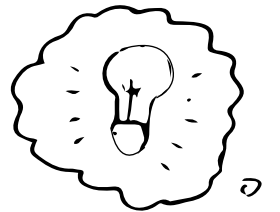


Why do we need a vegetable garden?

Health



Home-grown vegetables are fresher , healthier , cheaper and free of sprayed chemicals.

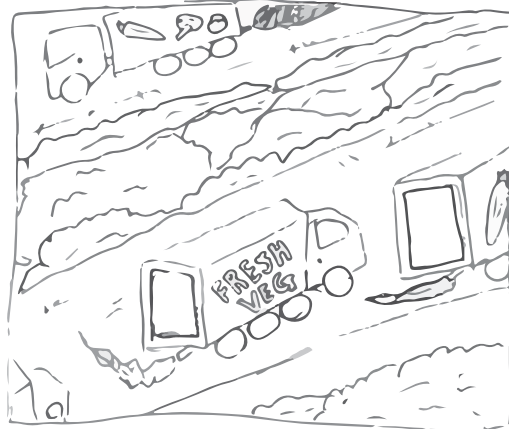
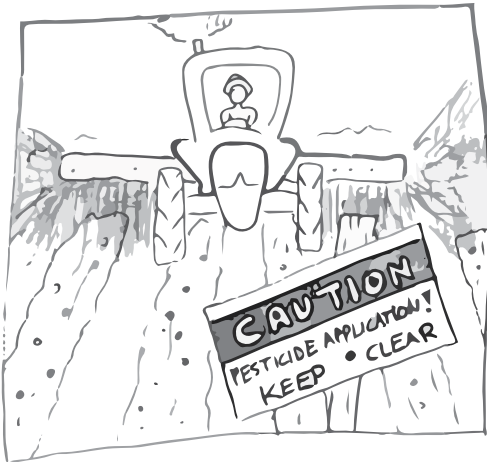


Why do we need a vegetable garden?

Ecology



Vegetables that are grown by conventional farming methods consume 100-400 times more energy than traditionally grown vegetables. Conventional farming uses large machinery, fertilizer, pesticides and the vegetables are transported over a long distance. All the energy that is required is based on finite resources such as oil, coal, nuclear energy... Vegetables from your own garden are grown using only a few tools, no fertilizer, no pesticides, and are more local.

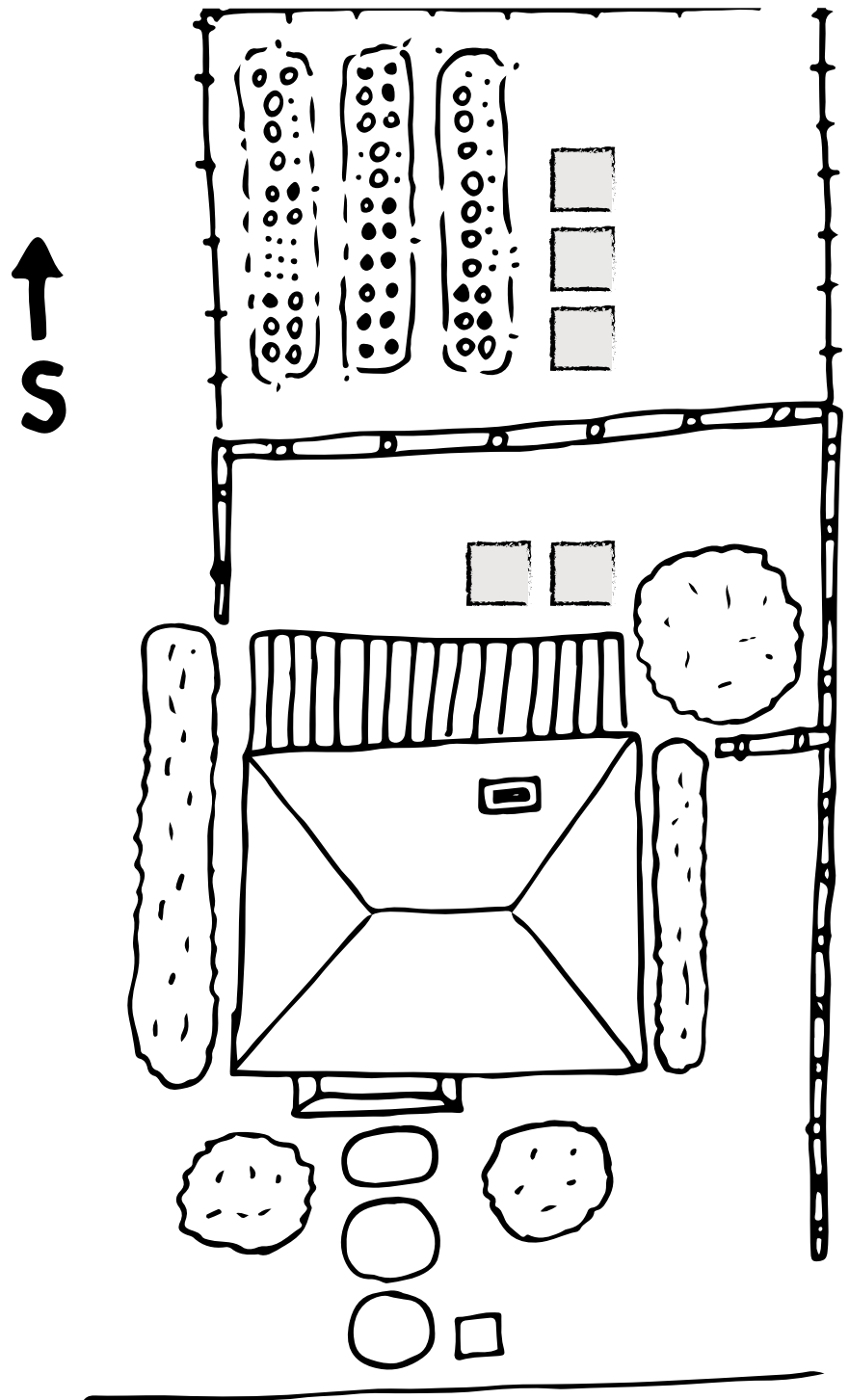


The maintenance of your vegetable garden is easy and can be shared. You can do it alone, or with help from your family, friends and neighbors. The excess harvest you can share with your neighbors, friends, family, people's kitchens, ... you can also share the tools with your neighbors.

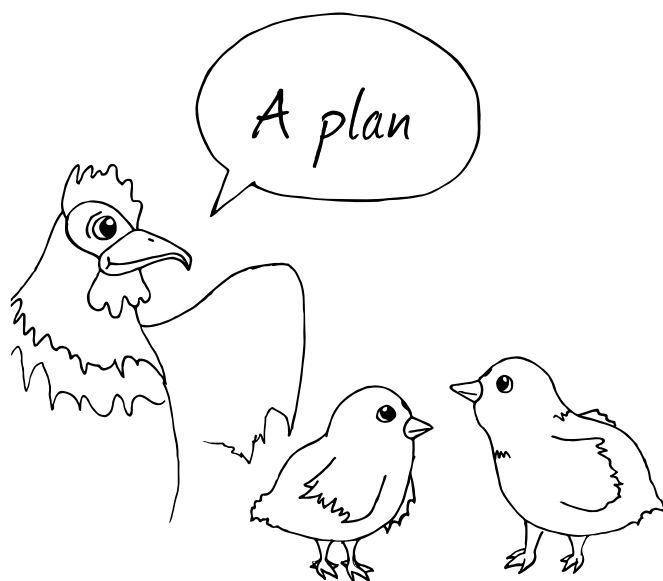


What do we need a vegetable garden for?

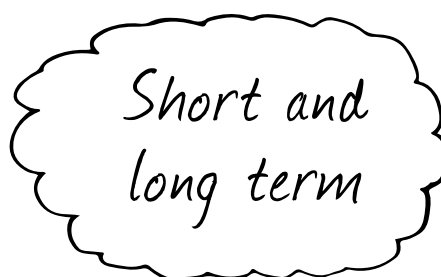
The size of the vegetable garden that you want. depends on what you need. You can have anything from a 1m^2 container on a patio up to a community garden of 1Ha . In all cases, you need a plan, a piece of land and tools.



 - 1m^2 box



The plan must be based on the time and space available. This should include the size of the land, your climate, your fellow gardeners and the time you want to invest .



A vegetable garden evolves through the seasons and throughout the years. See what you want to achieve with your garden this season and look at what you want to achieve over 5 years.

You can start small with a few 1sqm boxes or some raised beds for the first year and expand each year depending on the demand . Prepare soil for all the expansions, for example you can use chickens or pigs to convert land into workable soil.

Think of the possibilities of using fruit trees.

The harvest is not immediate, it will be in a few years. If the land is not yours, you can still think long term but don't invest too much money.

For example if you plant 4 fruit trees on a piece of land that you are using, if it's a friends, a neighbors otr the governments land then you may not get the chance to harvest the fruits. However, if someone else gets the harvest then it is just as well...

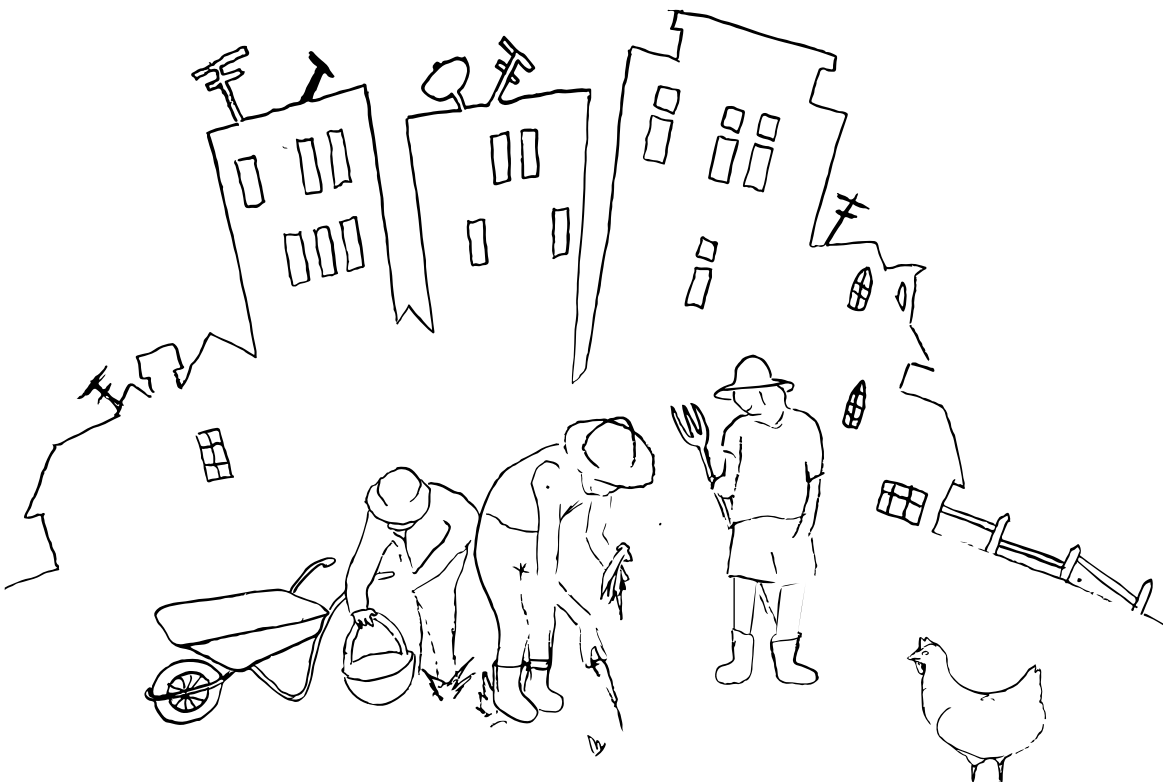
-A greenhouse does not cost much and can always be moved to another spot.



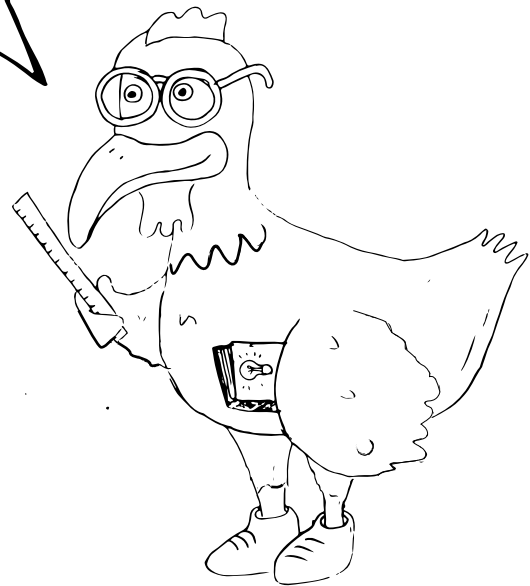


Which and how many vegetables?

What vegetables grow in this climate ?
Check the plant guide at the back of the book.
Do you have a greenhouse available ?
Which vegetables fit in the space ?
On a small area, it is more efficient to grow greens and herbs.
These can be harvested frequently throughout the season. On a larger area, it is possible/efficient to grow larger crops, such as potatoes , pumpkins, carrots, cereal etc..
Small fruit can easily be put on the lost pieces of land, i.e. hedges .
How many people are you growing for, and how often do they eat from the the garden?
You and your family, your friends, your neighbors, a people's kitchen.



Sowing and harvesting
throughout the year



If you want to harvest all year round then you must also sow year round. It is good to create, or at least think, of a year plan and take into account when certain vegetables can be grown and when not, to ensure you get a constant harvest from your garden. For example growing your tomatoes in summer and corn salad in winter. You can seed or plant some vegetables once or twice a year, such as tomatoes, squash, cucumbers, leeks, peas, beans. Other vegetables such as lettuce, coriander, carrots, spinach, chervil and mustard you can seed constantly. For more information check the plant guides.





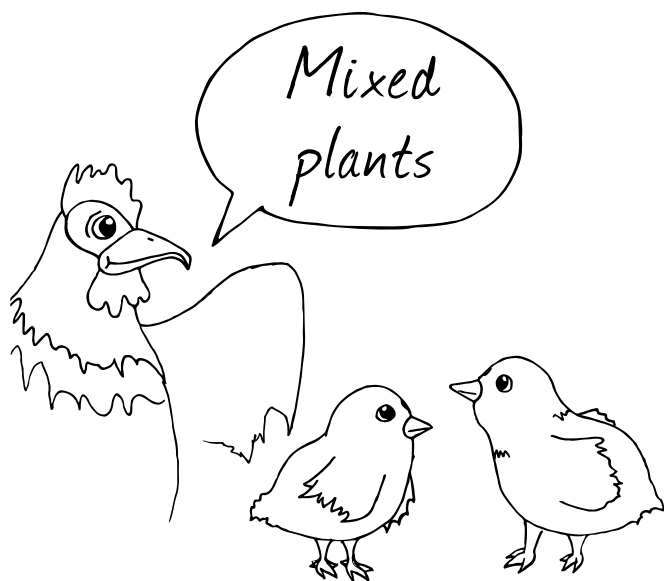
This book has been written based on the Belgian climate. This has an impact on the sowing and harvesting times and types of vegetables that can be grown.

Belgium has a temperate climate . We have four seasons and enough rain.

Due to climate change, this can of course change.

Every year is different, and growing vegetables depends on the weather, so every year the sowing and planting of vegetables can differ slightly. Spring frosts can kill your lettuce seedlings, but you can always sow again.





There are several good reasons to plant your vegetables mixed. Firstly, it is more difficult for pests and diseases to attack your plants. If they are not all the same species. Secondly, it makes crop rotation and complex schemes unnecessary. If you fill in empty spaces with new plants then most plants will automatically be in a different place. Thirdly, it increases your productivity. A box of 30 cm^2 which 4 garlic plants, which grow upwards, with around 9 spinach plants, which grow more to the sides, delivers a higher output per 30 cm^2 than a 30 cm^2 section of 9 spinach plants and a 30 cm^2 section of 9 garlic plants.



When mixing your plants, you should look at the possibilities in terms of space and time. Combine plants that grow up with plants that grow wide. Sowing new seeds between plants that will be harvested in a couple of weeks, thereby growing the seedlings in a protected microclimate and they get the space they need after the older plants are harvested. this also saves time and space. For specific examples, you can look at the plant guides.



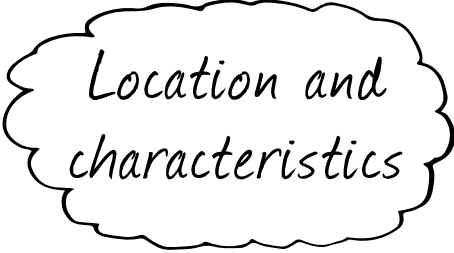
Possibilities
around us

Stroll around and look at the possibilities for a vegetable garden. The closer, the better. If you start your garden with other people, distance is less important.

A 1m² box on your patio, your garden, a vacant piece of land, an unused piece of a neighbor's garden, a park, a poorly maintained plant bed of the community, a wide stretch of pavement, a monastery garden,

Depending on the situation, you can talk to the owner or not. For example: you have to speak with your neighbor when you take his garden. But you don't have to speak with the local government when you take some bad treated public space and turn it into something beautiful.





Location and characteristics

Each location has its possibilities and limitations.

Will there be sunshine ?

Plants need the sun but with a few hours of sun a day they can already grow .

How big is it?

Is there ground or do you need to put boxes on the concrete?

Is it protected from the wind?

Are the people who live close by interested?

Is there a lot of weeds, bushes, or trees?



Tools and materials

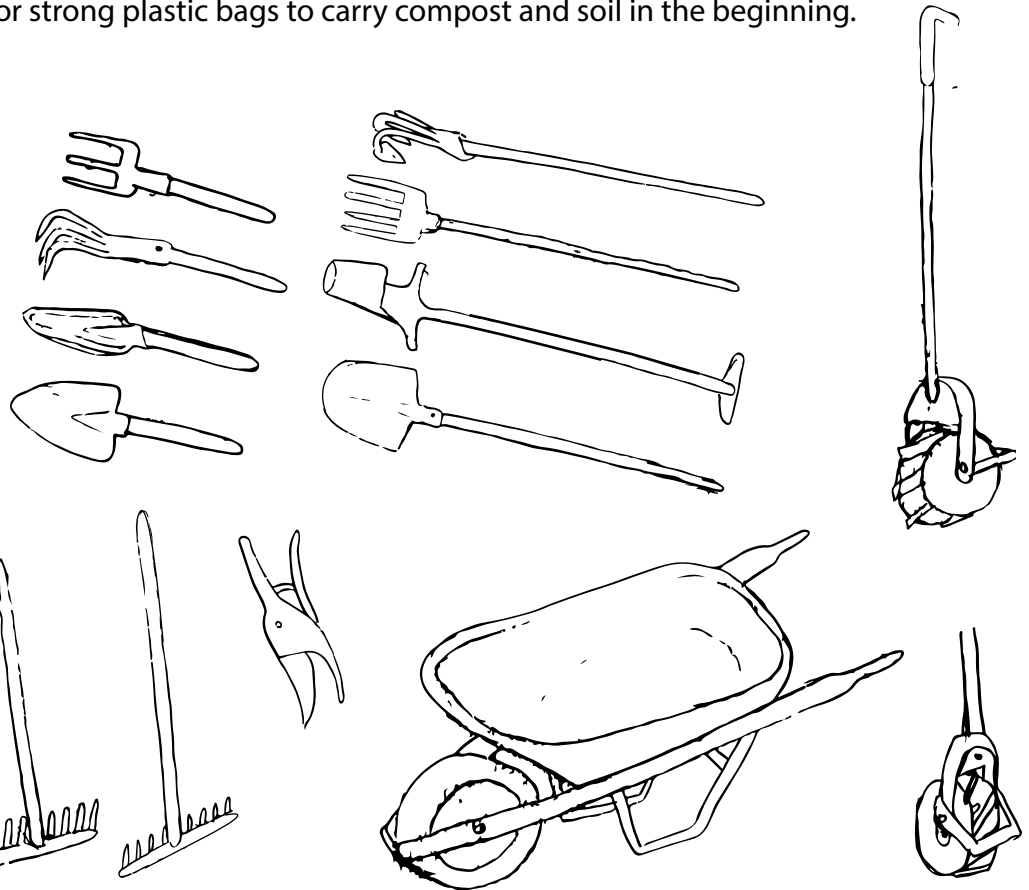
Every garden requires some tools, how many depends upon the size of your garden and the number of people working in it.

1m² box :

- A wheelbarrow and / or strong plastic bags to carry compost and soil in the beginning.
- A knife for harvest
- A hand scratcher

vegetable garden :

- wheelbarrows
- shovels
- spades
- prongs
- rakes
- heels
- scrapers
- cultivators
- hole makers



The numbers vary according to the number of people working in the garden .

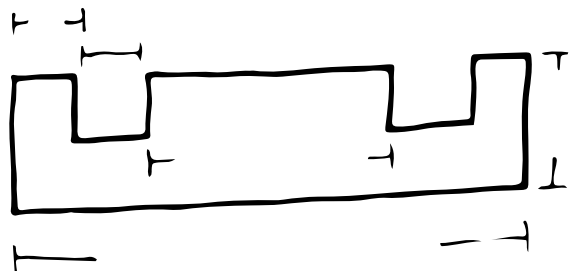
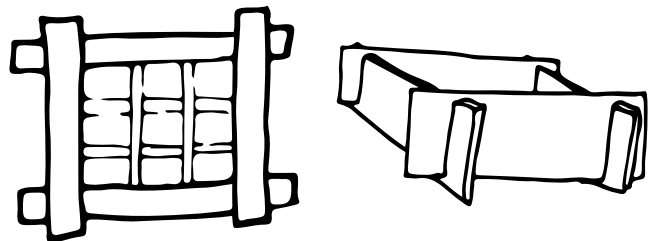
The amount of materials varies depending on the size of the garden .

1m² box :

- 4 wooden planks of 1.25m
- figure= how to do it
- About 300 kg or 1/5m³ of compost

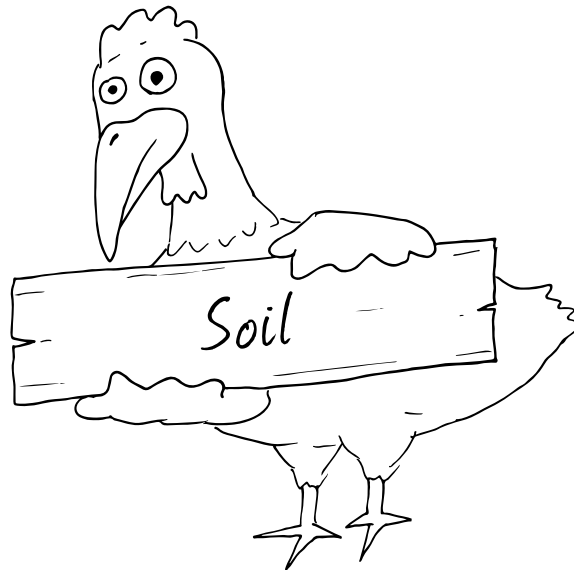
vegetable garden :

- Wood , stone , concrete , ... for the sides of the raised beds
- Compost to start
- Mulch for paths , this is undigested organic material and ensures that there are fewer weeds growing in the paths .



Caring for the soil

The soil and all life in it is the heart of your garden . If you take care of the soil, you get healthy, and strong plants. Most soils are already healthy and fertile!



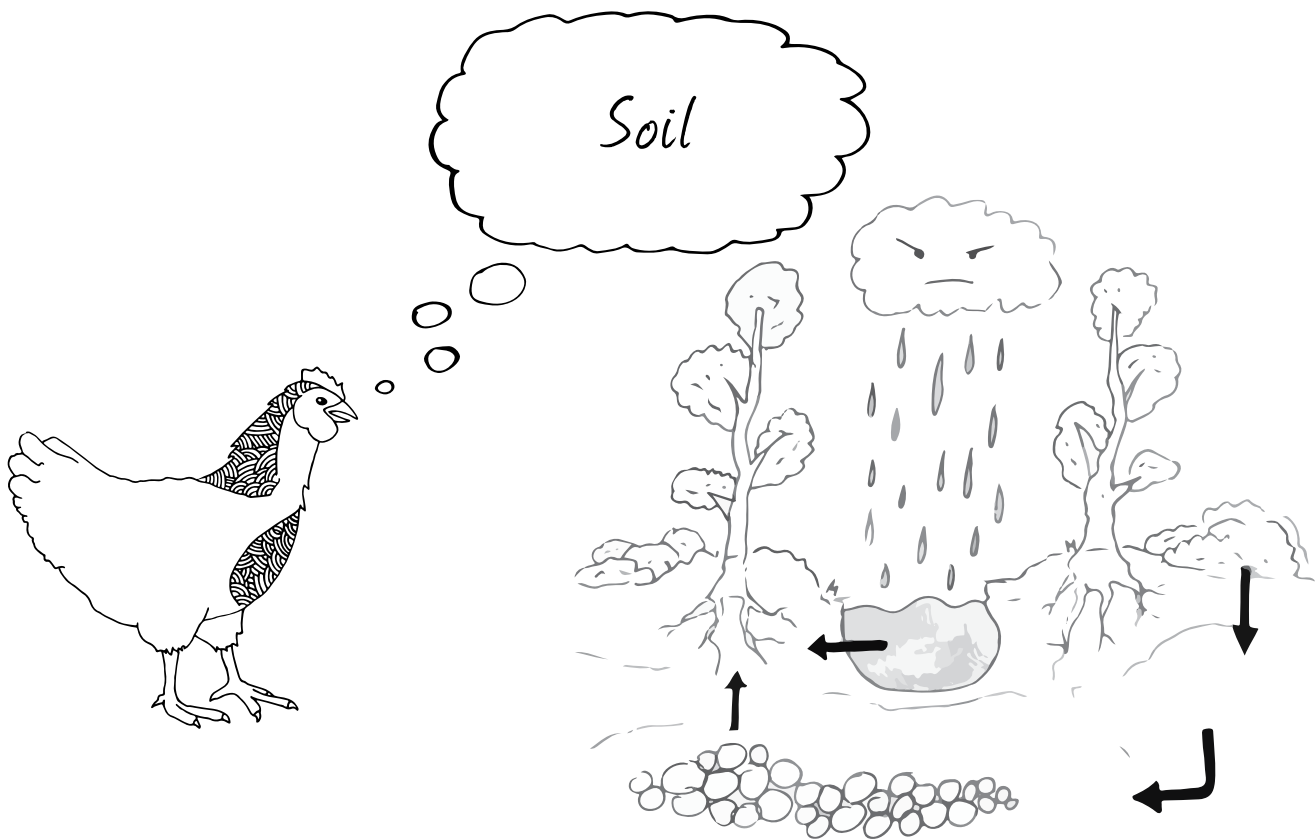
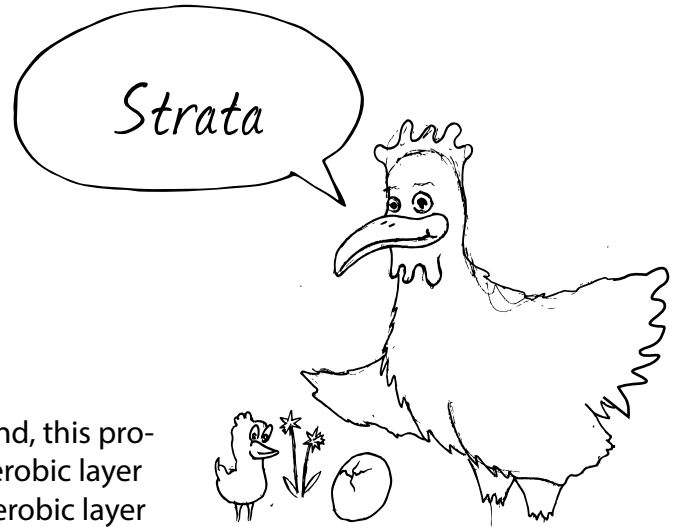
$\frac{1}{4}$ of life on earth is underground . 1m^2 of grassland contains 50 miles of hyphae, 100 species of fungi, 100 billion bacteria, and 10 000 species and dozens of species of insects. Around the roots of plants, there is an increased activity of the organisms. Fungi and bacteria work here along with plant roots to provide the necessary nutrients for each other. By treating the soil with love we can stimulate this life..



Caring for the soil

The soil consists of multiple layers, the thickness of each layer is dependent on the location. The top layer is rich in humus and is fertile, below is the leaching level where some of the nutrients leach into and below this is the source rock. For the purpose of growing food, the humus layer is the most important, because the fertility for our vegetables is created here

The water level also has an influence on the ground, this provides an aerobic and an anaerobic layer. In the aerobic layer the oxygen-loving organisms live and in the anaerobic layer the oxygen-poor organisms live.



Good soil consists half of aggregates (attached sand, clay and organic material) that provide a granular structure and consist half of soil pores. Soil life thrives in the pores where the right water and air mixture is found. Organic matter and soil life ensure that the pores remain open. The large pores allow excess water to seep in and small pores ensure that water is kept for drier periods.



Application in the garden

By tilling the soil as little as possible the aerobic bacteria and anaerobic bacteria stay in the layer where they belong and without disturbance, make the soil fertile for us. Neither do we break the pore structure so that the water/air mixture stays.

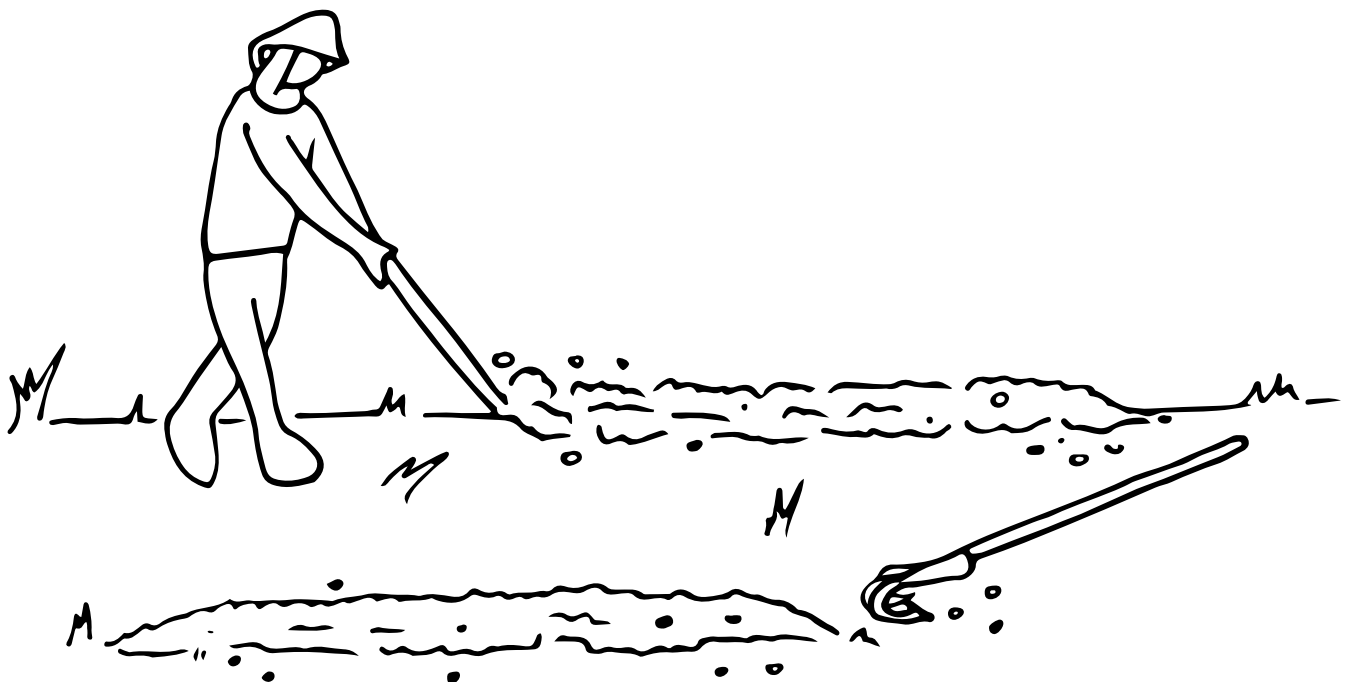
On top of the soil you can add a few inches of organic material in the form of mature compost to stimulate soil life.

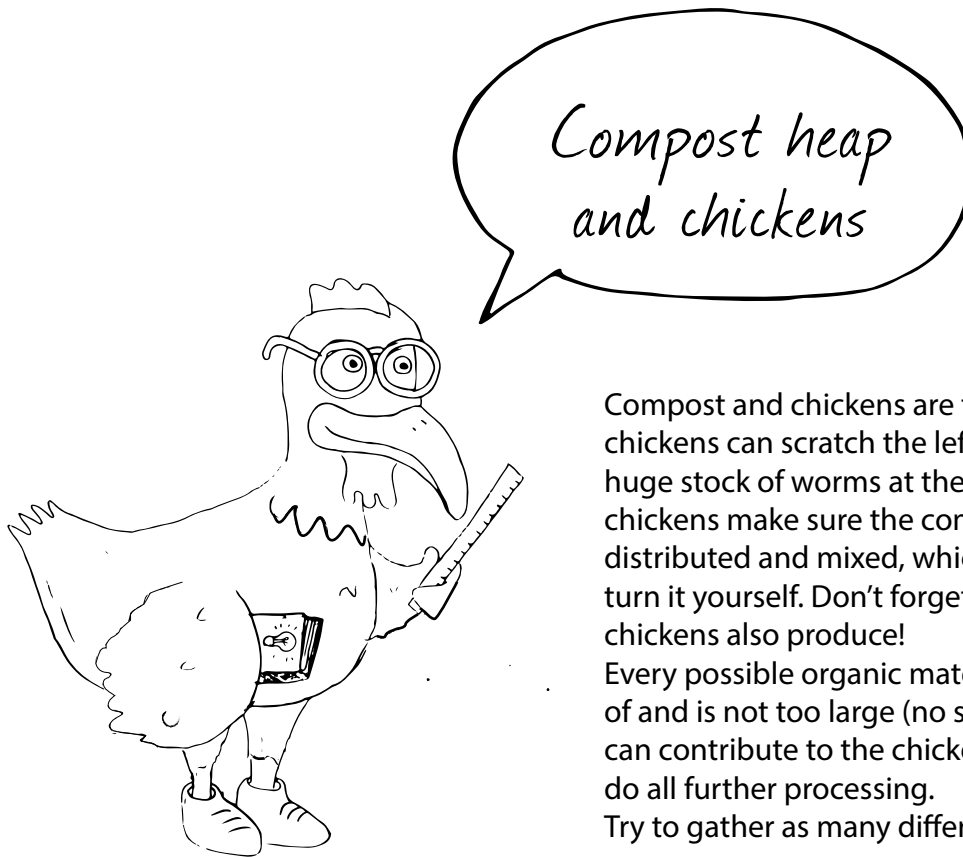
Frequently scratching the upper 2-5 cm causes activation of the soil life.

This creates more fertility.

The above guidelines are just guidelines, not fixed rules!

For example, in the making of raised beds, the soil is mixed thoroughly once to achieve better results in the long run.

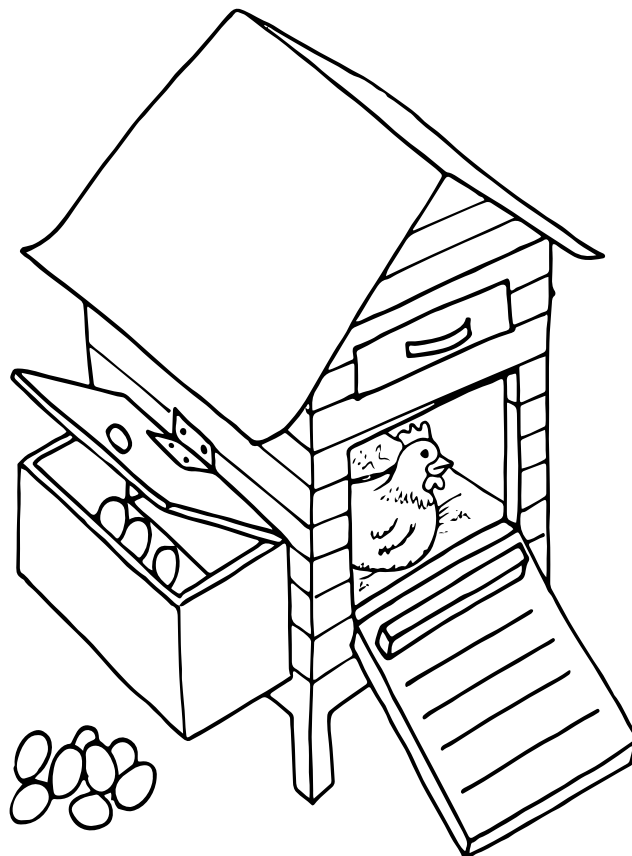


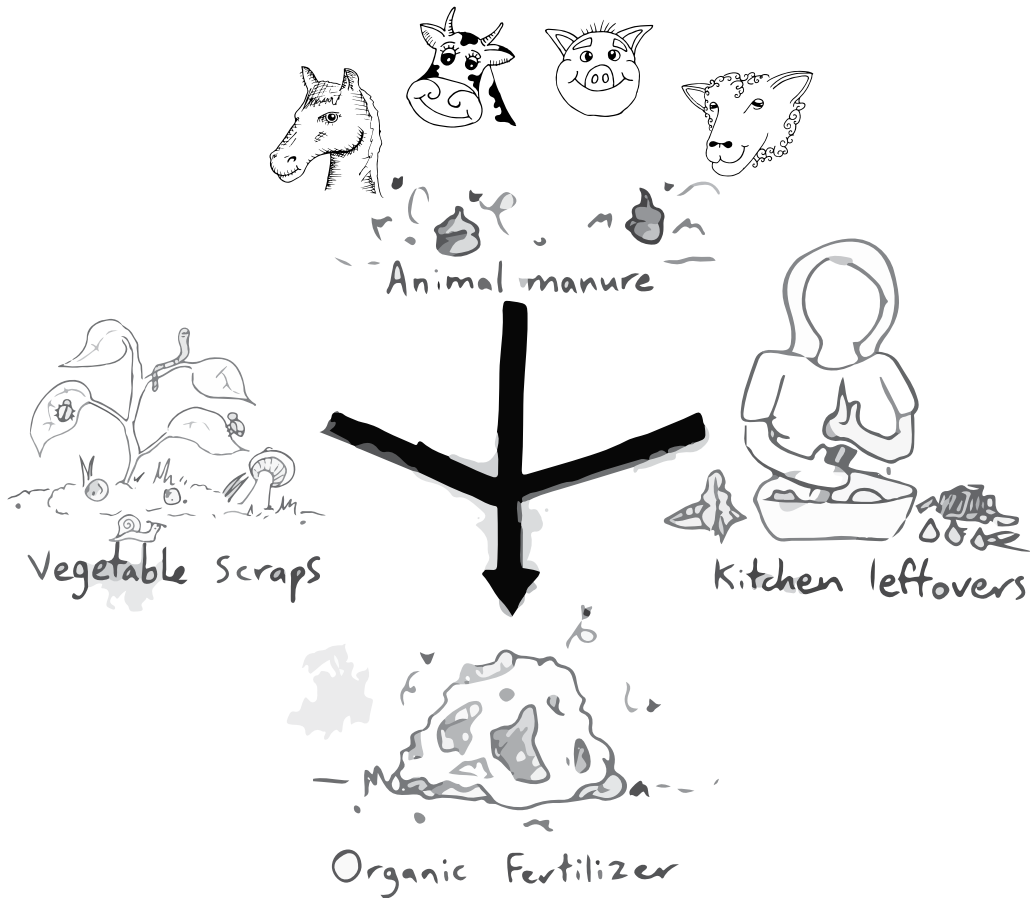


Compost and chickens are two hands on one belly. The chickens can scratch the leftovers and they also get a huge stock of worms at their disposal. In addition, the chickens make sure the compost is properly scratched, distributed and mixed, which means you don't have to turn it yourself. Don't forget the delicious eggs that the chickens also produce!

Every possible organic material that you can get a hold of and is not too large (no stumps and large branches) can contribute to the chicken compost heap. The hens do all further processing.

Try to gather as many different materials as possible.

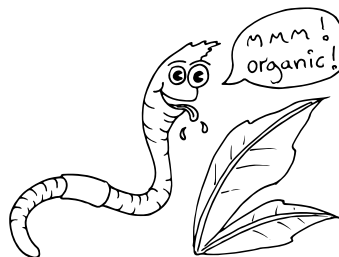




If you have no place for chickens, a compost bin can do the trick. You will have to shred the larger organic material yourself and regularly mix it. Try to get as many different materials as possible. do not let lists of "forbidden" compost material deter you from adding all organic material you can lay your hands on. all organic material will compost.



"The worm population doubles every 3 months!"



Start a vegetable garden

1m² box

Where to place the box?

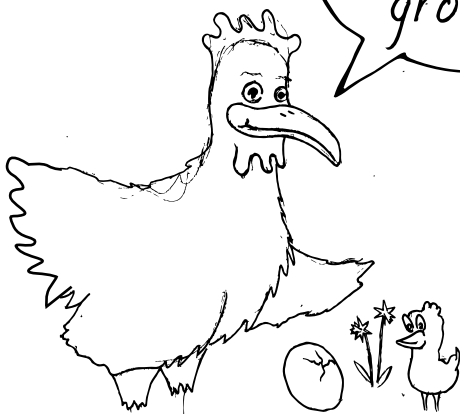
The best place is on the soil, so that the plants keep a connection with Mother Earth. Alternatively, you can place it on concrete, or a patio. If this is the case, you will need to pay more attention to your watering, and a drainage system is a good idea.

You need to make sure the soil is free of weeds and rubbish, and if you start in the fall you can prepare the ground all winter by covering it with an old carpet, or anti root fabric, to kill off the weeds and reduce the time spent in spring preparing the soil.

Fill the container with old mature compost; your own compost is the best compost but you can also get compost in your local recycling park.

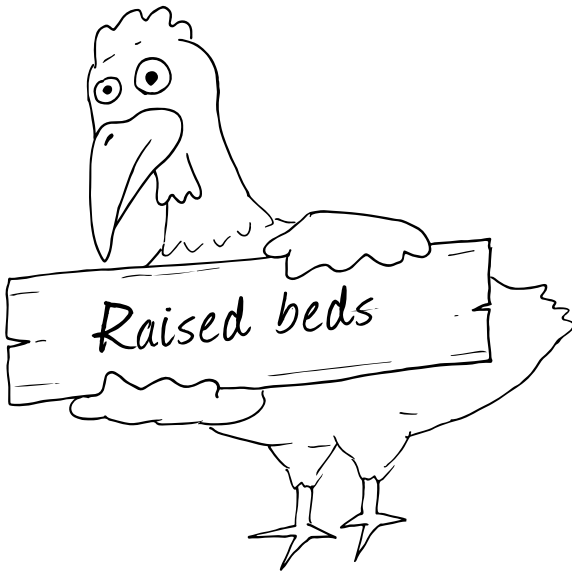


Make the ground clean



Select the best pieces of land with the most sunshine and least weeds or the least persistent weeds. Start here with your garden.

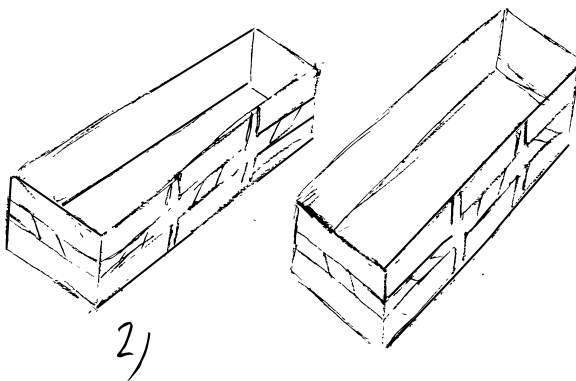
Turn the pieces with the most weeds into temporary chicken pastures.



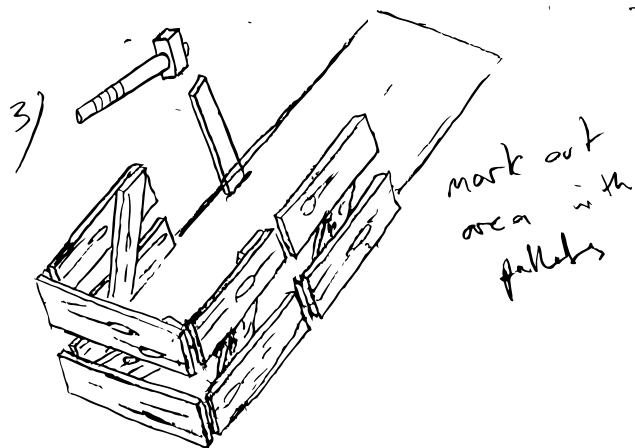
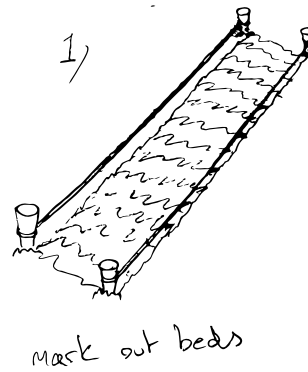
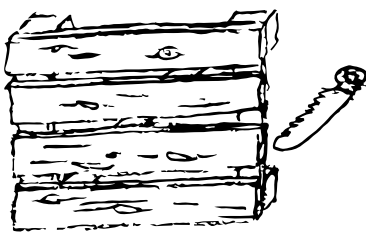
Raised beds provide a thicker layer of fertile soil and have a very good water management. You can raise your beds between 15 cm and 50 cm, depending on the circumstances and the available material. If your soil is often too wet than it's interesting to make your beds higher so they do not drown every time it rains abundantly.

Indicate with a few strings and stakes your beds and your paths. A bed is usually 1,25m wide and a path 30-60 cm wide depending on the available space. If you have the available material, then you can use wood, stone, or anything that you can get your hands on. If you do not have it, limit yourself to a raised bed of 15 cm.

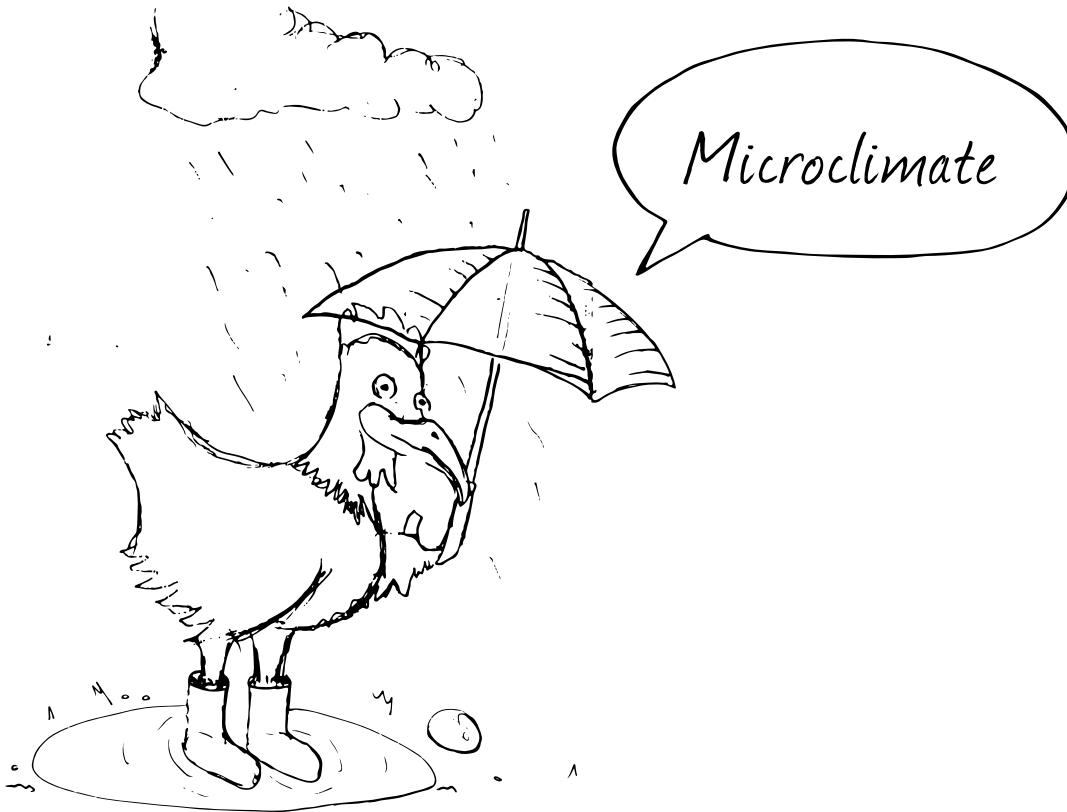
Are there lots of weeds? Shovel the upper 10 cm of the paths onto the beds. Bring up to 30 cm horse manure on the beds. Shovel a layer of 20 cm mature compost and fertile soil from the paths on top of this layer of horse manure. Make sure that you only take the fertile soil from the paths (i.e. do not dig too deep). The horse manure keeps the weeds down. You might get above the edge of the bed, but in a few weeks it will settle down.



saw pallets in half



Start a vegetable garden



A garden is influenced by several factors, try to list as many factors that affect your garden and consider how each factor can be used for the benefit of your garden. With careful design, you can create a microclimate in which you can plant earlier in the year and harvest later in the year. For example, a city is 2 to 3°C warmer than the countryside.

Where does the sun shine?

Where are the fruit trees?

Where does the wind come from?

Is there room for a hedge to block some out?

Where is the water going? Canals?

Is there place for climbing plants? Fencing? Walls?

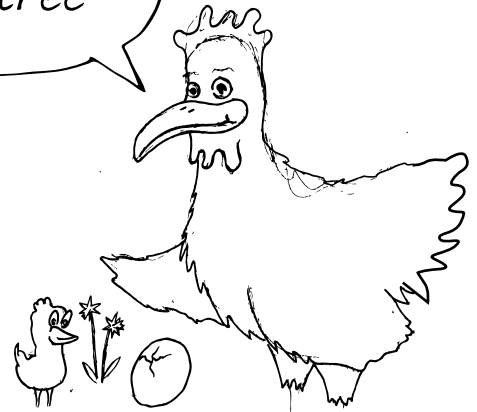
South facing wall that captures heat from the sun?



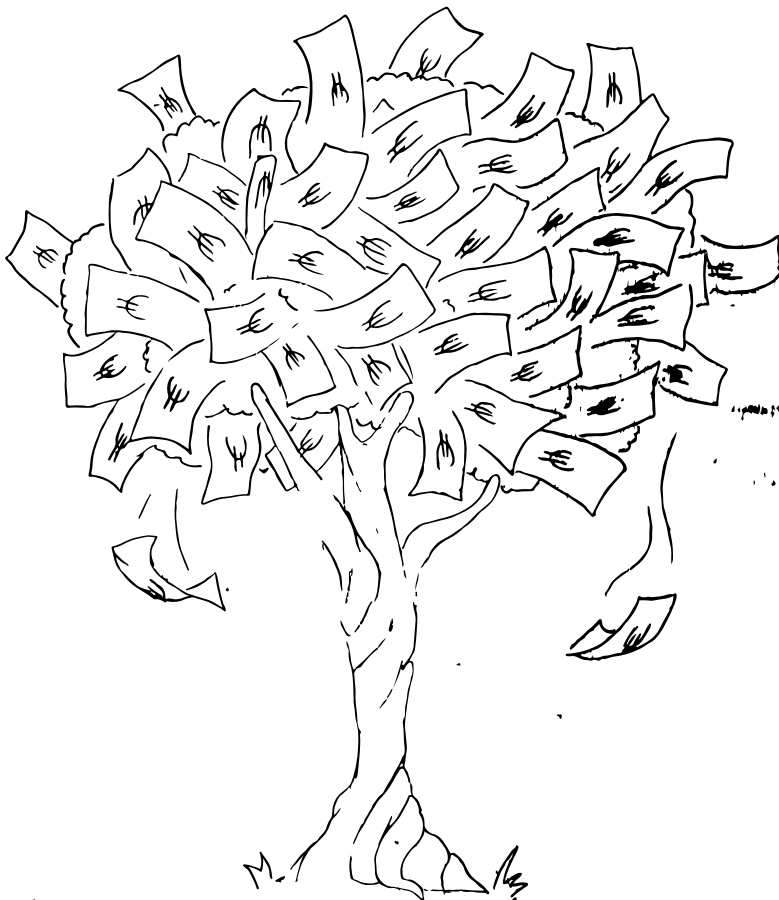
Vegetables

Find a nice sheltered sunny spot in the garden .
Sow here a 5 cents coin.

Coin tree



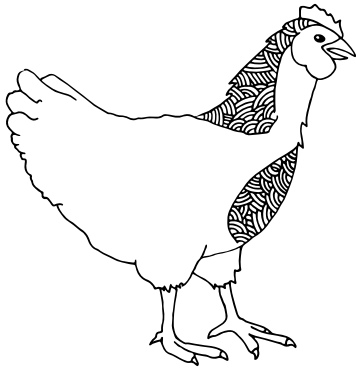
Annuals, biennials and
perennial plants



Plants may be divided into three types on the basis of their life cycle. In a vegetable garden, it is important to know whether a plant is a one-year, two-year or a long term plant because we can use each in a different way.

Annual, biennials and perennial plants

Annuals



Annuals are plants that give seeds in the first year that they're planted, and then die. There are two reasons for these plants to go to seed: either they grow a long time to become big and strong, and then use all their energy to grow upwardst and produce seeds or they get stressed (this can be from transplanting, a lack of water or excessive heat or cold) and they think "Oh no! I have to reproduce before I die!" and than they grow upwardst and start to produce seeds.

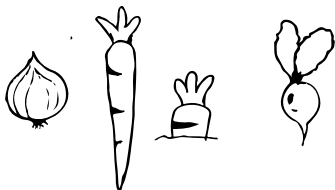
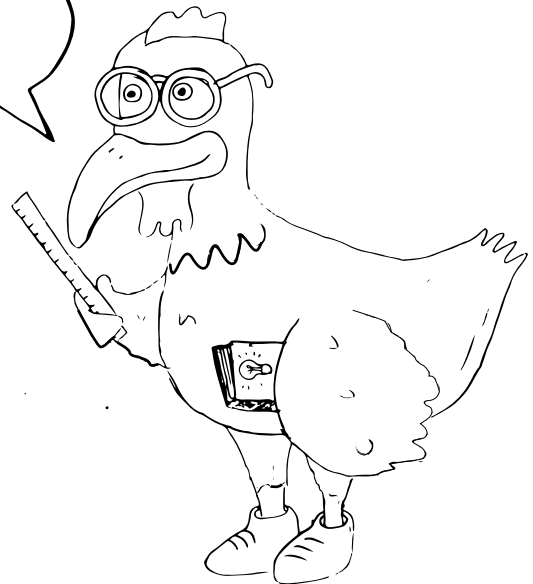
These are plants that have a shorter life cycle , usually leafy vegetables and must be regularly sown throughout the season. In general, these are vegetables like Lettuce, cilantro, purslane, red purslane, arugula etc.



Biennials

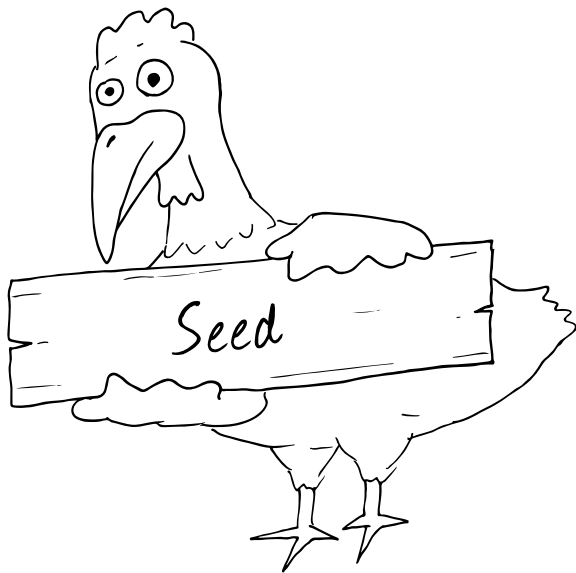
Biennials are plants that go to seed and die, the year after planting. These plants grow overwinter and have seeds after winter.

Most of these plants are root / tuber crops because they store their energy in the roots / tubers so they can use the stored energy to go to seed next spring.



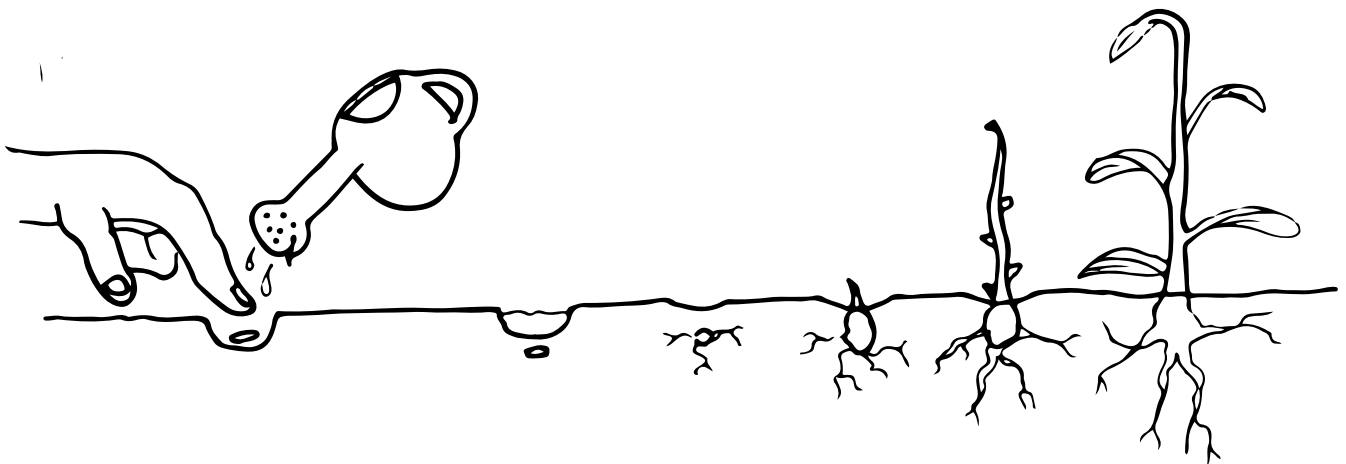
Perennials

Perennial plants are plants that grow over a few years and make seeds or shoots but don't die. For example asparagus whose shoots are harvested in late spring or strawberries that give fruits every year for three years,



Most plants are simply grown from a seed. In the garden there are three ways to sow, either directly where the plant will remain in the same spot, or you can seed before in trays or pots (keep behind a window or in a greenhouse) and then transplant later when the weather is right.

the third way is to let them spread their seeds themselves.





Direct seeding

In 1m² tray, it is recommended to choose where the seeds are placed, so that the plants have a maximum growth area. If you let plants go to seed a number of times, you will get a lot of spontaneous seedlings. Cherish these plants because they come from mother earth. Let them stand where they sprouted or transplant them when they are too close together. You can sow in rows or put each seed individually in holes in a row. The depth to sow is dependent on the seed and the time of the year.

Generally speaking, the larger the seed, the deeper you plant. Also the colder, the deeper.

A pumpkin seed is inserted deeper into the ground than a salad seed and a spinach seed is put deeper in januari than if you seed in August.

Sow when the soil is not too wet, and when it's not too windy (otherwise the seeds are blown away). Use fast germinating seeds to indicate where your line is. In a row of carrots, you can sow a radish or onion every 20cm or so. This is to make sure your row stands out before the carrots have become visible, and therefore you can weed earlier.

Do you want the seeds to germinate even in a dry period? Compress the soil well so the moisture that is still present in the soil will concentrate around the seed and let it germinate.

Sometimes it is recommended not to do this and to let the seeds sleep quietly in the ground until a downpour comes.





Pre-sowing and transplanting

You may sow in a greenhouse or behind a south-facing window.

Sowing indoors first and then transplanting can be useful for an earlier harvest, to save space and to take better care of vegetables with delicate seedlings.

The plants you sow in the greenhouse or on the windowsill in late February and March will have a lead of a few weeks compared to the plants you seed outside.

Vegetables such as tomatoes, pumpkins, peppers, and basil are plants that previously did not exist locally here and so are less adapted to our climate, and therefore are more likely to benefit from and thrive because of indoor seeding.

If you do not have enough space in your vegetable beds you can seed on a tray or in pots so you transplant when space becomes available.

This way you can add many weeks to your growing season.

Some plants such as leeks are quite fragile when sprouting, it may be better to pre-seed so they survive.

There are also plants that can not be transplanted, and therefore can not be sown indoors ahead of time.

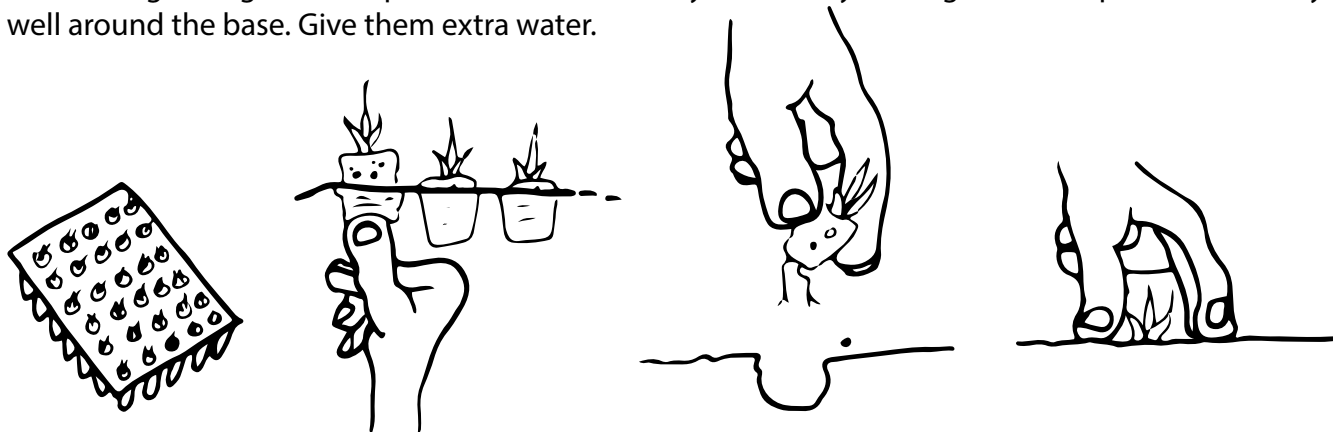
For specific information about each plant, take a look at the plant guide.

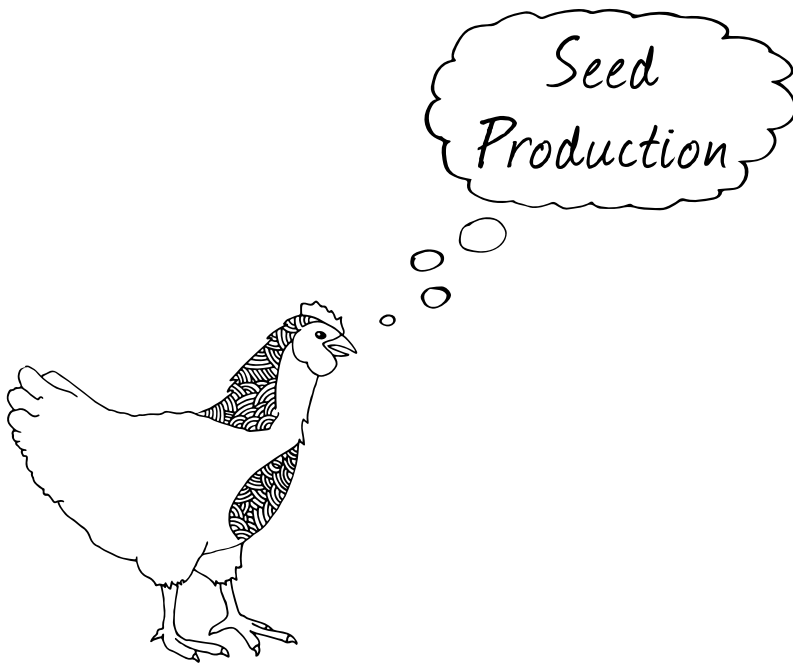
Fill in some pots/seed trays with old compost or good soil, and place a seed in each hole.

Once the plants have 4 to 6 leaves, they are ready for transplanting.

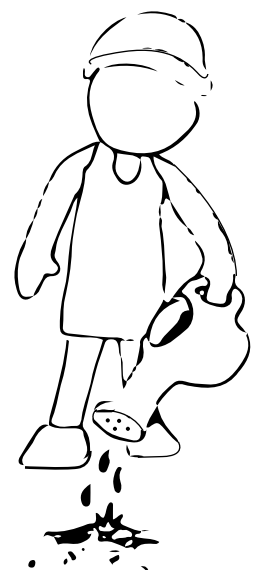
Be careful because transplanting is not always possible. The plants should be large enough and the weather should be cloudy and damp. It is best to transplant in the morning or in the evening.

Take the plants out of the pots/trays. Make small holes where you want to plant them, but make sure that it is big enough to incorporate the entire root system. Use your fingers to compact the soil very well around the base. Give them extra water.





If you let vegetables grow, they will spontaneously start growing in height, this is a sign that they are going to seed. First the flowers come, which then produce the seeds. To collect seeds, you should leave the plants until the seeds and the plant are drying. It is best to harvest on a dry sunny day. Put the seeds for a while to dry in a solar drier or on a newspaper on the windowsill. Do not forget to label them with name and date. They are best kept in paper bags or glass jars with holes in the lid (to prevent condensation in the pot). Allow vegetables such as zucchini, peas, beans etc. to hang on the plant until they are fully rip . To harvest seeds you cut the fruit open, collect the seeds as clean as possible and let them dry again. Tomato seeds can be put with their own juice, in a row of about 7 on some kitchen paper. In spring you can cut a row of kitchen paper and so sow the seeds with the paper included. This will ensure that they sprout at a good distance from each other in the seedbed.



For some plants it is best to multiply them not through seeds, but vegetatively. there are many different ways that vegetables propagate.

Strawberries: They make small runners out from the mother plant, connected by threads.

Cut the threads once the young plants have developed roots, and plant them in another bed.

Preferably in August.

Garlic: Multiplies by the cloves. Choose beautiful, large, sturdy cloves and plant them in late August to November.

Blackberries: they form arches and take root in the soil where their head touches the soil again.

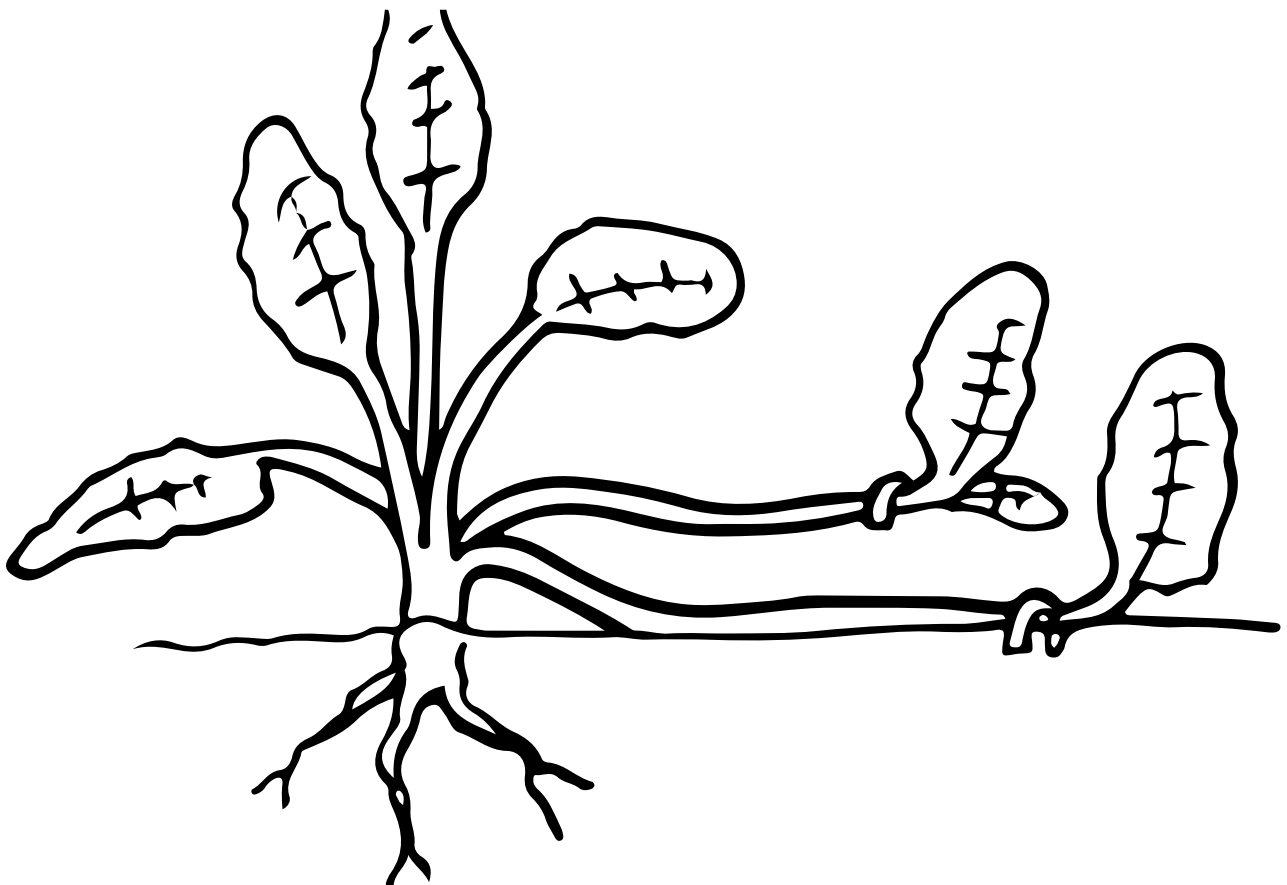
Jerusalem artichoke: the tubers you have not harvested will regrow next year.

Plant them in places where they can always come back without interfering or becoming a problem.

This way you can use them as a kind of hedge.

Mint and Raspberry : Forms rhizomes from which new plants spring out.

Grapes: Grapes can be multiplied by taking a branch and placing it on the ground, it just needs to be touching. Then you hold it in place with something, for example a brick, and it will shoot new roots.



Calendar

- Planting
- Outdoor seeding
- Harvest
- Indoor seeding

	jan	feb	mar	apr	may	june	july	aug	sept	okt	nov	dec
Basil												
Broccoli/cabbage/ Kohlrabi												
Broccoli/cabbage/ Kohlrabi												
bellpepper												
bean												
bean												
beetroot												
beetroot												
carrot												
carrot												
chives												
chives												
chervil												
chervil												
cucumber												
coriander												
coriander												
corn salad												
corn salad												
celery												
celery												
endive												
endive												
garlic												
kale												
lettuce												
mustardleaf												
mustardleaf												
nasturtium												
orache												
orache												
	jan	feb	mar	apr	may	june	july	aug	sept	okt	nov	dec

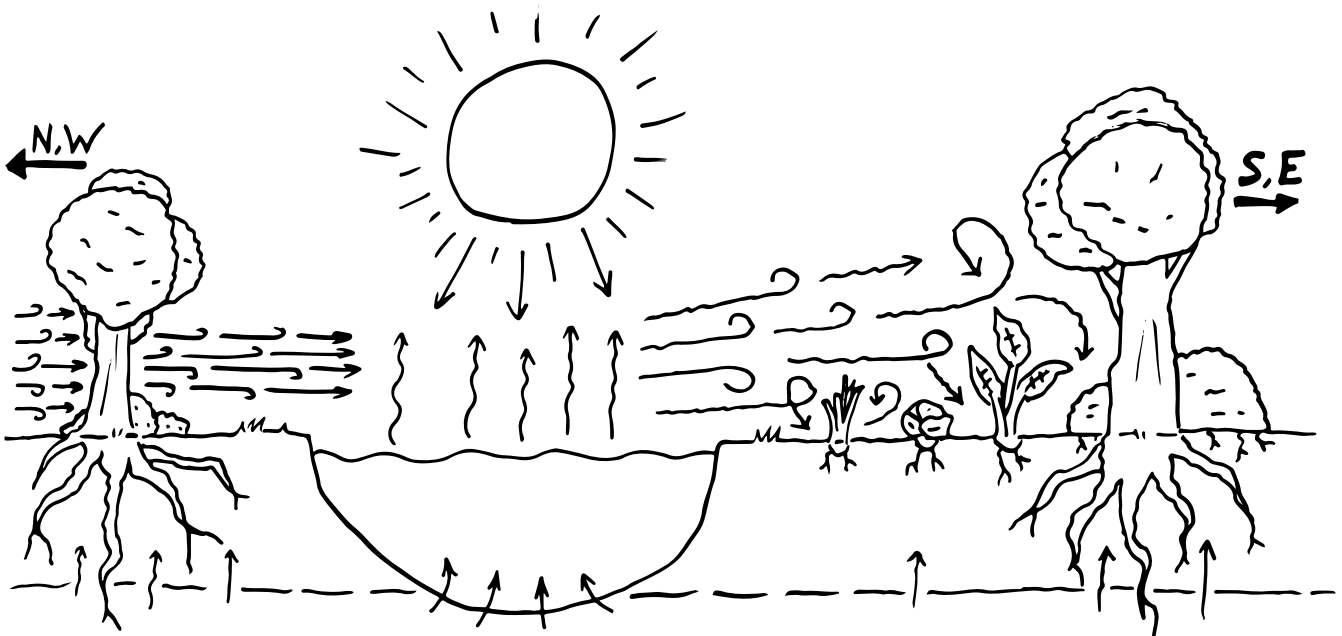
- Planting
- Outdoor seeding
- Harvest
- Indoor seeding

	jan	feb	mar	apr	may	june	july	aug	sept	okt	nov	dec
onion												
parsnip												
parsley												
parsley												
pumpkin												
pea												
pea												
russian leak												
russian leak												
radish												
radish												
rocket												
rocket												
swisschard												
swisschard												
summerpurslane												
summerpurslane												
summer leak												
summer leak												
strawberry												
strawberry												
spinach												
spinach												
shiso												
tomato												
winterpurslane												
winterpurslane												
winter leak												
wild fennel												
wild fennel												
zucchini												
zucchini												
	jan	feb	mar	apr	may	june	july	aug	sept	okt	nov	dec

Care of the vegetable garden



In Belgium we often suffer from too much water rather than too little, and depending on your location you should make sure that your soil is not sogged. Look at your piece of land, notice where the water accumulates and how it gets out.

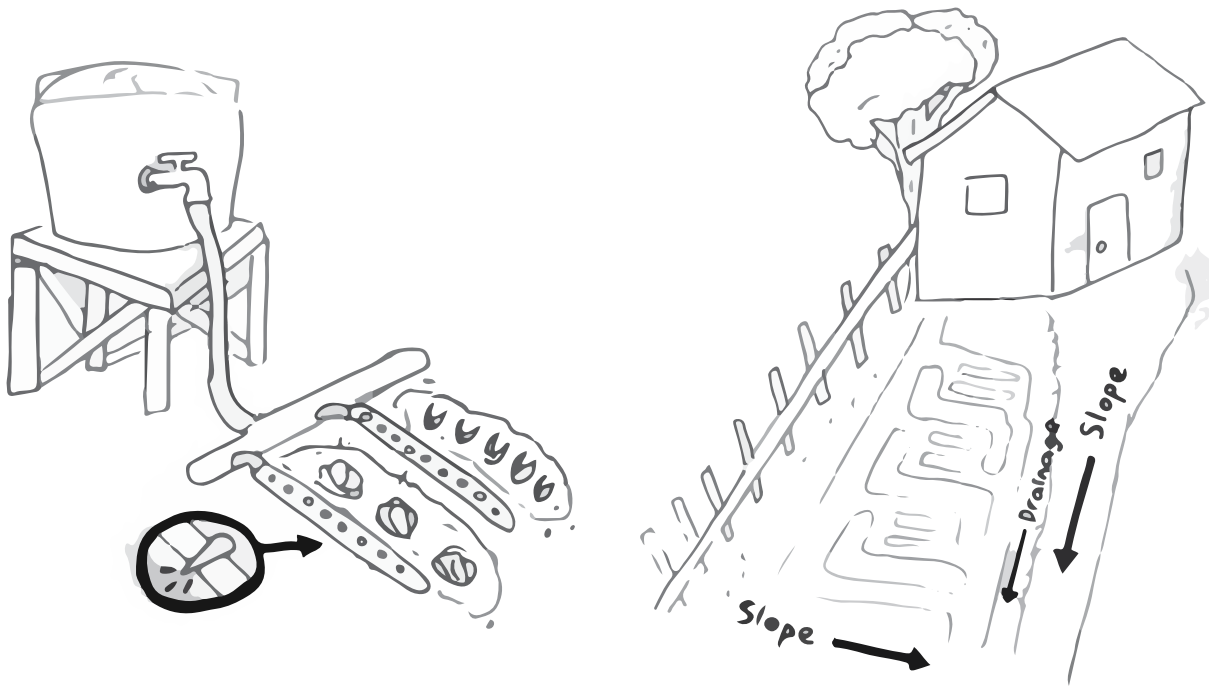


Improve this step by step, create raised beds where necessary.

Look where the highest point is and if possible place a water reservoir there. Try to catch as much water as possible for watering. For example rainwater from roofs/greenhouses.

A soil that is covered with plants, does not dry out contrary to what most people think.

Plants let water evaporate, but they also allow water to condensate, this brings the water into a cycle. This cycle allows the water to be active, alive and healthy. Try to use this on a larger scale in your garden. You can place a pond in the direction of the wind, with trees or a hedge on the other side, so when the water of the pond evaporates, it will remain on your land because of the wind barrier. This creates a microclimate, and can also raise the temperature of your land. Without such a design, the water evaporates and blows away.



In pots, tubs and greenhouses you need regular watering, sometimes even daily, especially in summer when the days are hot and sunny.

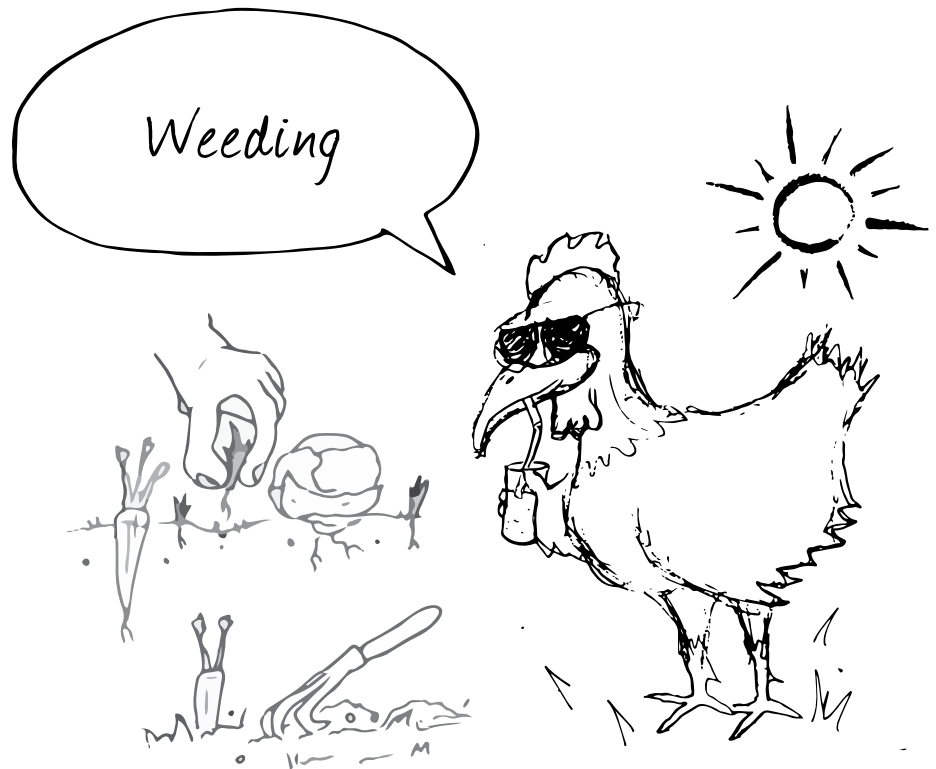
Watch your land, do not look superficially but feel at a depth of 5cm, is the ground wet or not? If not, it can use some watering.

In a Belgian garden you should almost never have to give water, only in extreme drought or when transplanting. The capillary force (a soil can suck up water from the water level through its pores) of a good soil is very strong. A soil rich in organic matter can hold much more water than a poor soil. Morning or evening watering will ensure you do not burn the leaves of the plants.

Be careful not to give too much water, because the plants will grow rapidly and their cells will become stretched. This makes them more susceptible to diseases. In addition, slow-growing plants have a better taste. This is one of the reasons why home grown vegetables taste better than fast-grown vegetables from the shop.

If the leaves of the plants wilt than they probably have too little water .

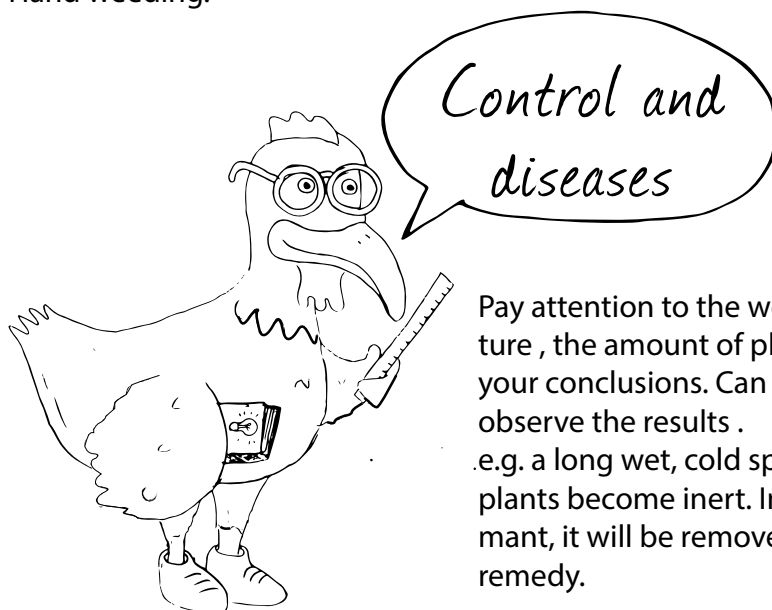
In a 1m² box weeding is very simple, just pull a few weeds each time you harvest something and your 1sqm will remain weed free. The only difficult thing is recognizing which are seedlings you have sown yourself, and what are just weeds coming up. Therefore it is best to keep track of where you have sown what, to be sure you do not pull out anything edible. This way you also learn to recognize the seedling stage of your plants.



On a larger surface area, there are several ways of weeding.

The false seedbed. Scratch your soil pretty clean and ready to sow, but do not seed yet. Wait a week until the weeds have sprouted again. Scratch over the soil again on a sunny day so that they dry and have less chance of coming back. You can repeat this several times. You can even do this after you have sown, as long as you know that the seeds you have sown will not germinate (depending on weather conditions) you can still scratch. This is difficult because if you do it when seeds you have sown are germinating, then you will kill any potential seedlings.

If you seed a quick-germinating seed in the row of slower germinating vegetables you can scratch between the rows before you see the slower germinating vegetables come up. Do this very carefully. Hand weeding.



Don't try to fight diseases, fungi and insect pests. You don't win anything by fighting symptoms. Look what causes the problem and try to do next year better if possible.

Pay attention to the weather, the water, your soil, the temperature, the amount of plants and diversity, and from this draw your conclusions. Can you improve a situation? If so, try this and observe the results.

e.g. a long wet, cold spring attracts a lot of snails because your plants become inert. In nature, when something becomes dormant, it will be removed. Sowing and planting again is the only remedy.

Harvesting, storage and processing of vegetables



Get to know your veggies to learn the best time for harvesting. Most vegetables are simply best harvested when they are ripe. There are exceptions, for example peas can be harvested early, before they are mature or when they are fully dry.

Leafy greens are best harvested leaf by leaf, this way the leaves will grow back, so you can get more out of a plant. Leafy greens can't generally be stored very long. But for best results, rinse them with cold water and store them in the refrigerator for up to a week.

Onion, garlic, pumpkin and potatoes are best harvested when the plant is brown and parched. Then they keep longer.

The best time to harvest is in the cooler hours of the morning or evening.

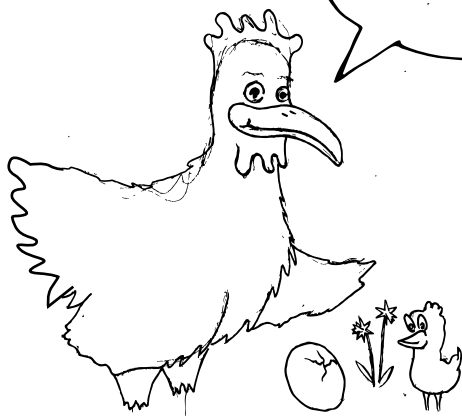
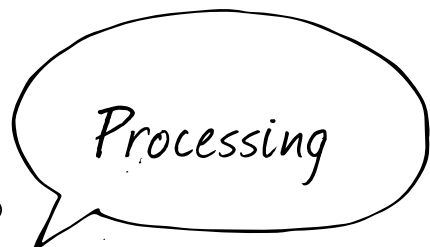
Make sure you do not damage the fruit and keep them cool and dark.



Harvesting, storage and processing of vegetables



The best place to keep your vegetables fresh is: alive in the soil in your garden.
Some vegetables are stored for the winter. Like pumpkin, parsnip, carrot, beetroot, garlic, onion, potatoes and apples. After harvest, remove the damaged and soft fruits and eat them as rapidly as possible. Cut the greens of parsnips, carrots, and beetroots off as close as 0.5cm.
Hang onions and garlic to dry in bunches.
Place everything in a dark cool place, roughly 3-15°C
Regularly go through your vegetable stocks, and take note of the ones that are starting to go bad.
These should be used first to reduce waste.
Roots vegetables can be kept longer in airtight containers with sand.



Fruits and vegetables can be processed in various ways to keep them through winter and spring. Possibilities are : jam, drying, pickling, chutney and sauerkraut.
Request recipes to your neighbors, friends and family or look in books or on the internet for other recipes.

Plukrijp pot

We seed every month a variety of vegetables in pots at plukrijp. You can put these pots on your windowsill to harvest regularly or you can use them to transplant into the garden or 1m²box. There are a lot of different seeds in 1 pot, so keep the pot after you transplanted the first plants, more will come.

You can get the pots at:

Plukrijp, trommelstraat 24, Schriek, www.plukrijp.be

Ecokot, kattenberg 81, Borgerhout, www.ecokot.org

Giveawayshelve, vanbrandt poort, Lier.

If somebody knows a good distributionpoint, let us(plukrijp) know.



1m² box

This is a box of 1m² filled with compost and soil. We divide the box into 9 plant squares of 30 by 30 cm. The advantage of this box is that it is simple and it doesn't take much space, time and knowledge. You can place the box everywhere, on the terrace, the street, in the garden... If there is no contact between the earth and the box then it has to be at least 25 cm high. The box can be upgraded with poles on the corners or a wall on the side for climbing plants.

You can buy a box or you can build it yourself with old or new wood.
We build them at plukrijp, contact us if you are interested.

On the next pages we give a littlebit of information about vegetables and we give a grid. The grid is based on 1 of the 9 squares of a 1m²box, so it's around 30 by 30 cm. In this grid we give examples about what, when and where to seed.

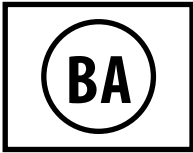
This won't happen exactly like shown but it can give some inspiration.
We left a lot of the grids open, so you can try to fill it in yourself.

When you fill in a grid, you have to take into account the season, the maturity time of a plant and the space(underground and above ground) a plant takes through it's life.

We would like to get some feedback on the grids.

Legend

BA basil	HC headed cabbages	RL russian leek
BR broccoli	HR horseradish	RA radish
BF bronze fennel	JA jerusalem artichoke	RM rosemary
BR beetroot	KL kale	RO red orache
BC black currant	KO kohlrabi	RC rocket
CH chives	LA lavender	SB strawberry
CF cauliflower	LB low green bean	SL sugar leaf
CE curly endive	LE lettuce	ST shallot
CV chervil	ML mustard leaf	SN spinach
CC cucumber	ME melon	SC swiss chard
CA coriander	MT mint	SU summer leek
CS corn salad	MA marigold	SF sunflower
CO corn	NA nasturtium	SP summer purslane
CR carrot	ON onion	SO sorrel
CL celery	PT potato	TB thai basil
DL dill	PB preacher toe bean	TH thyme
DC david chervil	PE pea	TM tomato
FE fennel	PR parsnip	VE vervenne
GR grape	PA parsley	WL winter leek
GA garlic	PU pumpkin	WP winter purslane
HA harish	RB raspberry	ZU zucchini



Basil

Ocimum

PLANTING

Preseed the basil in march behind the window.

Transplant them in may. Leave at least 30 cm between every plant, they grow wide and high.

Of course you can put other plants around them, for example low growing plants like rocket.

HARVESTING

Harvest regulary the heads, new shoots will come and the plant will become thicker.

Harvest the whole plant before it starts to freeze.

PROPAGATION

Leave the plant as long as possible and stop harvesting the heads, he will go to seed very late in the season, somewhere in september.

Harvest the seeds when they're dry.

EXTRA

Make pesto from your excess basil in august/september - a whole winter's delight

HARVESTING GRID

BA BASIL

- WP** Winter purslane
- RA** Radish
- RN** Runner Bean
- CA** Coriander
- RC** Rocket
- CV** Chervil
- LE** Lettuce
- GA** Garlic
- SB** Strawberry
- ML** Mustard leaf
- SN** Spinach
- CR** Carrot

15 april			1 may			5 june			10 july			
WP	WP	WP	WP	LE	RA	LE	RN	LE	LE	SB	CA	CA
WP		WP		RA	RA	RA	LE	BA	LE	CA	BA	CA
WP	WP	WP	LE	RA	RA	RA	LE	LE	LE	CA	CA	CA
			RA	RA	RA	RA						
			LE	RA	LE	RA						

let 1 winter purslane go to seed. preseed basil in march. the left top corner is the corner of the whole box, place a pole so the runner bean can climb. basil stays till september/october.

25 april			1 june			1 september		
ML	RC	ML	ML		ML	SN	SN	SN
RC	BA	RC		BA		GA	GA	
ML	RC	ML	ML		ML	SN	BA	SN
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						SN	SN	SN

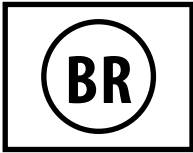
preseed basil in beginning of march. let the mustard go to seed.

25 april			25 june			1 september			30 september		
CR	CR	CR	BR	BR	BR	BR	CV	BR	BR	CV	BR
CR	BA	CR	BR	BA	BR	CV	BA	CV	CV	SN	CV
CR	CR	CR	BR	BR	BR	BR	CV	BR	BR	CV	BR

preseed basil in beginning of march.

25 april					15 june			15 august			15 oktober		
SN	CV	SN	CV	SN	SN	CV		LE			CV	CV	CV
RA				RA	RA			LE			CV	GA	SN
SN		BA		SN		BA		LE			CV	GA	SN
RA				RA				LE			SN	SN	SN
SN	RA	SN	RA	SN	LE	LE	LE	LE	LE	LE			

preseed basil end of march. let spinach, raddish and chervil go to seed. the seeds of spinach and chervil sprout themselves.



Beetroot

Beta vulgaris

PLANTING

Seed from march till july. When the growth stops (too cold or too dry) they can start making seeds.

HARVESTING

Around 3 months after seeding.
The earlier and the later they are seeded the slower they grow.

PROPAGATION

Harvest the ones that went to seed because of the growth stop or leave some plants and wait till they make seeds in spring.

EXTRA

Autumn harvest can be kept in a dry cool place for months

HARVESTING GRID

BR BEETROOT

- RA** Radish
- KO** Kohlrabi
- CA** Coriander
- BC** Black Currant
- SN** Spinach
- RC** Rocket
- LE** Lettuce
- LB** Low green bean
- ML** Mustard Leaf
- CV** Chervil
- CS** Corn Salad
- PA** Parsley

15 march	25 april	15 june	25 july																																																																
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let 1 mustardplant go to seed.

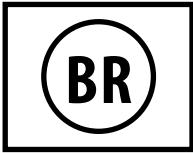
harvest the big broccoli, don't remove the plant, small broccolis will follow.

10 september	15 april	15 may	15 july																																																				
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SN	BC	SN																																																					
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RC	RC																																																						
LE	PA	LE																																																					
RC	RC																																																						
LE	LE	LE																																																					

let 1 beetroot go to seed. protect against heavy frost.

let the broccoli, beetroot, chervil and spinach go to seed.

harvest the seeds, let some fall down.



Broccoli

Cymosa

PLANTING

For an early harvest, you can preseed behind a window in february, transplant them in april and harvest in june/july.
A later harvest can be sown outside in april and harvested in august.
The autumn harvest is sown in june and harvested in october and november.

HARVESTING

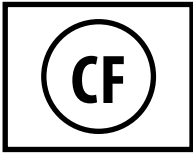
Harvest the big broccoli, leave the plant, small broccolis will follow.

PROPAGATION

Don't harvest the broccoli. Have patience, it will go to seed.
Harvest the seeds.

EXTRA

Broccoli will keep on giving small heads when it is not too hot, so autumn plantings can go a long way into winter&even spring harvests



Cauliflower

Botrytis

PLANTING

Early cauliflowers should be pre-seeded in februari, you transplant them in the middle of april and you can harvest them in june/july.

A later harvest can be seeded outside in april and harvested in august.

The autumn harvest is seeded in june and harvested in october/november.

HARVESTING

The moment the cauliflower shows up, you can fold one of the leaves over the head, this way it stays nicely white. This is not necessary.

Harvest depending of sowing moment.

PROPAGATION

Don't harvest the cauliflower, the flowers will come, wait till the seeds are dry. Harvest them.

EXTRA

Avoid growing cauliflower too early in spring, growth-stops make small heads

HARVESTING GRID

CF CAULIFLOWER

- ML** Mustard leaf
- SN** Spinach
- LB** Low green bean
- WP** Winter leek
- RA** Radish
- CE** Curly endive
- LE** Lettuce
- PA** Parsley
- GA** Garlic
- BR** Beetroot
- SP** Summer purslane
- RO** Red Orache

15 april			1 june			15 july			15 october		
ML	LE	ML	ML	PA	ML	CA	PA	CA	WP	PA	WP
LE	CF	LE	PA	LB	PA	PA	LB	PA	PA	WP	PA
ML	LE	ML	ML	PA	ML	CA	PA	CA	WP	PA	WP

preseed in the beginning of february.
let coriander go to seed.
some corianders will sprout again.

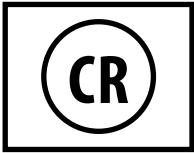
25 april					1 june			10 july			25 july		
BR	RA	SP	RA	BR	BR	SP	BR	LE	LE	LE	LE	LE	LE
RA	RA	RA	RA	RA	SP	CF	SP	LE	CF	LE	LE	LB	LE
SP	RA	CF	RA	SP	BR	SP	BR	LE	LE	LE	LE	LE	LE
RA	RA	RA	RA	RA									
BR	RA	SP	RA	BR									

not preseeded.

15 june			25 august			15 september			15 october		
CE	RO	CE	CE	SN	CE	CE	SN	CE	CS	SN	CS
RO	CF	RO	SN	CF	SN	SN	GA	SN	SN	GA	SN
CE	RO	CE	CE	SN	CE	CE	SN	CE	CS	SN	CS

5 march					5 april								
CS	CS	CS	CS	CS	CR	CS	CR						
CS	CS	CS	CS	CS	CS	CF	CS						
CS	CS	CF	CS	CS	CR	CS	CR						
CS	CS	CS	CS	CS									
CS	CS	CS	CS	CS									

preseed cauliflower in the beginning of february.
let some corn salads go to seed.



Carrot

Daucus carota

PLANTING

Seed regularly from february till april&from july till august

HARVEST

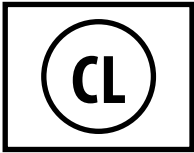
Harvest from june till november

PROPAGATION

Carrots are bi-annuals, leave a few carrots in the field, they will go to seed the next spring

EXTRA

You can seed in may also but carrot-fly might come&lay its eggs in your carrots in summer



Celery

Apium graveolens

PLANTING

Seed in spring, between februari and april.

HARVESTING

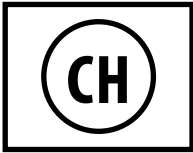
Cut it back regulary.

PROPAGATION

It's a bi-annual plant, so after the winter it will shoot to make seeds. Harvest a part of it, let a part fall.

EXTRA

It grows fast and is tasty in soup and salad.



Chives

Allium schoenoprasum

PLANTING

the easiest way is to transplant. Chives make new sprouts, so you get a little bush with a lot of plants. Take some and plant them somewhere else. You can do this the whole year except for moments with extreme weather like very hot or very cold.

HARVESTING

Chives is a perennial, it can be cut the whole year, but of course it grows a lot slower in the winter. The flowers can be used in a salad.

PROPAGATION

Transplant the new plants.

EXTRA

A good green-onion substitute.

HARVESTING GRID

CH CHIVES

- RM** Rosemary
- TH** Thyme
- SP** Summer purslane
- CS** Corn Salad
- LB** Low green bran
- CR** Carrot
- MT** Mint
- FE** Fennel
- CL** Celery
- LE** Lettuce
- HC** Headed cabbages
- ML** Mustard leaf

1 may	1 august	1 october	1 february
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">RM</div> </div> <div style="text-align: center; margin: 10px 0;">MT</div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">TH</div> <div style="text-align: center;">FE</div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">RM</div> </div> <div style="text-align: center; margin: 10px 0;">MT</div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">TH</div> <div style="text-align: center;">FE</div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">RM</div> </div> <div style="text-align: center; margin: 10px 0;">MT</div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">TH</div> <div style="text-align: center;">FE</div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">RM</div> </div> <div style="text-align: center; margin: 10px 0;">MT</div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">TH</div> <div style="text-align: center;">FE</div> </div>

25 april	15 june	25 september	15 may
<div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">SP</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-between; padding: 10px 0 0 10px;"> <div style="text-align: center;">SP</div> <div style="text-align: center;">CL</div> <div style="text-align: center;">SP</div> </div> <div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">SP</div> <div style="text-align: center;">CH</div> </div>	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">CA</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-between; padding: 10px 0 0 10px;"> <div style="text-align: center;">CA</div> <div style="text-align: center;">CL</div> <div style="text-align: center;">CA</div> </div> <div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">CA</div> <div style="text-align: center;">CH</div> </div>	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">CS</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-between; padding: 10px 0 0 10px;"> <div style="text-align: center;">CS</div> <div style="text-align: center;">CL</div> <div style="text-align: center;">CS</div> </div> <div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">CS</div> <div style="text-align: center;">CH</div> </div>	<div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">LE</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-between; padding: 10px 0 0 10px;"> <div style="text-align: center;">LE</div> <div style="text-align: center;">LB</div> <div style="text-align: center;">LE</div> </div> <div style="display: flex; justify-content: space-between; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">LE</div> <div style="text-align: center;">CH</div> </div>

cut the celery back to give the coriander some space.

cut the celery back to give the corn salad some space.

15 march	25 may	15 july	15 august
<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">SN</div> <div style="text-align: center;">SN</div> <div style="text-align: center;">SN</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">CR</div> <div style="text-align: center;">CH</div> <div style="text-align: center;">SN</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">SN</div> <div style="text-align: center;">SN</div> <div style="text-align: center;">SN</div> </div>	<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">SN</div> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">CR</div> <div style="text-align: center;">CH</div> <div style="text-align: center;">LE</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> </div>	<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">ML</div> <div style="text-align: center;">CA</div> <div style="text-align: center;">ML</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">CA</div> <div style="text-align: center;">CH</div> <div style="text-align: center;">CA</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">ML</div> <div style="text-align: center;">CV</div> <div style="text-align: center;">ML</div> </div>	<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">ML</div> <div style="text-align: center;">PA</div> <div style="text-align: center;">ML</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">PA</div> <div style="text-align: center;">CH</div> <div style="text-align: center;">PA</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">ML</div> <div style="text-align: center;">PA</div> <div style="text-align: center;">ML</div> </div>

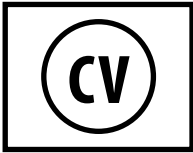
let 1 spinach plant go to seed.

parsley for early spring harvest.

15 april	1 july	1 october	15 april
<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">CH</div> </div> <div style="text-align: center; margin: 10px 0;">HC</div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">RC</div> <div style="text-align: center;">RC</div> <div style="text-align: center;">RC</div> </div>	<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">LB</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">LB</div> <div style="text-align: center;">LB</div> <div style="text-align: center;">LB</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">RC</div> <div style="text-align: center;">RC</div> <div style="text-align: center;">RC</div> </div>	<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">GA</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">CS</div> <div style="text-align: center;">CS</div> <div style="text-align: center;">CS</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">RC</div> <div style="text-align: center;">RC</div> <div style="text-align: center;">RC</div> </div>	<div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">CH</div> <div style="text-align: center;">GA</div> <div style="text-align: center;">CH</div> </div> <div style="display: flex; justify-content: space-around; padding: 10px 0 0 10px;"> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> </div> <div style="display: flex; justify-content: space-around; padding: 0 10px;"> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> <div style="text-align: center;">LE</div> </div>

preseed the headed cabbage in february.

rocket goes to seed, let the seeds spread, transplant the abundance of plants.



Chervil

Anthriscus cerefolium

PLANTING

Seed regularly from february till august. Seeded in june till august gives nice plants for the winter.

HARVESTING

Cut it back the whole year until it freezes very hard.cover it with straw or sawdust against deep frost+eastern winds

PROPAGATION

Seed it in spring, cut it a couple of times and let it go to make seeds.
Harvest a part of these seeds and let a part fall on the soil.
In august, september and the next spring these seeds will sprout again.

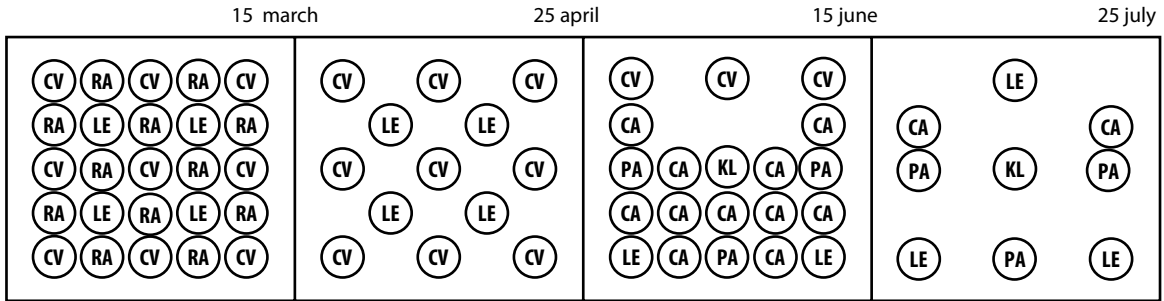
EXTRA

A good soil cover in autumn and winter.

HARVESTING GRID

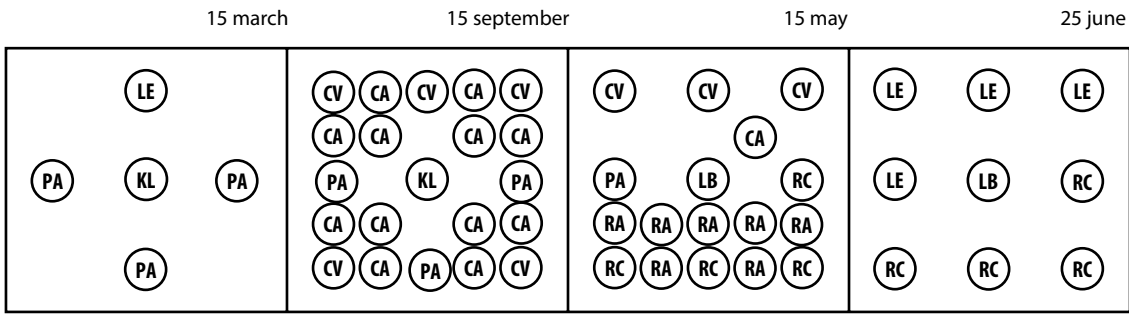
CV CHERVIL

- RA** Radish
- KL** Kohlrabi
- CA** Coriander
- BC** Black Currant
- GA** Garlic
- RC** Rocket
- LE** Lettuce
- LB** Low green bean
- ON** Onion
- CV** Chervil
- CS** Corn Salad
- PA** Parsley



let some chervils go to seed.

harvest the chervil seeds, let some of them fall. let 2 coriander plants go to seed.

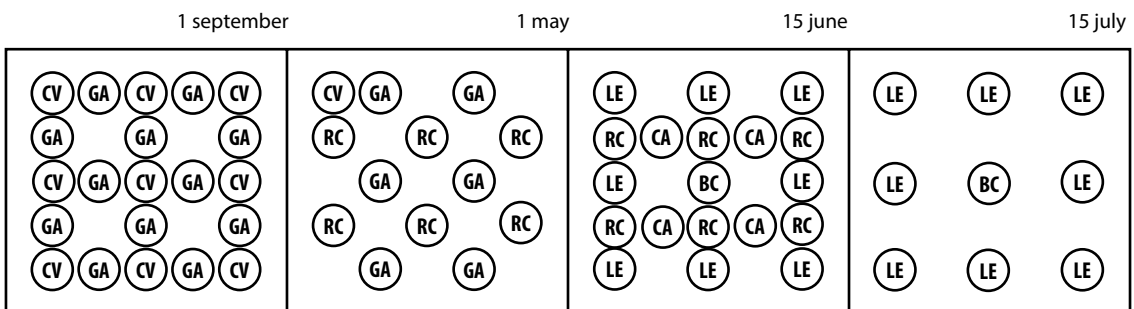
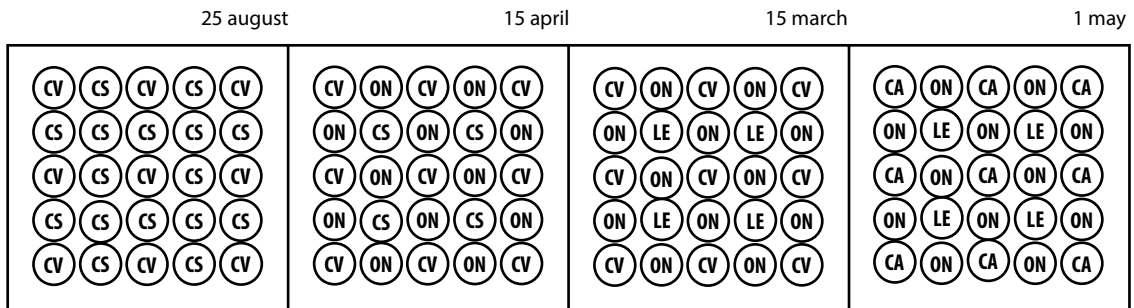


continuing of the row above. harvest the coriander seeds, let some fall down.

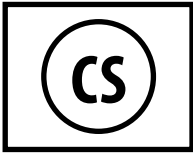
coriander and chervil sprout themselves.

let the coriander, chervil and parsley go to seed.

spread out the seeds.



let 1 chervil go to seed.



Corn salad

Valerianella locusta

PLANTING

Seed from august till february.

HARVESTING

From october untill april.

PROPAGATION

In spring corn salad will go to seed. Harvest the seeds early summer&dry them for autumn seeding..

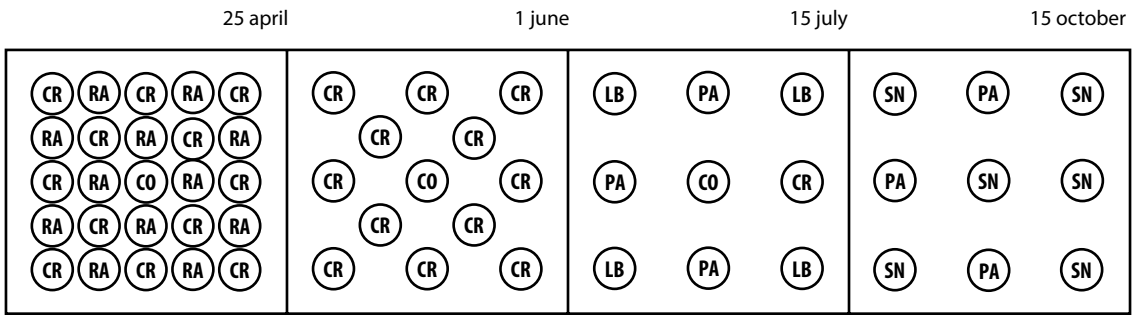
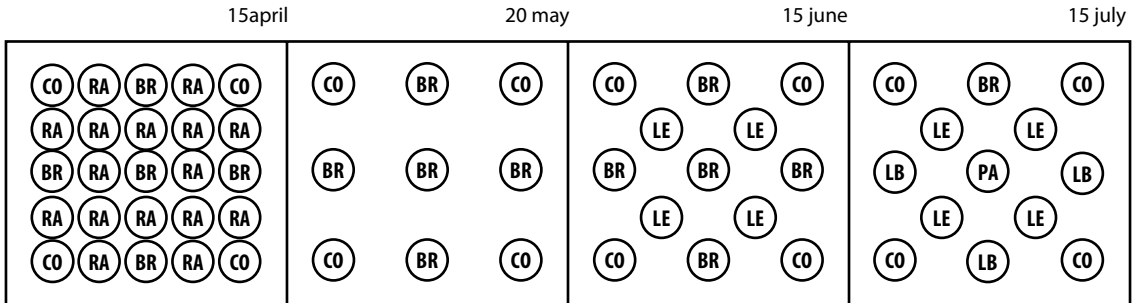
EXTRA

A good cover crop for winter.

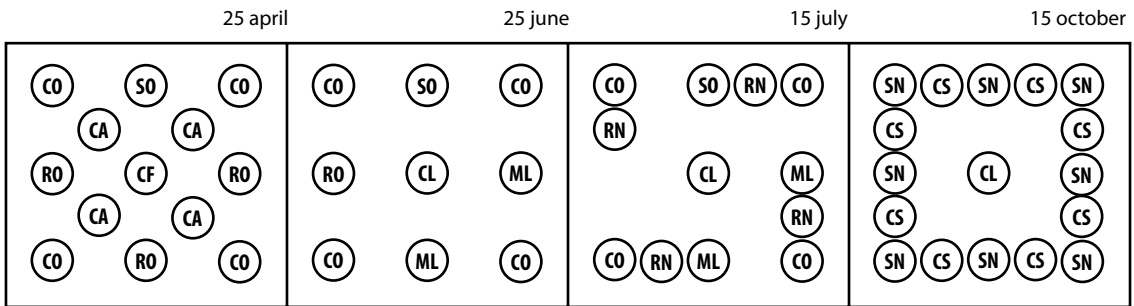
HARVESTING GRID

CS CORN SALAD

- RA** Radish
- BR** Beetroot
- CA** Coriander
- ML** Mustard leaf
- GA** Garlic
- CL** Celery
- LE** Lettuce
- LB** Low green bean
- CO** Corn
- CF** Cauliflower
- ZU** Zucchini
- PA** Parsley



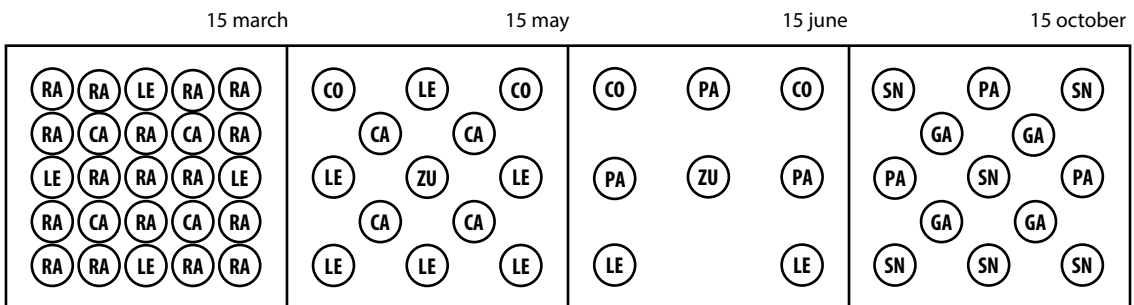
let 1 carrot go to seed.



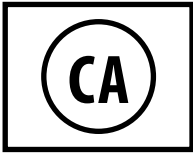
preseed the cauliflower mid february.

let 1 orache go to seed.

let the runner bean climb on the corn.
it's only possible if the corn is big enough.



preseed the zucchini.



Coriander

Coriandrum sativum

PLANTING

Seed them regularly from march till august.

HARVESTING

Harvest the leaves regularly.
The seeds can also be used in cooking.

PROPAGATION

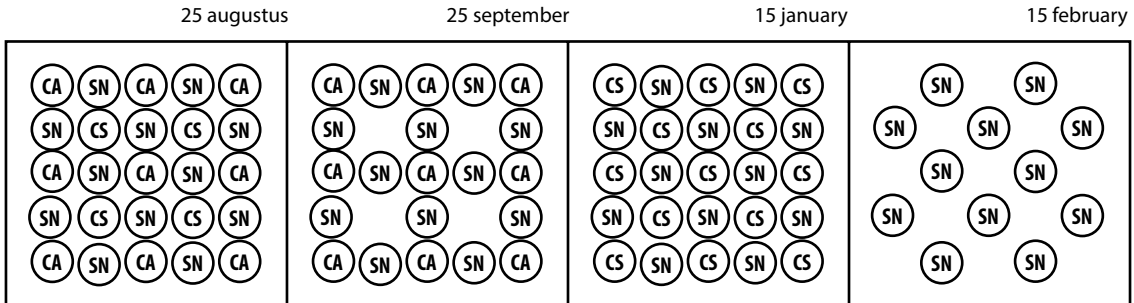
In the summer the coriander shoots very fast into making seeds, let them dry on the plant.
Harvest them and let a part fall down.

EXTRA

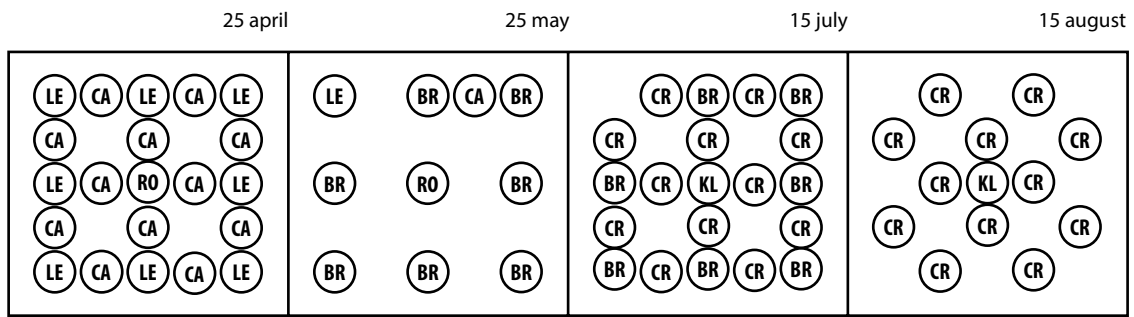
HARVESTING GRID

CA CORIANDER

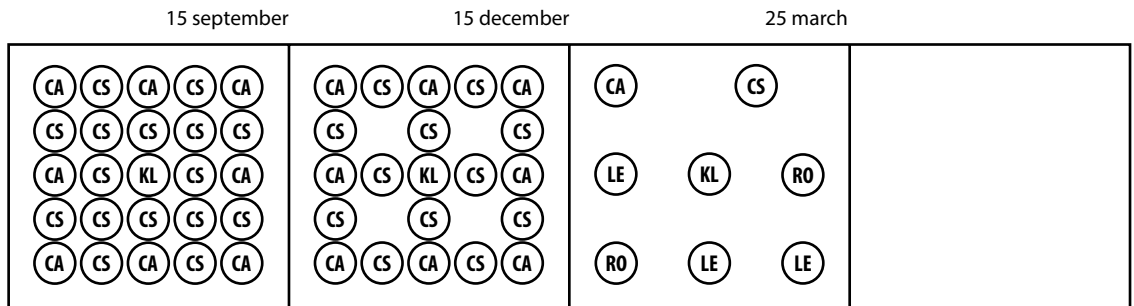
- SN** Spinach
- KL** Kohlrabi
- CA** Coriander
- RO** Red oranche
- LE** Lettuce
- CS** Corn Salad
- BR** Onioin
- KL** Kale



the date is te day after first frost.
coriander dies, cut spinach back.

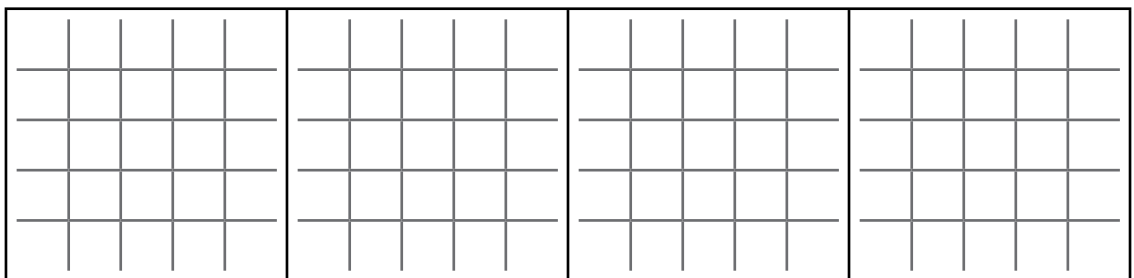


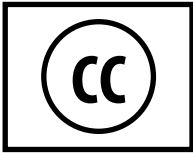
let 1 lettuce and 1 coriander go to seed. harvest the lettuce, coriander and red orache seeds, let some fall down.



continuation of row above.

lettuce and red orache sprouts themselves. let coriander and corn salad go to seed.





Cucumber

Cucumis sativus

PLANTING

Preseed the cucumber behind a window in march. Transplant it in april/may.
Make a climbingwall on your 1m² box.

HARVESTING

Harvest the cucumber before they turn yellow&too big.
A bent cucumber is just as delicious as a straight one.

PROPAGATION

Let the cucumber become very big, ripe and yellow.
Cut the seeds out. Let them dry.

EXTRA

Cut of the armpitshoots, if not the plant will overgrow everything&make too many fruits.

HARVESTING GRID

CC CUCUMBER

- RA** Radish
- BA** Basil
- KO** Kohlrabi
- ML** Mustard leaf
- PE** Pea
- SN** Spinach
- LE** Lettuce
- SP** Summer purslane
- BR** Beetroot
- RN** Runner Bean
- ON** Onion
- CF** Cauliflower

15 april	15 may	15 june	1 august																																																																										
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preseed the cucumber in march or buy it.

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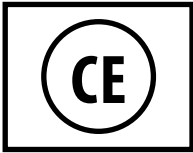
preseed cucumber and basil.

15 april	25 may	15 june	15 july																																			
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preseed cucumber and zucchini in march. or buy them.

1 september	1 february	15 april	15 may																																																												
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preseed cauliflower and cucumber beginning of march.



Curly endive

Cichorium endivia

PLANTING

It's a typical autumn plant, seed in june/july.
They grow very wide.

HARVESTING

September till november.

PROPAGATION

seed the plant in spring, it will go to seed fast.

EXTRA

Endives get the last summerenergy out of the ground and air.
They store it for nice energetical wintersalads full of vitamins.

HARVESTING GRID

CE CURLY ENDIVE

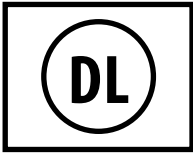
- CA** Coriander
- HC** headed cabbages
- SN** Spinach
- CF** Cauliflower
- SP** summer purslane
- WP** Winter purslane
- SL** Sugar leaf
- GA** Garlic
- LE** Lettuce
- BR** Beetroot
- PA** Parsley
- KO** Kohlrabi

15 july	1 september	15 october

15 april	15 june	15 july	15 september

15 april	15 may	15 july	15 august

15 may	25 june	15 july	1 october



Dill

Anethum graveolens

PLANTING

Seeding in spring. It becomes a big and wide plant.

HARVESTING

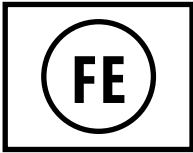
Keep on harvesting leaves.

PROPAGATION

Let one plant go to seed, harvest some seeds and let a lot of them fall.
The new plants will sprout without any help, transplant them or give them to the neighbors.

EXTRA

A good substitute for rootfennel.



Fennel

Foeniculum vulgare

PLANTING

Fennel without the ball. Seed in spring or summer or ask for plants from a neighbour.
Fennel with a ball requires big amounts of water, so probably best grown
end of summer for harvest before frost.

HARVESTING

Harvest leaves&flowers regularly.
Cut the plant back often, otherwise you get only seeds.

PROPAGATION

Let thre plant go to seed&dry them, partly for the kitchen, partly for next season's seeding.
Wild fennel is a perennial.

EXTRA

Make tea from the dried or fresh seeds



Garlic

Allium

PLANTING

Plant nice and big cloves in september/october or in february.

The ones you plant in september/october will grow leaves before the winter and their roots will keep on growing in the winter.

They will be stronger and bigger than the ones you plant in february.

HARVESTING

Fresh garlic can be harvested from march.

Garlic to conserve should be harvested when the leaves are totally brown.

Somewhere in june.

PROPAGATION

Keep the nicest cloves.

EXTRA

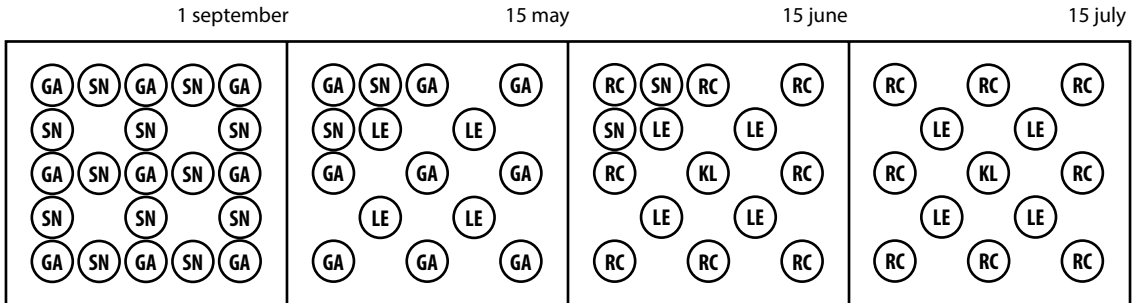
Garlic grows up, combine it with plants that grow wide, like spinach.

Do not fear the smell/taste ! In combination with parsley&celery&strawberries the smell does NOT spread to the plants around it.

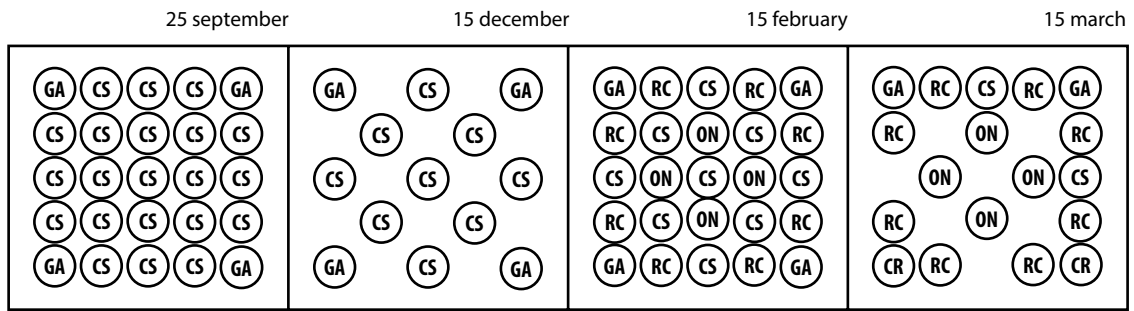
HARVESTING GRID

GA GARLIC

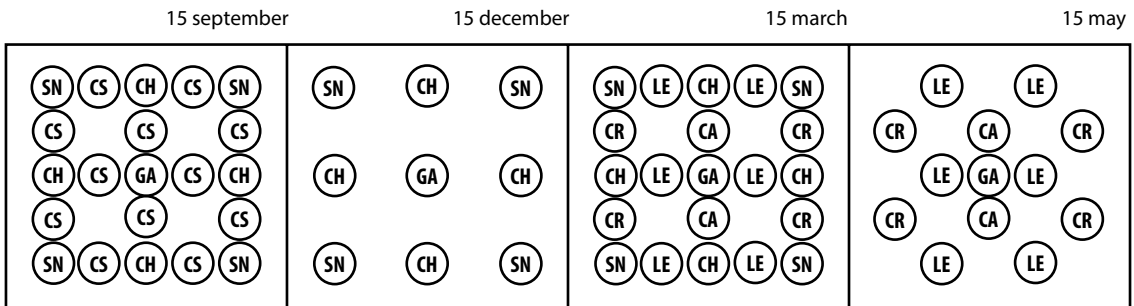
- CA** Coriander
- RC** Rocket
- SN** Spinach
- CR** Carrot
- CS** Corn Salad
- ON** Onion
- CH** Chives
- LB** low green bean
- LE** Lettuce
- KL** Kale
- PE** Pea
- KO** Kohlrabi



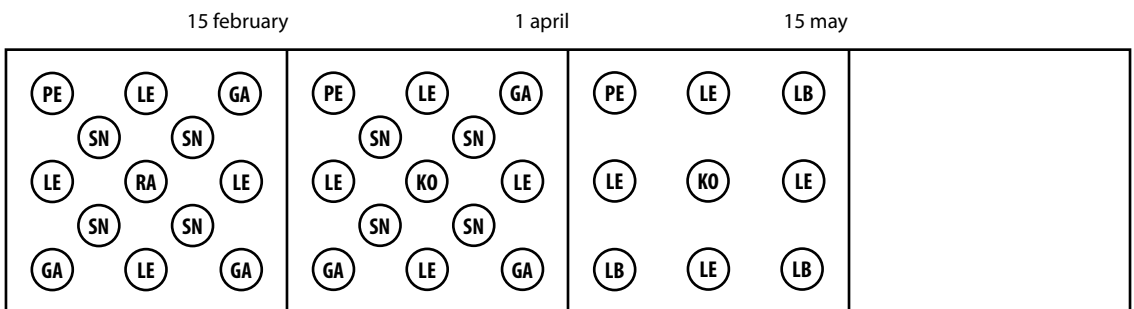
let 2 spinachs go to seed.



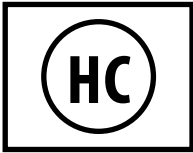
let 2 corn salads go to seed, harvest the fresh garlic.



the chervil stands there since august.



the pea stands in the corner of the box.
preseed kohlrabi behind a window.



Headed cabbages

Brassica oleracea

PLANTING

Preseeding in february/march.
Transplanting in april.
Seeding outdoor from april till june.

HARVESTING

If regulary seeded, harvest regulary from june till november.

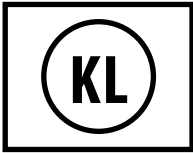
PROPAGATION

Don't harvest some of the plants, protect them against freezing. After winter they will go to seed.

EXTRA

Cabbages give you the extra vitamin C your family needs in winter. Try making sauerkraut !

erwt staat in een hoek van de bak.
zaai koolrabi voor achter glas.



Kale

Laciniata

PLANTING

sow the kale in may/june. In the end the plant will grow high and big.
To gain some space it's interesting to preseed the kale and transplant it when there is space.

HARVESTING

From november till march. After a freezing period it will taste more sweet.

PROPAGATION

Leave the kale after the winter and it will make seeds.

EXTRA

Kale is full of vitamin c

HARVESTING GRID

KL KALE

- BR** Beetroot **SN** Spinach **PA** Parsley **RA** Radish **CR** Carrot **CS** Corn salad
CV Chervil **SL** Sugar leaf **LE** Lettuce **CA** Coriander **WP** winter purslane **RC** Rocket

15 april	15 may	15 june	15 february
BR CV BR	BR CV BR	PA CV PA	PA CV PA
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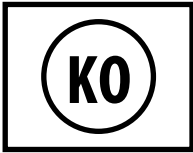
let 1 chervil go to seed, let the seeds fall. they will sprout in autumn.

15 april	10 may	20 may	15 july
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15 october	15 december	25 februari	25 may
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let rucola go to seed.

15 july	30 september	25 april	
LB PA LB	CS PA CS	LE CV LE	
PA KL PA	PA KL PA	CV SC CV	
LB PA LB	CS PA CS	LE CV LE	



Kohlrabi

Gongylodes

PLANTING

Preseed in february and march behind the window, transplant in april and may.

Seed outdoor regulary from april till june.

For a really early harvest, seed in september/october, protect against freezing and harvest in april.

HARVESTING

Regulary harvest from june till october.

PROPAGATION

Let the plant where it is until flowers and seeds come.

Harvest the seeds.

EXTRA

Very easy to grow cabbage.

HARVESTING GRID

KO KOHLRABI

- SO** Sorrel
- LE** Lettuce
- CL** Celery
- CS** Corn salad
- LB** low green bean
- SN** Spinach
- RA** Radish
- CA** Coriander
- SP** Summer purslane
- SF** Sunower
- CR** Carrot
- CH** Chives

15 march	30 april	15 june	15 july																																																																																
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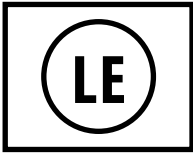
preseed the kohlrabi in january.

15 march	25 april	30 may	1 june																																																																						
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remove te coriander when it starts to go to seed.

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Lettuce

Lactuca

PLANTING

Seed regularly from february till august.

HARVESTING

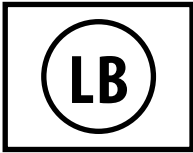
If regulary seeded then you can regulary harvest from april till december(depending on the weather)

PROPAGATION

Lettuce is an annual plant, so harvest the seeds in the summer of the plants you planted in spring.
Wait till the seeds are dry.

EXTRA

Go for different colours&forms&tasts, the world of salads is infinite.



Low green bean

Phaseolus vulgaris

PLANTING

Seed from april till july.
They like a drier soil.

HARVESTING

End of july untill september/october. Don't let them become too big.

PROPAGATION

leave some beans grow very big until they are dry. Get the beans out of it.

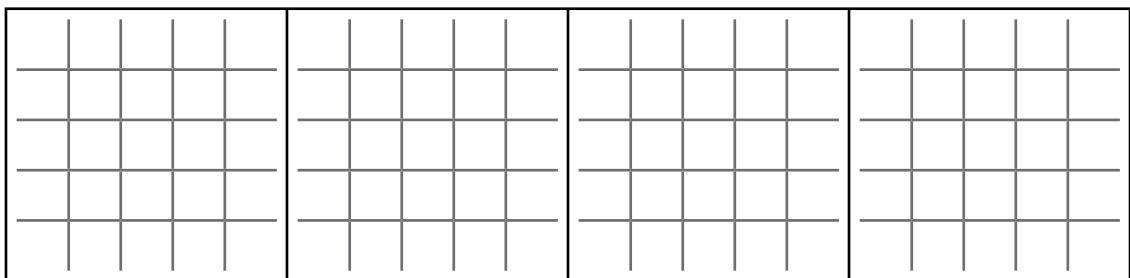
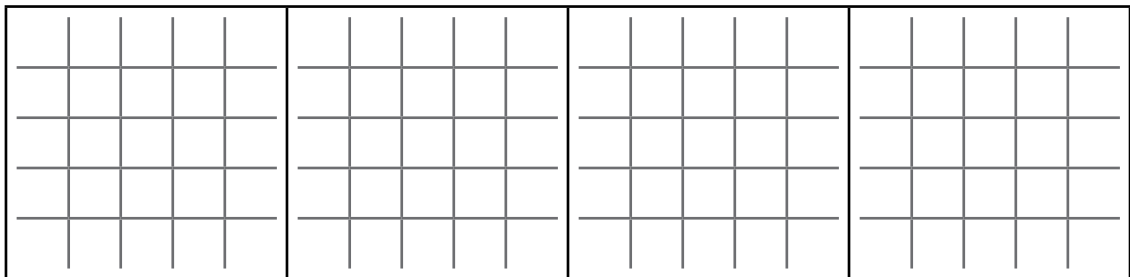
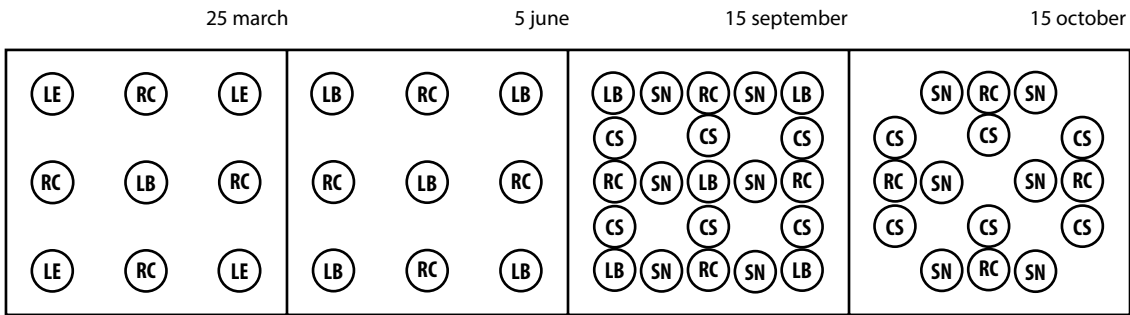
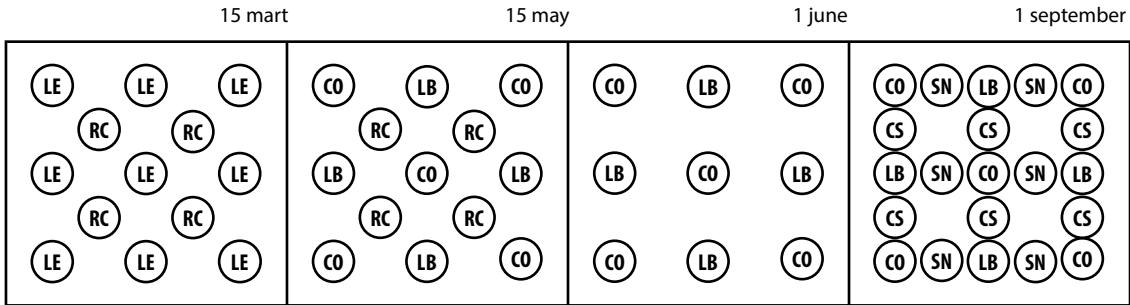
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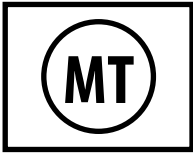
Beans like peas fixate nitrogen into the soil. Their roots go deep and improve the structure of the soil. Try to put a lot of beans on different parts of your garden.

HARVESTING GRID

LB LOW GREEN BEAN

- LE Lettuce
- CO Corn
- SN Spinach
- RC Rocket
- LB low green bean
- CS Corn salad





Mint

Mentha

PLANTING

Mint propagates through rhizomes.
Transplant some mintplants..

HARVESTING

Harvest the leaveregularly, put a plant inside in winter to keep harvesting.

PROPAGATION

Through rhizomes.

EXTRA

Take care where you put mint because it can take over all the space.

HARVESTING GRID

MT MINT

- RM** Rosemary
- FE** Fennel
- MA** Marigold
- MT** Mint
- DC** David chervil
- SF** Sunower

15 mart		15 may		1 june		1 september	
RM	MT	RM	MT	RM	MT	RM	MT
FE	DC	FE	DC	FE	DC	FE	DC

15 mart			15 may			1 june			1 september		
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Mustard Leaf

Brassicaceae

PLANTING

Seed them regularly between march and august. They can become very big.

HARVESTING

Harvest the leafs regularly for salads.
The seeds can also be used in the kitchen.

PROPAGATION

Let it grow, it will make flowers and later on seeds, wait till the seeds are dry.
Harvest them.

EXTRA

A tasty, even spicy addition to any salad/wok/soup !

HARVESTING GRID

ML MUSTARD LEAF

- (SN) Spinach
- (LE) Lettuce
- (HC) headed cabbages
- (LB) low green bean
- (MA) Marigold
- (RC) Rocket
- (RA) Radish
- (CA) Coriander
- (BR) Broccoli
- (CH) Chives
- (FE) Fennel
- (SH) Wortel

15 march	25 april	1 june	1 august																																																								
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let 1 mustardplant go to seed.

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let 1 chervil go to seed.

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preseed the broccoli in february.

harvest the seeds of the shiso, let some of them fall.



Nasturtium

Tropaeolum majus

PLANTING

Seed in may, it becomes a very big plant.

HARVESTING

The leaves and flowers are very fresh in a salad.

PROPAGATION

Leave the plant where it is, don't take all the flowers away.
In autumn there will be seeds, let them fall or harvest them.

EXTRA

If you put it in a 1m² box then put it on the side so it can grow outside the box.

HARVESTING GRID

NA NASTURTIUM

- (RC) Rocket
- (CL) Celery
- (SN) Spinach
- (MA) Marigold
- (TH) Thyme
- (LE) Lettuce
- (BR) Beetroot
- (CS) Corn Salad
- (MT) Mint
- (RM) Rosemary

25 februari			25 june			25 september			25 oktober			
(RC)	(LE)	(RC)		(BR)	(RC)		(SN)	(RC)	(CS)	(CS)	(SN)	(RC)
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(RC)	(LE)	(RC)		(BR)	(RC)		(SN)	(RC)	(CS)	(CS)		(RC)
									(CS)	(CS)	(SN)	(RC)

let the rocket go to seed.

1 may			15 september						15 oktober			
(MA)	(MT)	(MA)	(MA)	(SN)	(MT)	(SN)	(MA)	(SN)	(MT)	(SN)		
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			(CS)		(CS)		(CS)	(CS)		(CS)		
			(MA)	(SN)	(MT)	(SN)	(MA)	(SN)	(MT)	(SN)		

1 may		15 oktober			
(TH)	(NA)	(TH)	(NA)		
(RM)	(MA) (MA) (MA) (MA)	(RM)	(MA) (MA) (MA) (MA)		

preseed the basilicum end of march.



Onion

Allium cepa

PLANTING

Plant (not deep) or seed them in february and march.
They grow straight up so it's a good combination with plants that grow wide and without a bulb.

HARVESTING

Wait until the green leaves turn totally brown, somewhere in june.

PROPAGATION

Onions are bi-annual, leave de bulb in the ground, after winter it will shoot and make seeds.
Harvest the seeds when they've dried.

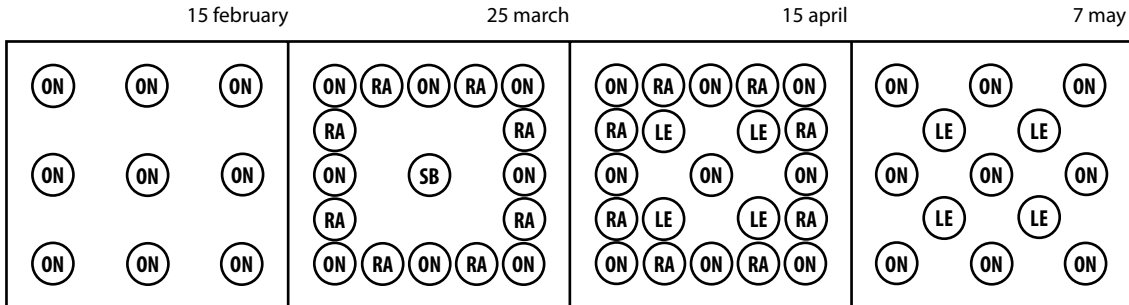
EXTRA

Onion can be used to mark lines of slowly sprouting plants.
Put an onion every meter.
Egyptian onion, russian leek and chinese chives can be used as a substitute for onion and they can be harvested the whole year through for "green onions".

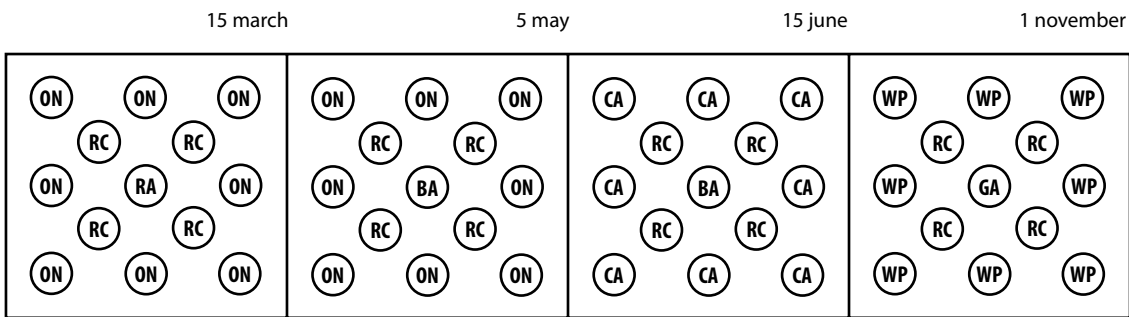
HARVESTING GRID

ON ONION

- RA** Radish
- LE** Lettuce
- BA** Basil
- WP** Winter purslane
- CS** Corn salad
- BC** Black Currant
- SB** Strawberry
- RC** Rocket
- CA** Coriander
- GA** Garlic
- SN** Spinach
- PA** Parsley

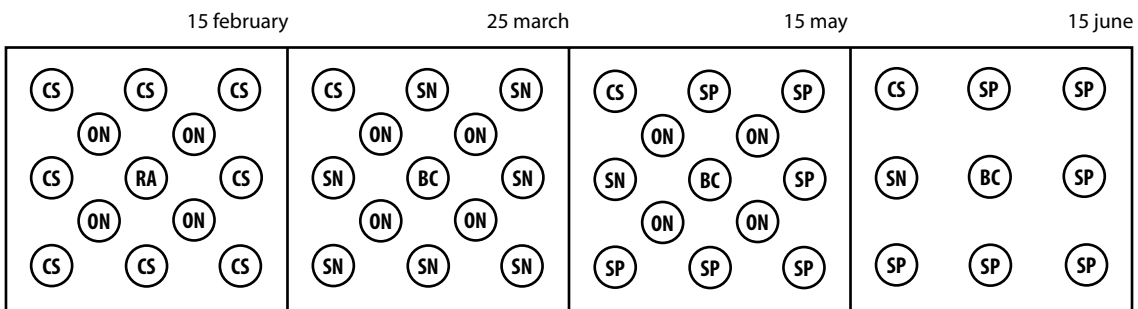


harvest the onion in june, when the stems are dry.



preseed basil end of march.

let coriander and rocket go to seed.

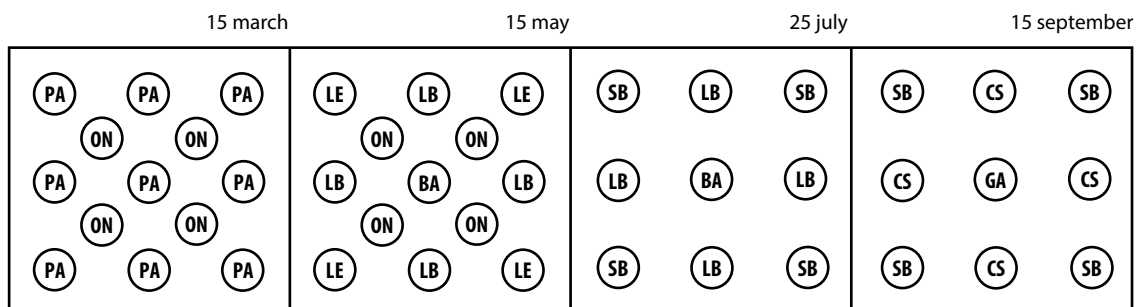


corn salad is there since september.

let 1 corn salad go to seed.

let 1 spinach go to seed.

let some summer purslane go to seed.



parsley is there since june.

preseed basil in the beginning of april.



Parsnip

Pastinaca sativa

PLANTING

Seed in rows in march, thin them later.

HARVESTING

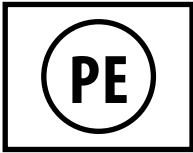
Harvest in october/november. Cut off the leaves and store cool and dry.

PROPAGATION

Let some plants in the ground, in spring they will grow and make seeds.

EXTRA

Parsnip is a good alternative to carrots



Pea

Pisum sativum

PLANTING

Peas love a wet soil, seed them at the end of february.
You can seed them again in july to get an autumn harvest.

HARVESTING

Harvest young & tender.
Try and you will know.

PROPAGATION

leave the peas on the plant till they've dried.
Harvest the dried peas in the pod.

EXTRA

Peaplants work together with bacteria to take nitrogen out of the air and fixate it in the soil.

HARVESTING GRID

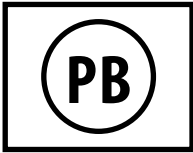
PE PEA

- SN** Spinach
- CR** Carrot
- RN** Runner bean
- ON** Onion
- HC** Headed cabbages
- PE** Pea
- SO** Sorrel
- LE** Lettuce
- CA** Coriander

15 february			1 may			1 june			15 july		
SN	SN	SN	PE	CR	CR	PE	CR	CR	RN		LE
SN	SN	SN	CR	SO	CR	CR	SO	CR		SO	LE
SN	SN	SN	CR	CR	CR	CR	CR	CR	LE	LE	LE

spinach s there since september.

25 february			15 april			15 june			15 july		
PE	ON	ON	PE	ON	ON	PE	CA	CA	LE	RC	LE
ON	ON	ON	ON	ON	ON	CA	CA	CA	RC	HC	RC
ON	ON	ON	ON	ON	ON	CA	CA	CA	LE	RC	LE



Preacher toe bean

Phaseolus vulgaris

PLANTING

Seed from may till july.

HARVESTING

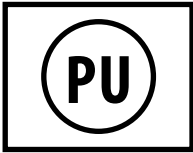
From july till october. Don't let them grow too big.

PROPAGATION

Leave some beans on the plant until they are dry. Take the beans out.

EXTRA

If seeded in time in spring you might still be harvesting next autumn if summer is humid enough.



Pumpkin

Cucurbita pepo

PLANTING

Preseed in march/april, transplant in may.

HARVESTING

Harvest the pumpkins you want to store when the plant is dead and dried, somewhere in september/october. If you harvest them earlier then they will have a thin skin and you can not store them.

PROPAGATION

Keep the seeds when you cook and dry them.

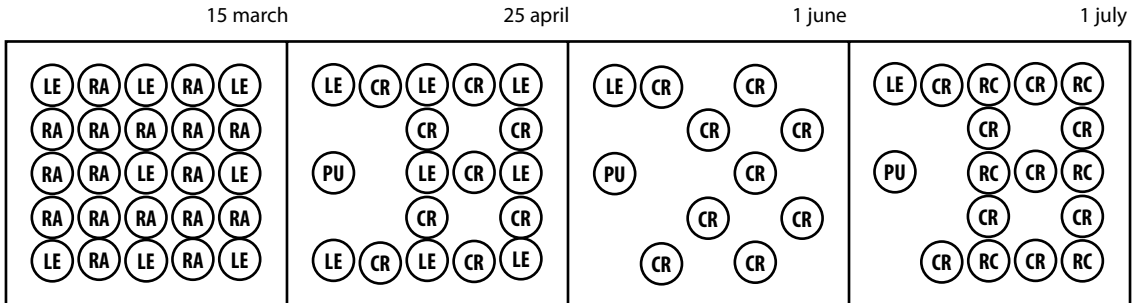
EXTRA

Pumpkin will mix with zucchini&cucumber, so get new seeds every 5th year

HARVESTING GRID

PU PUMPKIN

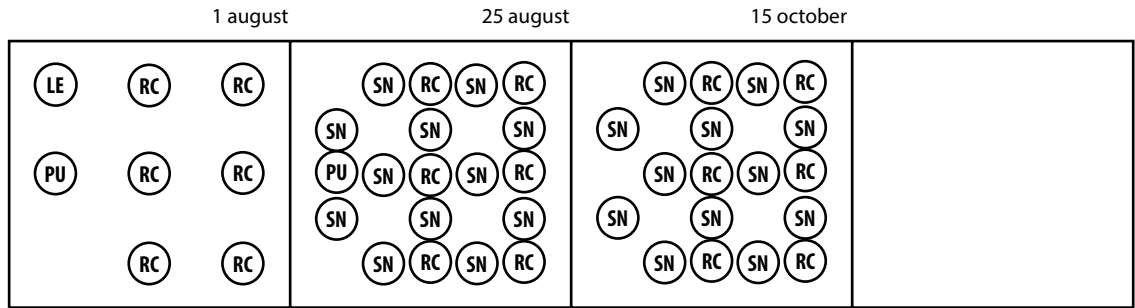
- RA** Radish
- CR** Carrot
- SN** Spinach
- LE** Lettuce
- RC** Rocket
- PU** Pumpkin



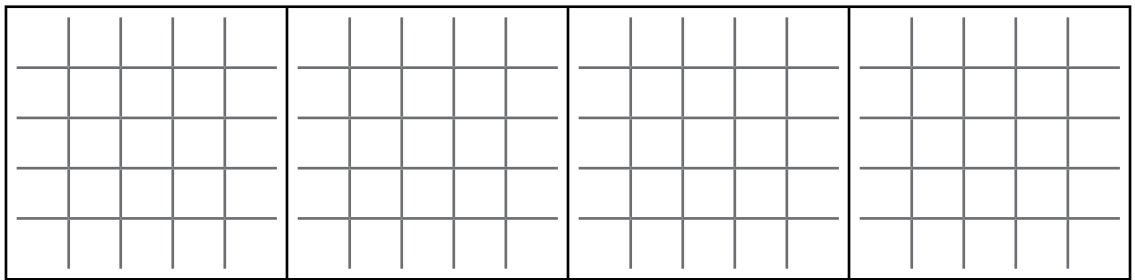
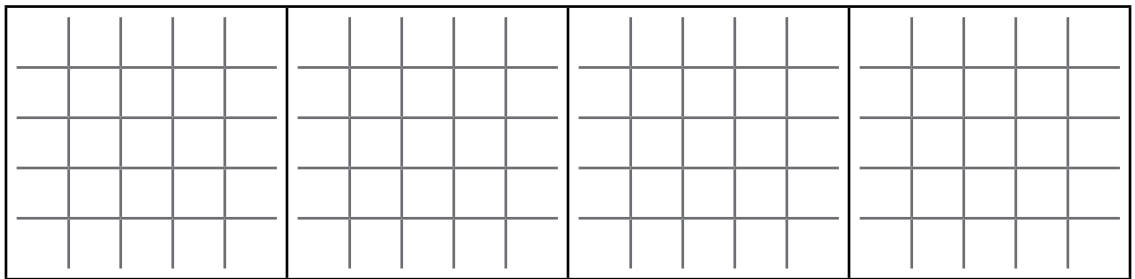
the left side is the outside of the box.
seed the pumpkin behind a window.

let the pumpkin grow over the edge.

let 1 lettuce go to seed.



resuming row above.





Radish

Raphanus sativus

PLANTING

Seed radish in spring and in autumn.
From february till may and from august till september.
If you seed regulary, you can harvest regulary.

HARVESTING

4-5 weeks after seeding.

PROPAGATION

Don't harvest the plant, it will go into seeding, wait till the seeds are dry& harvest.

EXTRA

In the 1m² box it is interesting to put it between plants that take some time to become big.
See grids. It can also be used as a fast sprouting plant in rows with slow sprouting plants,
so you can see faster where the row is and you can weed faster.

HARVESTING GRID

RA RADISH

- SU** Summer leek
- RC** Rocket
- ON** Onion
- CH** Chives
- SE** Broccoli
- CA** Coriander
- RA** Radish
- KO** Kohlrabi
- CL** Celery
- LE** Lettuce
- BR** Beetroot

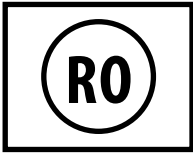
25 february	10 april		

let 1 radish go to seed.

25 february	10 april	15 juni	25 juli

25 february	10 april		

resuming of row above.



Red orache

Atriplex patula

PLANTING

Seed regularly from march till june.

HARVESTING

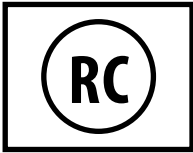
Harvest the leaves, they give salads a really nice color.

PROPAGATION

Plants seeded in spring , go to seed in june. Harvest the seeds when they are dry.

EXTRA

Beware of too many plants going to seed. It is very invasive.



Rocket

Eruca sativa

PLANTING

Seed regularly from february till august.

HARVESTING

The whole year.

PROPAGATION

They will go to seed regularly, cut them back when the seeds are dry, harvest some seeds, let some fall down.

EXTRA

Rocket gives an extra taste to any green salad



Russian leek

Allium Ampeloprasum

PLANTING

Plant some of the russian leeks, they will make shoots around themselves, after a while you will have a little bush like with chives.

HARVESTING

Cut it off, the plant will grow again.

PROPAGATION

They make shoots, transplant them or share with your neighbors.

EXTRA

Interesting substitute for leek and green-onion.

HARVESTING GRID

RL RUSSIAN LEEK

- (RL) Russian Leek
- (CL) Celery
- (RC) Rocket
- (SB) Strawberry
- (FE) Fennel
- (RA) Radish
- (LE) Lettuce
- (BR) Beetroot
- (SN) Spinach
- (ON) Onion
- (WP) Winter purslane
- (HC) Headed Cabbages

15 march			25 may			15 september			25 august		
(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)
(LE)	(CL)	(LE)	(BR)	(CL)	(BR)	(BR)	(CL)	(BR)	(SN)	(CL)	(SN)
(RC)	(LE)	(RC)	(RC)	(BR)	(RC)	(RC)	(BR)	(RC)	(RC)	(SN)	(RC)

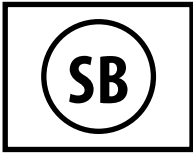
15 march			15 june			15 december					
(SB)	(RL)	(RL)	(SB)	(RL)	(RL)	(SB)	(RL)	(RL)			
(ON)	(FE)	(RL)	(WP)	(FE)	(RL)	(SN)	(FE)	(RL)			
(SB)	(ON)	(SB)	(SB)	(WP)	(SB)	(SB)	(SN)	(SB)			

15 may					15 june					15 september					25 april		
(LB)	(RA)	(RL)	(RA)	(LB)	(LB)	(RL)	(LB)	(SN)	(RL)	(SN)	(SN)	(RL)	(LE)				
(RA)	(RL)	(RA)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)				
(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)				
(RA)	(RL)	(RA)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)	(RL)					
(LB)	(RA)	(RL)	(RA)	(LB)	(LB)	(RL)	(LB)	(SN)	(RL)	(SN)	(HC)	(RL)	(SF)				

let the spinach go to seed.

1 september			15 may			15 july			15 september		
(RL)	(SN)	(RL)	(RL)	(SN)	(RL)	(RL)	(PA)	(RL)	(RL)	(PA)	(RL)
(SN)	(CH)	(SN)	(LE)	(BA)	(LE)	(PA)	(BA)	(PA)	(PA)	(SN)	(PA)
(RL)	(SN)	(RL)	(RL)	(LE)	(RL)	(RL)	(PA)	(RL)	(RL)	(PA)	(RL)

let the spinach go to seed. preseed the basilicum begin of april.



Strawberry

Fragaria

PLANTING

The best moment to plant is august, but you can plant from july till october. Put them far enough apart, minimum 25 cm. A strawberryplant gives fruits for about 3 years.

HARVESTING

When they're nicely red.

Depending on the weather and the type of strawberry between may and september.

PROPAGATION

Strawberrys make runners, baby plants attached with a thread to the motherplant.

Cut them off when they have some roots and place them somewhere else.

This way, you have a continious renewing of the plants.

EXTRA

Share your runners with family, friends and neighbors.

HARVESTING GRID

SB STRAWBERRY

- CS** Corn salad
- ON** Onion
- PA** Parsley
- BC** Black Currant
- CO** Corn
- SP** Summer Purslane
- CH** Chives
- CR** Carrot
- CV** Chervil
- RA** Radish
- SF** Sunflower
- KO** Kohlrabi

25 august	25 september	1 april	25 june

25 august	15 april	1 september	15 may
broccoli is there since june.	harvest radish after 5 weeks.		

25 april	1 june	15 august	5 march
strawberry is there since august.	harvest some of the summer purslane, let 1 go to seed	seeds carrots for the early spring, harvest corn in october.	harvest carrots, let 1 go to seed.

25 february	21 june	1 september	15 february
strawberry s there already for 2 years.			



Spinach

Spinacia oleracea

PLANTING

You can seed spinach the whole year, except when the weather is too extreme. The most interesting moment to seed them is in autumn and spring, from august till october and from february till march.

HARVESTING

Cut them back regulary

PROPAGATION

Let some plants go to seed in summer, harvest them when they're dry. Let some fall down.

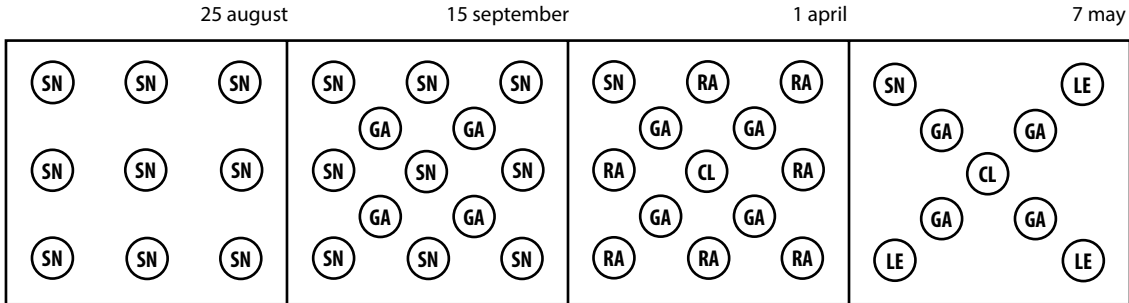
EXTRA

A good soil cover for the winter.

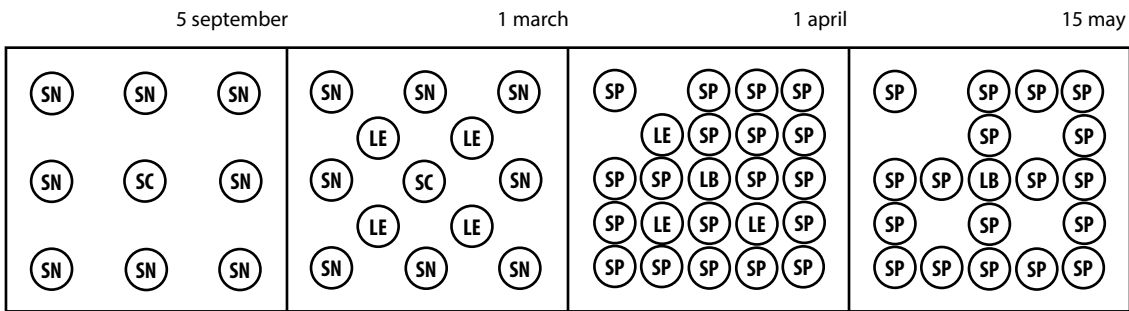
HARVESTING GRID

SN SPINACH

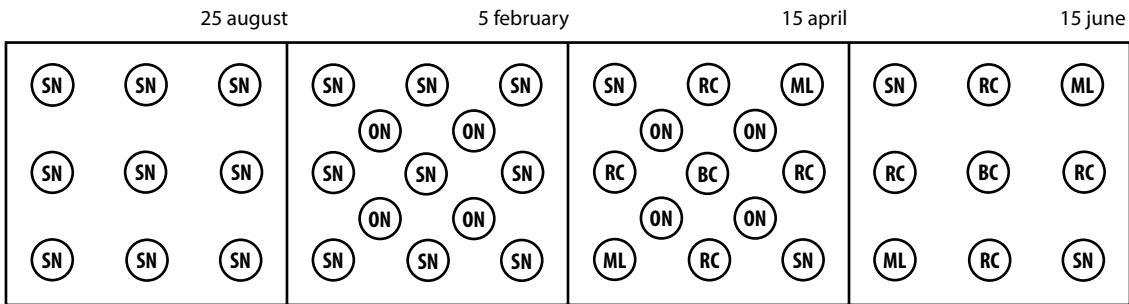
- CV** Chervil
- CL** Celery
- SC** Swiss chard
- LE** Lettuce
- RC** Rocket
- ML** Mustard leaf
- GA** Garlic
- RA** Radish
- LB** Low green bean
- ON** Onion
- BC** Black Currant
- CE** Curly endive



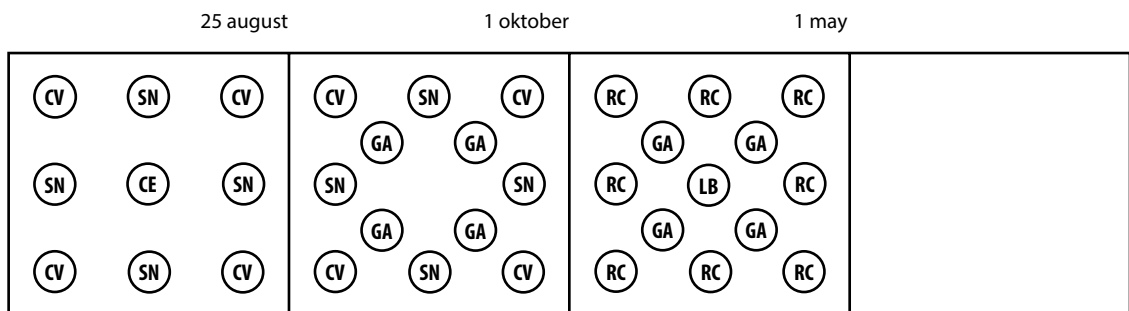
harvest the spinach for the last time, let 1 plant go to seed. harvest the spinach seeds in july.



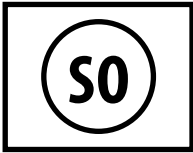
swisschard is there since may. harvest the spinach for the last time, let 1 go to seed.. give the bean more space by harvesting the purslane. harvest the spinach seed in july.



harvest spinach for the last time, let 1 plant go to seed. harvest the spinach seed in june/july.



the curly endive is there since july.



Sorrel

Rumex

PLANTING

Seed in spring

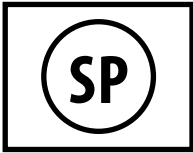
HARVESTING

Cut back regularly

PROPAGATION

Next spring the plants go to seed

EXTRA



Summer purslane

Portulaca oleracea

PLANTING

Seed regularly in spring&early summer

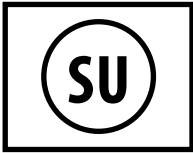
HARVESTING

Harvest regularly in spring&summer

PROPAGATION

The plants go to seed in summer, let some of the seeds fall on the ground for next year

EXTRA



Summer Leek

Allium ampeloprasum

PLANTING

Pre-seed in januari/februari
Plant in march/april

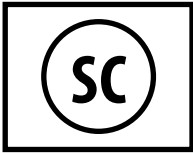
HARVESTING

Harvest in summer&autumn

PROPAGATION

Let a few plants go to seed next spring

EXTRA



Swiss chard

Vulgaris

PLANTING

Seed regularly from april to june.

HARVESTING

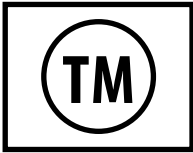
All through the year.if you protect it against strong frosts/droughts.

PROPAGATION

Chard is a bi-annual so it will go to seed the next spring. Harvest the seeds in summer/autumn.Some seeds will give you early plants for salads&soups. But they will go to seed after growth stops(cold spring/dry summer)

EXTRA

During the Middle Ages gardens grew mostly chards, many different varieties.



Tomato

Solanum lycopersicum

PLANTING

Preseed in march behind a window. Transplant in may.

HARVESTING

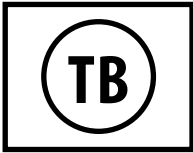
In summer. Avoid leaf excess by trimming regularly.

PROPAGATION

Get the seeds out of the tomato with a knife. Glue them with the juice that stays around the seed on kitchenpaper. Make rows of 7 seeds. In spring you can cut the rows of and seed the plants together with the paper.

EXTRA

Take the armpitshoots (new shoots that grow out of the connection between the leaf and the plant) out. This way the plant can grow high instead of like a bush. Put the plants far away from eachother (1 or 2 meters) it prevents them from getting mildew. In general it's good to put the same type of plants far enough away from each other. In between them you can grow cucumbers, beans, melons,... . Give plants who grow outside a little roof to prevent them to become mouldy.



Thai Basil

Perilla frutescens

PLANTING

Seed in spring, from april till may.

HARVESTING

Harvest regulary for salad or to dry.

PROPAGATION

It's an annual plant, harvest the seeds in summer when they're dry.

EXTRA

You can make excellent pesto from thai basil (shiso)



Winter leek

Allium ampeloprasum

PLANTING

Seed in june

HARVESTING

From december to april, right after winter they grow suddenly very quickly

PROPAGATION

Leave a few plants on the field, they will go to seed the next spring

EXTRA



Winter purslane

Claytonia perfoliata

PLANTING

Seed winter purslane from august till november

HARVESTING

You can harvest the leaves all through winter

PROPAGATION

In springtime they go to seed, throw the seeded plants on the soil, harvest some seeds, next autumn they will come back

EXTRA

Very good groundcover for winter



Zucchini

Zucchini

PLANTING

Pre-seed the zucchini in march behind a window and transplant it in april. Seeding again in june gives a late autumn harvest.

HARVESTING

Harvest the zucchini in the beginning when they're small (like in the store), this stimulates the growth. Later you can let them become bigger.

PROPAGATION

Let one courgette grow very big and totally ripe, harvest, cut open, dry the seeds.

EXTRA

If you lead the plant it can grow very long, you might even lead it up vertically

HARVESTING GRID

ZU ZUCCHINI

- SN** Spinach
- RO** Red Orache
- ZU** Zucchini
- CS** Corn salad

25 january			15 april			15 may	15 february
SN	SN	SN	SN	SN	SN		SN
SN		SN	SN	ZU	SN	ZU	ZU
SN	SN	SN	SN	SN	SN		

preseed the zucchini at the end of february. let 1 spinach go to seed.

15 april		15 july	15 august	15 september							
RO		RO		RO		ZU	CS	CS	CS	CS	CS
	ZU		ZU		ZU		CS	CS	CS	CS	CS
RO		RO					CS	CS	CS	CS	CS

preseed the zucchini end of february. let the red orache go to seed.

Resources

- Food and Agriculture Organizations of UN - *Environment and Natural Resources Working Paper*
- European Soil Portal - *Atlas of Soil Biodiversity*
- Ecologisch Leven en Tuinieren
- Hans Peter Rusch / Hans Muller
- Edwin Pfeiffer

People who have worked on this book

- Frank Ruymen
- Pieter Vastmans
- Zia Aliyev
- Scott Corey Wilson
- Sebastian Gibberd
- Jon Davison
- Marcello Carlo Negri
- Helena Bulens

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