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Beginner lessons for Garden to Table

Transform Your Garden into a Sustainable Food Source!

DEFINITION

Garden to Table is the practice of growing your own food and using it in meals. It promotes sustainability and healthier eating habits.

KEY CONCEPTS

Soil Health

Healthy soil is essential for growing nutritious plants. Use compost to enrich it.

Seasonal Planting

Planting according to the seasons ensures better growth and yields. Research what grows best in each season.

Pest Management

Use natural methods to control pests, such as companion planting or organic sprays, to maintain a healthy garden.

Harvesting Techniques

Learn the right time and method to harvest crops to maximize flavor and nutrition.

Meal Preparation

Incorporate freshly harvested ingredients into your meals for enhanced taste and nutrition.

EXAMPLES

- Grow tomatoes and basil for a fresh caprese salad.
- Use herbs from your garden to flavor homemade soups.
- Create a stir-fry with seasonal vegetables from your backyard.

MEMORY TIPS

- ★ Remember 'S-P-H-M' for Soil, Planting, Harvesting, Meal preparation.
- ★ Visualize a plate filled with homegrown food to connect gardening with meals.
- ★ Associate each season with specific crops to remember when to plant.

COMMON MISTAKES

- ✗ Overwatering plants, leading to root rot.
- ✗ Planting out of season, resulting in poor growth.
- ✗ Neglecting pest control, causing crop damage.

QUICK RECAP

Garden to Table emphasizes growing your own food for healthier meals. Focus on soil health, seasonal planting, and proper harvesting techniques to maximize your garden's potential.