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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 consuming it directly. It promotes sustainability, health, and a connection to nature.

KEY CONCEPTS

Soil Health

Healthy soil is crucial for growing nutritious plants. It can be improved with compost and organic matter.

Seasonal Planting

Planting according to the seasons ensures better growth and yields. Different crops thrive at different times of the year.

Companion Planting

Some plants grow better together, enhancing growth and deterring pests. For example, tomatoes and basil are great companions.

Harvesting Techniques

Proper harvesting methods help maintain plant health and maximize yields. Use sharp tools and harvest at the right time.

Preserving Food

Learn methods like canning, freezing, or drying to extend the life of your harvest. This reduces waste and keeps food available.

EXAMPLES

→ Grow tomatoes and basil together for a flavorful summer salad.

→ Start a compost bin to enrich your garden soil.

→ Pick ripe vegetables in the morning for optimal freshness.

MEMORY TIPS

★ Remember 'SPSHP' for Soil, Planting, Companion, Harvesting, Preserving.

★ Visualize a garden with seasonal colors to recall planting times.

★ Use the phrase 'Fresh From My Garden' to connect growing and eating.

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 health and sustainability. Key concepts include soil health, seasonal planting, and proper harvesting techniques. Avoid common mistakes like overwatering and planting out of season for a successful garden.