

What to grow to fill your plate?

- a potager: an edible garden
- permaculture and other design concepts
- soil for optimal growing
- seeds and plants suited to your microclimate and your family
- hyperlocal, hyperfresh: eating well



what to grow: what's a potager



- literally a French word for a soup made from vegetables, potagers began as walled, monastic gardens in medieval Europe
- an edible garden, a food garden, a kitchen garden
 - with vegetables and fruits
 - with flowers for eating, cutting, functional purposes (attracting bees and other beneficial insects or medicinal)
 - with abundant herbs for cooking and companion planting
- aesthetic and architectural elements (trellis, arbor, bench, permanent paths and borders)

what to grow: why a potager

- soup-to-soup gardening: spring through winter
- plant to plate proximity
- hyperlocal, hyperfresh
- organic, living space
- creative expression that relaxes the mind and restores the spirit with colors, scents and flavors that gratify and please



what to grow: permaculture and other design concepts

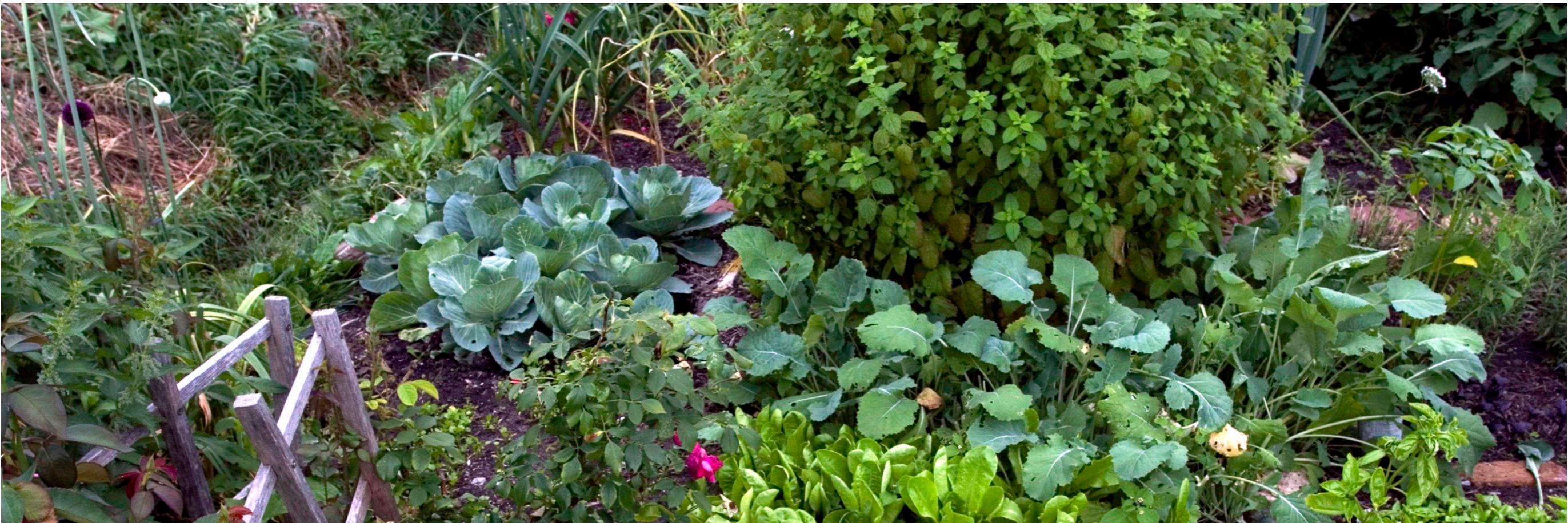
- 6 or more hours of direct sunlight: south exposure, not excessive shade
 - full sun all day for a good harvest: tomatoes, peppers, garlic
 - partial shade: parsley, onions, spinach, lettuces, cabbage, raspberries
 - shade trees and hot buildings
- access to water
- basics of permaculture: zones 0-6 for crop production close to home (zone 0)
 - zone 1: closest to home, food crops based on growing cycle and frequency of harvest, e.g., salad greens, herbs
 - zone 2: crops more permanent and requiring less maintenance, e.g. raspberry canes, berries, fruit trees; broccoli, onions and garlic
 - zone 3: large, single harvest crops, e.g., corn, sweet potatoes

what to grow: permaculture and other design concepts -- con't

- companion planting
 - beneficial: pest control, soil enrichment, symbiosis, e.g., milpah
 - aesthetics: contrasting colors, similar colors
- interplanting
- intensive block planting: scarce real estate
- succession planting: seasonality and soil enrichment, e.g., kale follows spinach

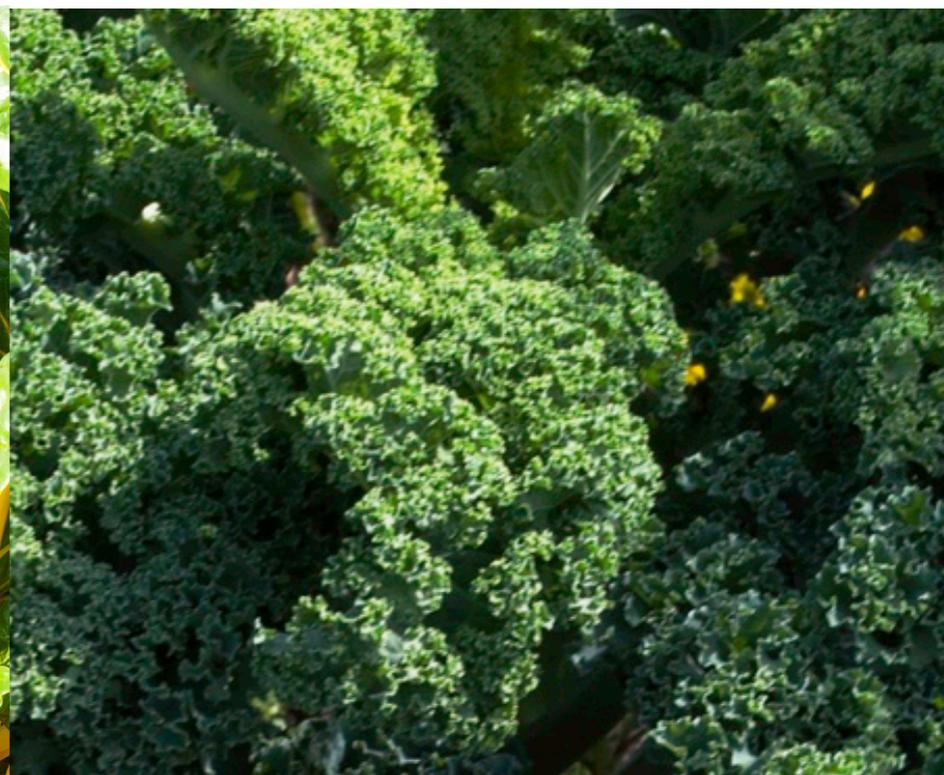
what to grow: rich soil

- living mulches
 - green mulch, cover crops
 - brown mulches
- organic fertilizer
- water dechlorinator filter



what to grow: seeds and plants suited to your microclimate and your family

- foods you and your family like to eat
- **superfoods!**
 - foods that in combination provide the quintessential, nutritious human diet
 - introducing foods that may be unfamiliar to your plate



what to grow: seeds and plants suited to your microclimate and your family -- con't.

leaves			vegetable fruits	
stems, shoots & bulbs			seeds & pods	
vegetable flowers			herbs	
roots & tubers			fruit	

what to grow: seed and plant how-tos



- back of seed packets and seed catalogs: Seeds from Italy growitalian.com
- Johnny's Select Seed videos: johnnyseeds.com/t-video.aspx
- Harvest to Table: Steve Albert, the vegetable wizard: harvesttotable.com
- KAM Isaiah Israel farmers and other growers
- The Kitchen Gardener: thekitchengardener.com
- wing it! enjoy!

what to grow: hyperlocal, hyperfresh

the art of eating well

- pick early and often
- what to do with the great abundance harvested from your garden: pickling, drying herbs, herb vinegars and olive oil, freezing, canning, gifts



what to grow to fill your plate and other's?



“The gardens that have graced this mortal Eden of ours are the best evidence of humanity’s reason for being on Earth. Where history unleashes its destructive and annihilating forces, we must, if we are to preserve our sanity, to say nothing of our humanity, work against and in spite of them. We must seek out healing or redemptive forces and allow them to grow in us. That is what it means to tend our garden.”

-- Gardens: an essay on the human condition. Robert Pogue Harrison. 2007.



What to grow to fill your plate

Thank you.

And congratulations to KAM Isaiah
Israel Congregation on another
successful Martin Luther King, Jr.
Social Justice weekend!

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