

Grid Gardening



The easy way to grow vegetables in a small space with little effort and no waste

Grid Gardening

Thank you for supporting Forest of Hearts by choosing this easy guide to Grid Gardening, where you can grow all you can eat in just three square feet (or one metre square!).

We have selected nine easy to grow vegetables, herbs and edible flowers that can be planted directly into a shallow raised bed in May or June. Each plant is grown in its own square and our Planting Plan shows you how many to plant in each square.

Enjoy!



Fennel



Courgette

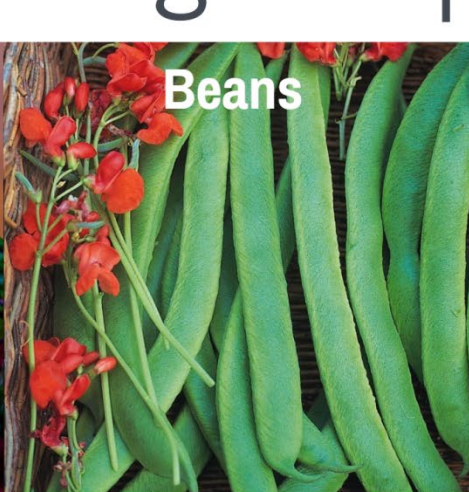


Peas

Easy to grow plants



Beetroot



Beans



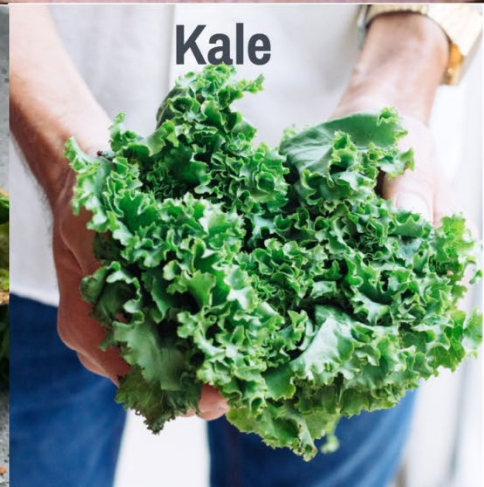
Chard



Calendula



Spinach



Kale

Grid Gardening - Steps to Success

1. Choose a sunny spot and create a shallow 1 metre square bed
2. Mark out the area with a grid to give nine equal size squares
3. Use the Planting Plan and plant seeds outdoors in May or June
4. Put the Grid Garden close to your door if you can for easy access
5. Grow shallow. Six inches of compost is all it takes for most crops
6. Sow direct into the soil using the Sowing Chart
7. Plant in squares, which is the most efficient way to plant
8. Put climbing plants on a simple frame on the North side
9. Water using a cup so the water goes to the roots
10. Harvest your produce and enjoy!

All you can eat in 3 square feet



Benefits of Grid Gardening

- Only uses a small space in beds that are easy to make or buy
- No wasted space or seeds
- Little effort needed to grow and maintain your garden
- Less water needed as water is directed at the roots
- Only plant what is needed in each square – save money
- Plant out seeds directly into the soil – no wasted effort
- Replant the square when you have harvested the first crop
- Makes best use of available sunlight
- Satisfying and productive exercise
- Suitable for all ages to enjoy and learn
- Great for your health and wellbeing!



Planting Plan

Sow all seeds outdoors directly into the Grid Garden in May-June

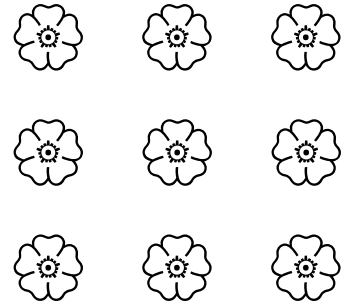
Runner Beans x 4



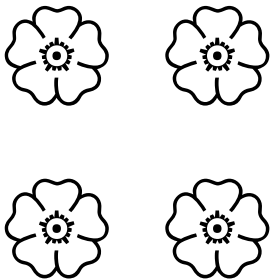
Kale x 2



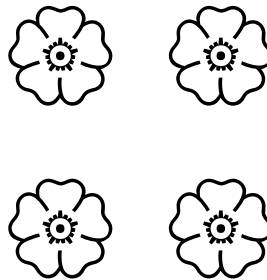
Peas x 9



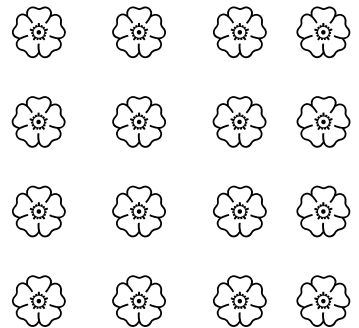
Chard x 4



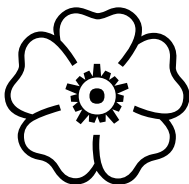
Fennel x 4



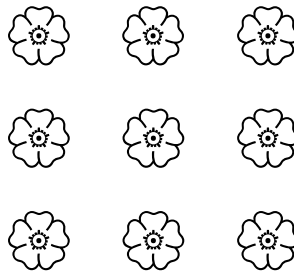
Spinach x 16



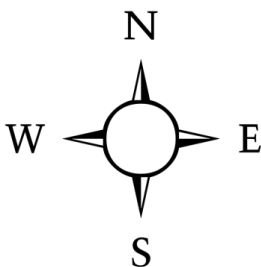
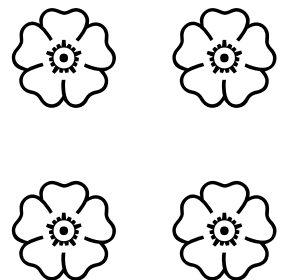
Courgettes x 1



Beetroot x 9



Calendula x 4





Calendula officinalis

Pot marigold

Plant seeds about $\frac{1}{4}$ inch deep and about 4 inches apart. Scratch up the soil and water well

Harvest mid-day when the flowers and foliage are dry and after the morning dew has evaporated. Cut the stems as close to the flower head as possible. You can't over pick these flowers because harvesting the beautiful flower heads forces the plant to send out more buds.



Spinach

Plant outdoors. Sow seeds 1 inch deep.

Harvest as soon as the plants look like they won't miss an outer leaf or two . Keep picking and the plant will keep growing right up until hot weather. To harvest, cut outer leaves as needed; small inner leaves will continue to grow rapidly .



Beetroot

Each seed in the packet is actually clusters of 2-5 individual seeds, so several sprouts will come up from each seed planted at $\frac{1}{2}$ inch deep

Harvest when roots are the most tender (when half size). Start pulling when the roots are approximately the size of a ping-pong ball and continue until they are full size. To do this, pull up the entire plant with the largest top. Individual leaves can be cut at any point.



Courgettes

Plant 1 inch deep
Courgettes are very
easy to grow and you
get so many from each
plant.

They are thirsty plants but try not to get
water on the leaves. You can eat the
beautiful flowers. Harvest when 10-
12.5cm (4.5 inches) long. Regularly
picking courgettes while they are small
will ensure a long cropping period.



Fennel

Sow outdoors. Water regularly, especially during a prolonged dry period in summer.

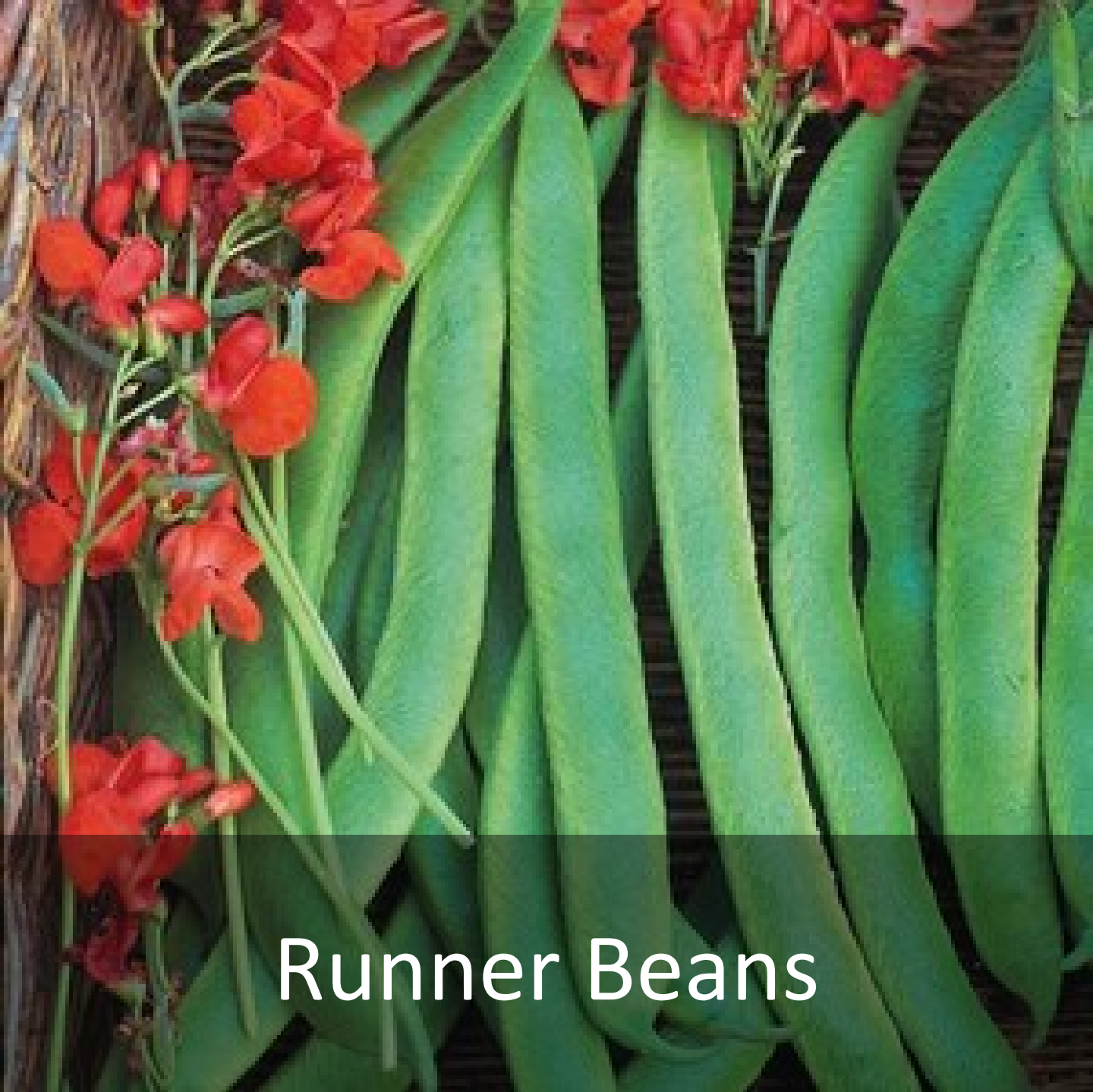
Fennel seeds are ready to harvest in the Autumn when they've matured and turned brown. Fennel bulbs can be harvested once they've reached the size of a small tennis ball, usually late summer/early autumn.



Kale

Plant $\frac{1}{2}$ inch deep into well-drained, light soil. Keep well watered.

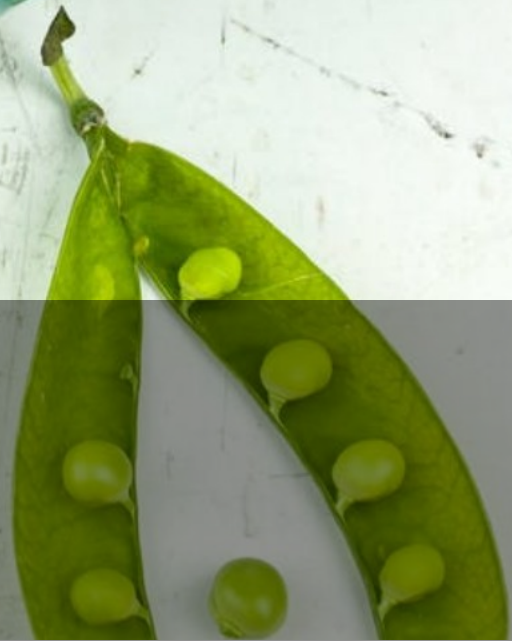
Kale is ready to harvest when the leaves are about the size of your hand. Pick about one fistful of leaves per harvest. Start harvesting the oldest leaves first from the lowest section of the plant.



Runner Beans

Pre-soak seeds for 30 minutes for faster sprouting. Plant 1 inch deep. Seeds sprout in 5-10 days

Harvest by picking beans when they are still small and tender. Do not allow them to get so large that their pods bulge with seeds because the plant will stop producing and the best flavour is then past. To pick beans, break or cut each stem holding the bean pod .



Peas

Plant outdoors 1 inch deep. Keep watering. Never let peas dry out.

You can eat them at any stage of growth. Best to harvest them when their pods are fully mature and bulging with peas. Carefully (with 2 hands) pick or cut pods off their stems.



Swiss Chard

Plant pre-soaked seeds ½ inch deep. Seeds sprout outdoors in 2-3 weeks. Water twice weekly.

Start harvesting when the outer leaves are about 6-9 inches tall (approximately 8 weeks after planting seeds) When ready to harvest, cut off each outer stem at the plant base with a sharp knife when leaves are 6-9 inches tall. The inner leaves will continue to grow.

Grid Gardening Sowing Chart

Planting

Harvesting

Beans: Pre-soak seeds for 30 minutes for faster sprouting. Plant 1 inch deep. Seeds sprout in 5-10 days

Harvest by picking beans when they are still small and tender. Do not allow them to get so large that their pods bulge with seeds because the plant will stop producing and the best flavour is then past. To pick beans, break or cut each stem holding the bean pod .

Beetroot: Each seed in the packet is actually clusters of 2-5 individual seeds, so several sprouts will come up from each seed planted at ½ inch deep

Harvest when roots are the most tender (when half size). Start pulling when the roots are approximately the size of a ping-pong ball and continue until they are full size. To do this, pull up the entire plant with the largest top. Individual leaves can be cut at any point.

Calendula: Plant seeds about ¼ inch deep and about 4 inches apart. Scratch up the soil and water well

Harvest mid-day when the flowers and foliage are dry and after the morning dew has evaporated. Cut the stems as close to the flower head as possible. You can't over pick these flowers because harvesting the beautiful flower heads forces the plant to send out more buds.

Chard: Plant pre-soaked seeds ½ inch deep. Seeds sprout outdoors in 2-3 weeks. Water twice weekly

Start harvesting when the outer leaves are about 6-9 inches tall (approximately 8 weeks after planting seeds) When ready to harvest, cut off each outer stem at the plant base with a sharp knife when leaves are 6-9 inches tall. The inner leaves will continue to grow.

Courgette: Plant 1 inch deep. Courgettes are very easy to grow and you get so many from each plant.

They are thirsty plants but try not to get water on the leaves. . You can eat the beautiful flowers. Harvest when 10-12.5cm (4.5 inches) long. Regularly picking courgettes while they are small will ensure a long cropping period.

Fennel: Sow outdoors. Water regularly, especially during a prolonged dry period in summer.

Fennel seeds are ready to harvest in the Autumn when they've matured and turned brown. Fennel bulbs can be harvested once they've reached the size of a small tennis ball, usually late summer/early autumn.

Kale: Plant ½ inch deep into well-drained, light soil. Keep well watered.

Kale is ready to harvest when the leaves are about the size of your hand. Pick about one fistful of leaves per harvest . Start harvesting the oldest leaves first from the lowest section of the plant.

Peas: Plant outdoors 1 inch deep. Keep watering. Never let peas dry out.

You can eat them at any stage of growth. Best to harvest them when their pods are fully mature and bulging with peas. Carefully (with 2 hands) pick or cut pods off their stems.

Spinach: Plant outdoors. Sow seeds 1 inch deep.

Harvest as soon as the plants look like they won't miss an outer leaf or two. Keep picking and the plant will keep growing right up until hot weather. To harvest, cut outer leaves as needed; small inner leaves will continue to grow rapidly.

Fennel



Courgette



Peas

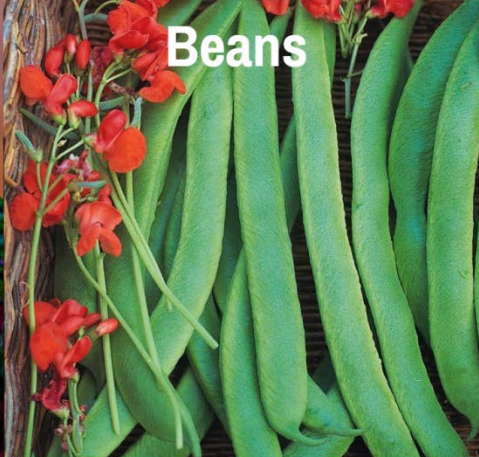


Easy to grow plants

Beetroot



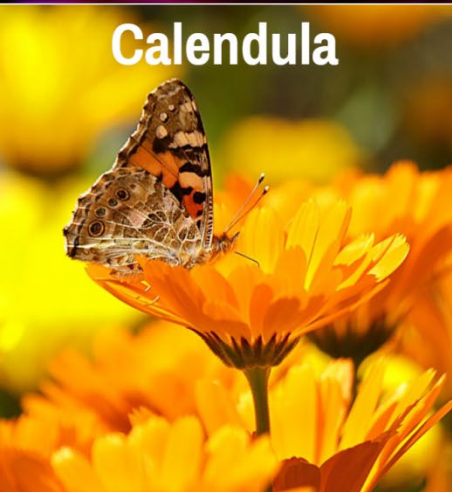
Beans



Chard



Calendula



Spinach



Kale



Forest of Hearts



Event Cow

For people and planet to profit

