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# HARVEST FROM YOUR GARDENS

365 days of  
the year

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# TWO GARDENS



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**WINTER IS THE BEST  
TIME OF THE YEAR  
FOR MANY DIFFERENT  
VEGETABLES**

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# Intensive gardening

1. Keeping up with the soil fertility
2. Keeping the soil moisture up to date
3. Keeping the weeds at bay
4. Use lots of mulch



# Soil Fertility

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- What are some of the requirements to build soil fertility?
- Constantly adding organic matter in the way of mulch, compost, worm castings and perhaps green manure crops
- Adding microbes and fungi to the soil







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**TROPICAL VEGETABLES  
GROW WELL IN OUR  
SUBTROPICAL CLIMATE**

# Tropical vegetables are mostly perennials

They need less care

These plants have much deeper roots

They generally take longer to mature for harvest

They are larger in size and need plenty of room to grow

They are very well suited to grow in a food forest garden





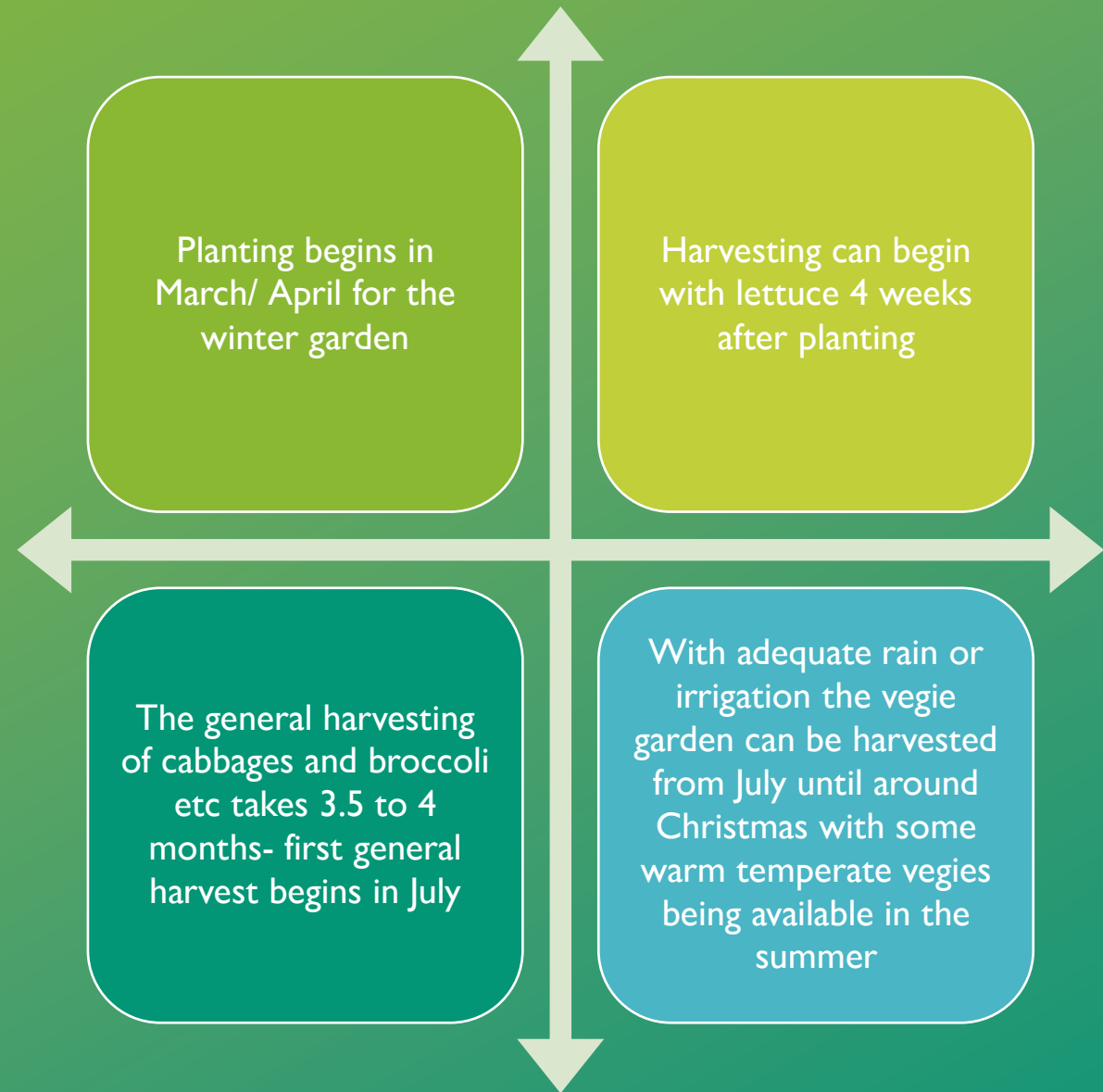


# SHEET MULCHING LAYS THE FOUNDATION





# Harvesting our vegies



# HARVESTING TROPICAL VEGETABLES



Beans gourds and fruits are available all through the summer



Main source of greens are available from October onwards



Main crop of tubers are available in winter but also through the year





# HARVESTING CALENDER FOR TROPICAL VEGETABLES



Planting and Harvesting Calendar for Tropical Vegetables

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
Albika												
Amaranth												
Arrowroot	Harvest: 18 - 18 months after planting											
Bitter Melon												
Brazilian Spinach	Harvest: September to January											
Cassava	Harvesting anytime after 12 months											
Ceylon Spinach												
Chilacyclole												
Chinese Water Cress												
Choy Suey												
Choko	Harvest at anytime											
Cocoyam	Harvest after 2 years											
Curry Tree	Harvest at anytime											
Galangal	Harvest at anytime after 2 years											
Turmeric												
Horseradish Tree	Harvest anytime except winter											
Jerusalem Artichoke	Plant late in the season											
Kang Kong	Will grow back every year											
Lebanese Cress	Harvest at anytime											
Mitsuba												
Mukana Wenna												
Misku Khia												
Mushroom Plant												
New Guinea Bean												

Planting and Harvesting Calendar for Tropical Vegetables

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
New Zealand Spinach												
Paw Paw	Harvesting anytime except between 10 AMs											
Pepino												
Pit Pit	Clear back in front											
Pumpkin	Plant and Harvest at anytime (when growing stem starts to shrivel)											
Sweet Potato	Harvest anytime - 4 months after planting											
Taro												
Tabitian Spinach												
Wing Bean												
Yakon												
Yam												
Yam Bean												

Key

- Planting
- Overlap in Planting and Harvesting
- Harvesting





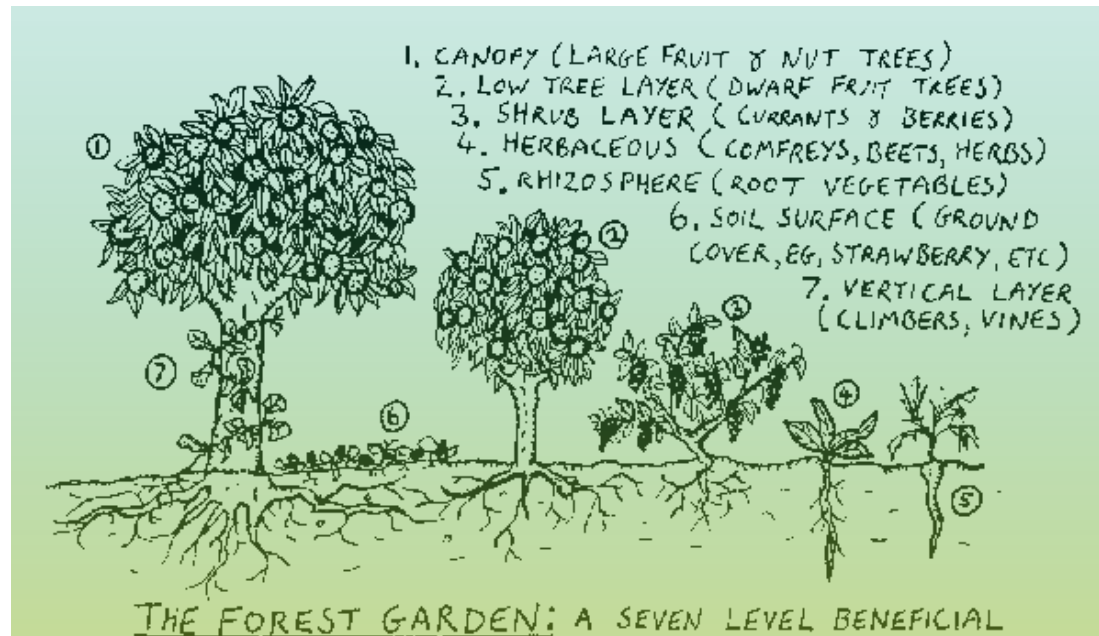
# FOOD FOREST GARDENING

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# Stacking the layers



- There can be up to seven layers of a food forest garden:
- The canopy
- Low tree layer (dwarf fruit trees)
- Shrubs
- Herbaceous
- Root Crops
- Cover crops
- Vertical Layer
- (Climbers and vines)



Self maintaining  
gardens interplanted  
with support plants



# ~Chop and Drop~ Feed the Soil Microbes

- Chop and drop mulch in the growing season
- Organic matter is food for the microbes. They will release the nutrients for the plant feeder roots



# Mulch Crops





# Grow Your Mulch Where You Need It

- Adding organic matter to the soil is a never-ending process- how to go about it in a very lowkey fashion.
- This will also help to keep up soil moisture.





# tropical greens



Trees, shrubs and plants







# Tropical Beans, Gourds and Fruits

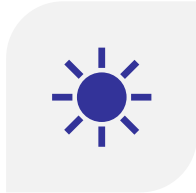


# Tropical Tubers





# Grow your own food and save the environment



SEQUESTER  
CARBON FROM THE  
ATMOSPHERE



CONSTANTLY  
BUILDING SOIL  
FERTILITY





Your health  
and your well  
being will  
thank you

