

The Changent Circle - May 27, 2022

Nature's Way - SEEDS, SUSTENANCE & SUSTAINABILITY

RESOURCES

Generously procured by circle presenters
Sabythne Jones and Eva Greff

When to plant the seeds?

Direct sow seeds in the ground the fall, or early spring

- April ~ Peas ~ Radish ~ Lettuce ~ Onions
- May ~ Parsnip ~ Spinach ~ Beets ~ Cabbage ~ Carrots ~ Turnip

Start seeds indoors in warm place

- March ~ Peppers ~ Head Lettuce ~ Cabbage ~ Brussels Sprouts
- April ~ Broccoli ~ Eggplant ~ Basil ~ Tomatoes
- May ~ Watermelon ~ Cantaloupe ~ Cucumber

Direct sow seeds in the ground when warmer in late May

- Everything else :)

Eva's & Sab's Facebook group:

<https://www.facebook.com/groups/grownowontario>

Calgary Parkdale Heritage: **The Jones' Farm** (1972 – 2018) see pages 5, 7-9.
<http://great-news.ca/Newsletters/Calgary/NW/Parkdale/2018/October.pdf>

Veggie Seeds Database - All you need to know about storing, germinating, and transplanting seeds. See Changent Zero Toolkit link titled, "Veg Seeds DATABASE"

How to Cold Stratify Seeds

<https://growitbuildit.com/seed-stratification-illustrated-guide/>

Garden Guide - provided by www.justfood.ca | Community Gardening Network of Ottawa

http://justfood.ca/wp-content/uploads/2015/03/CGN_Garden_Guide_2015.pdf

Where **Seedy Saturday and Seedy Sunday events** are posted, amongst other resources: <https://seeds.ca/>

Companion Planting Guide

<https://growincrazyacres.com/companion-planting-chart/>

Important note: you will need to copy and paste some of the links into a browser instead of a clicking from the PDF document

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Sab loves her Meadow Creature **broad fork** since its forged steel, not pressed

<https://meadowcreature.com/pages/do-you-ship-to-canada>

More info:

- https://www.youtube.com/watch?v=_uZZyNbADKo
- https://photos.google.com/search/_tv_Videos/photo/AF1QipOtqSy_PFSjjaZWjRxNAIZw8kp5xfdLc1Qo-Tkk

Karen Stevenson gives **walks on edible plants (Edible Wild Foods)**

<https://www.ediblewildfood.com/>

<https://www.facebook.com/EdibleWildFood>

Cathy's Crawler composters

Lots of resources on vermicomposting and composters

<https://www.cathyscomposters.com/>

<https://www.facebook.com/CathysCrawlyComposters/>

Seed Voyage - an app that facilitates buying and selling of neighbourhood grown produce

<https://www.seedvoyage.com/>

Biointensive Plant spacing for raised beds

<https://www.gardenbetty.com/plant-spacing/>

Newmarket Public Library's Seed Library, plus a list of other seed saving URLs:

https://www.newmarketpl.ca/en/collections/seed-library.aspx?_mid_=17719

Hugelkultur Gardens

<https://www.ruralsprout.com/hugelkultur-raised-bed/>

Seeding Calendar for Ontario

<https://heeman.ca/garden-guides/seeding-calendar-ontario/>

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Crop Rotation

Keep records!

Think about what nutrients are being depleted when planning your crop rotation-- It's best to follow heavy feeders (Cabbage family, tomatoes, corn, squash) with light feeders (beets, carrots, garlic) and following that should be a nitrogen-fixing crop to help rebuild the soil (peas, beans)

Prevent buildup of diseases by rotating crops in the same family. Keep a 3 year rotation if possible.

Sample crop rotation

Beets Carrots Dill *Potatoes Radish Turnips	Broccoli Brussel Sprouts Cabbage Cauliflower Lettuce Basil
Bed 1	Bed 2
Allow to rest. Till in compost to garden soil grow a cover crop.	Beans Corn Eggplant Onions Peas Peppers Squash Tomatoes
Bed 4	Bed 3

This information provided by Valley Permaculture Alliance <http://www.phoenixpermaculture.org/>



Source:
<https://www.gardeningaustin.com/blog/-the-three-sisters-garden>

Basic Four Year Rotation

	SECTION ONE	SECTION TWO	SECTION THREE	SECTION FOUR
YEAR ONE	Legumes	Brassicas	Nightshades	Onions and root crops
YEAR TWO	Brassicas	Nightshades	Onions and root crops	Legumes
YEAR THREE	Nightshades	Onions and root crops	Legumes	Brassicas
YEAR FOUR	Onions and root crops	Legumes	Brassicas	Nightshades

Source: <https://farmerd.com/2014/10/20/benefits-of-crop-rotation/>