## No Green Thumb Required!

Everyone wants their family to eat healthy food and a back yard garden is the way to go. But with today's big houses and tiny yards, often there is no room for a traditionally sized garden. Most families are too busy to take on a project that requires hours of weeding every week nor do they have the time to research planting dates and plant varieties.

"No Green Thumb Required" is a new approach to home gardening that combines ancient methods of intensive gardening with the latest research in soil science, natural fertilizers, and organic gardening techniques.

Best of all, it's easy! By building raised beds and filling them with weedless soil, you eliminate the hassle. All you do is plant seeds and water as needed. This book will take you through the steps of how you and your family can plan, install and manage your own organic garden, and save money on vegetables at the supermarket, too!

Start a new tradition in your family, help your kids learn about nature, and start eating, safe, fresh, healthy vegetables, all year long!

## No Green Thumb Required!

Organic Family Gardening Made Easy

Don Rosenberg

## **CONTENTS**

Introduction	
1. The Quest for Healthy Food  Toxins in Foods Synthetic Fertilizers Contaminated Foods Childhood Obesity Vegetable Nutrition and Freshness Soil Fertility and Nutrient Content Food Prices Fossil Fuels Used in Food Production	11 11 13 13 15 16 17 19 20
2. Traditional Gardening Woes Family Issues Limited Garden Space Weeds, weeds, weeds! Contaminated Soils Water Restrictions	21 21 21 21 22 23
<b>3. Your Back Yard Garden Solution</b> Gardening History Going Organic	<b>25</b> 26 27
4. Efficient Gardening Approaches Intensive Planting Succession Planting Companion Planting Inter-planting No Till Gardening	29 29 29 29 30 30
5. Getting Started Sunlight Garden Size Slopes and Hills Location, Location, Location Raised Beds and Trellis Beds Growing Vertically The Benefits of Vertical Gardening	31 31 32 32 32 32 33
6. Which Crops to Grow? Think "FRESNO"	35

7. Gardening with Your Kids	37
Planting with Your Kids	38
Easiest is Not Always Best	38
It's OK to Fail - Nothing is Perfect	39
The Value of Patience	39
Math in the Garden	40
Science in the Garden	40
Creating Memories	40
8. Organic vs. Heirloom Seeds	41
Heirloom Seeds	42
9. Determining Planting Dates	43
10. Planning Your Garden	45
Understanding the Charts	46
11. Garden Planners	48
Garden Layouts	48
Garden Planning Worksheets -	
Arugula to Turnips	49
Planning with Spare Change!	102
12. Building Your Garden Beds	109
Bed Construction	109
Trellis Beds	111
Soil Components	112
Organic Fertilizers	113
Filling the Bed	113
13. Planting and Plant Care	115
When to Plant	115
Planting Seeds	115
Planting Thick and Thin	116
Watering Your Garden	118
14. Gardening Through the Year	119
Maintaining Soil Fertility	119
Seasonal Transitions	120
Summer to Fall	120
Fall to Winter	121
Winter to Spring	121
Spring to Summer	122
Dealing with the Heat	123

15. Other Gardening Issues	
Composting, Yes or No?	125
Pests in the Garden	128
Deterring Deer	129
Rabbits	129
Squirrels	130
Organic Critter Controls	130
Gardening for the Handicapped	130
Restaurant, Church,	
and Community Gardens	131
Appendix, Plant Care and Tips	132
Asparagus	132
Blueberries	133
Carrots	134
Herbs	135
Squash	137
Sweet Potatoes	138
Tomatoes	141
Welcome to Gardening!	147
About the Author	149
How Can We Help You?	150
Garden planning and Ongoing Support	150
Seeds from Seed Savers Exchange	150
Western Red Cedar Bed Kits	150
Local Affiliates	150

## Kids' Projects...

1. The Quest	Name That Pesticide Fertilizer Chemicals Food Scares Garden Exercise Lettuce Research	12 13 14 16 16	
O Traditions	Organic vs. Store-Bought Long Distance Produce  al Gardening Woes	18 20	
2. I radiciona	Weed Patrol Saving Water!	22 23	
3. Your Back	Yard Garden Solution "Family Farms" Over the Years	27	
5. Getting St	t <b>arted</b> How Much Sunlight? Racing Vines!	31	33
	Crazy Gardens	34	
6. Think "FR	<b>RESNO"</b> Garden Planning	37	
7. Gardening	Bean Teepees! Bugs in the Garden Gardening Takes Time! Organic SeedsWorth the Price?	40 40 41	39
10. Planning	Your Garden Veggie Auditions	47	
12. Building	<b>Your Garden Beds</b> How Nature Works, Layers of Soil	114	
13. Planting	<b>and Plant Care</b> Watering Frequency	118	
14. Gardenin	ng Through the Year Planting Sunflowers?	123	
15. Other Ga	ardening Issues Let it Rot!	128	
Appendix, Pl	<b>ant Care and Tips</b> All About Herbs Digging for Treasure!	136 140	