

Your Project
Plan For
Growing
Food
Anywhere



Food4Wealth

Jonathan White

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Setting Up

	What To Do	Est time	How To Do It	What You'll Need	✓
1.	Select site	15 Mins	Find a position that catches the morning sun and at least four to five hours of sunlight per day.		
2.	Build frame	1 hour	Arrange 4 pieces of timber in a square and secure corners with galvanized screws	4 pieces of timber 16 galvanized screws Drill and wrench/ socket.	
3.	Lay newspaper	10 Mins	About 10 sheets thick. Water thoroughly and stab drainage holes with a knife.	Newspaper and knife	
4.	Lay pathways	10 Mins	Lay 1 foot wide strips of old carpet	Old carpet	
5.	Lay Lucerne Hay/ peas straw or normal hay.	10 Mins	Lay 2 inches thick on the garden beds, leaving the pathway clear.	Lucerne Hay, pea straw or normal hay.	
6.	Lay Rich Organic Fertilizer	10 Mins	Add a 1" layer of manure and a sprinkling of an animal byproduct.	Animal manure and an animal byproduct such as Blood and Bone or Horse and Hoof.	
7.	Lay Hay, Straw or Dried Grass Clippings	10 Mins	Lay the straw (or dried grass clippings) just as you did for the lucerne hay. It will need to be about 4 inches thick when laid loosely.	Cheap hay/ animal bedding straw or dried grass clippings.	
8.	Lay compost	10 Mins	Add a layer of compost about 2" thick.	Compost	
9.	Put up a pea and bean climbing fence/ frame	30 Mins	For a climbing fence, hang some wire netting between 2 posts. For a pyramid, use 3 posts to create a pyramid and wind garden twine around them.	2 posts and some wire netting for a climbing fence. 3 posts and some garden twine for a pyramid.	
10.	Build compost bins	2 hours	Secure sheets of galvanized iron to posts to create 2 bays.	4 sheets of galvanized iron and 6 posts. Tin cutters, drills, pliers, tie wire. Alternatively, you could purchase 2 standard plastic compost bins.	
11.	Setup method to compost organic waste	5 Mins	Add kitchen scraps to a small container and add to compost bin each day.	Small container for your kitchen bench.	

Maintaining

	What To Do	When	Est time	How	What' you'll Need	✓
1.	Watering seedlings	Every day for first 3-7 days	2 Mins	Watering can or soft watering wand attached to hose	Standard watering can or watering wand.	
2.	Weeding	When required	A few Mins per bed	Pull out the few weeds and lay of surface.	Just your hands or a small weeding tool if preferred.	
3.	Cove bare patches with compost	Whenever you find bare patches	5- 30 Mins	Add a generous layer (2-4 inches thick) to bare patches.	A wheelbarrow or small garden cart (even a bucket will do) and a shovel or spade.	
4.	Add kitchen scraps to compost	Every day	1 minute	Gather all organic kitchen scraps (excluding meat) and put into compost bin	A small container to keep on your kitchen bench.	
5.	Watering established plot	Weekly or as required	30 Mins	Use a sprinkler set in the middle of your plot.	A sprinkler set at least 2 foot high.	
6.	Check soil moisture	2 times per week	1 minute	Scratch surface and inspect soil underneath	.	
7.	Add other organic materials to compost.	When materials are available	5 Mins	Add grass clippings, manures, leaves etc. in layers to compost bin.	Grass clippings, leaves, shredded newspaper, manures etc.	
8.	Fertilizing	In your first and second year you can add organic fertilizer while you are waiting for your composting system to mature.	5 Mins	Sprinkle pelleted chicken manure on the surface of your plot twice per year; spring and autumn.	A bag of pelleted chicken manure	

Checklist

	Check	When	Est time	How	What to look for	What to do
1.	Watering Seedlings	Every day for the first 3-7 days	2 Mins	Watering Can	Check that they are standing up and are looking healthy	If they aren't, continue to water until they are thriving.
2.	Is your compost ready to use?	When the organic materials are fully decayed.	4-6 weeks	Fill bin with layered organic materials, then leave.	It's ready when there are no recognizable organic materials. It should look like a crumbly soil-like substance.	If it's not breaking down, remove entire contents from bin and fork back in, adding a few handfuls of pelleted chicken manure between layers.
3.	Waste	Every day	2 Mins	Gather all organic waste and add to compost bin in layers	Anything organic (but not animal waste or hard items like twigs) Use Grass clippings, kitchen scraps, manures, leaves and shredded newspaper.	Avoid large clumps of the one type of material. Add as layers no more than 6-8 inches of loose material.
4.	Soil Moisture	Check 2 times per week	1 minute	Scratch surface to see moisture content below.	Moist soil will be crumbly and dark in color. Dry soil will be hard and lighter in color.	Water if dry or unsure.
5.	Watering established plot	Weekly	30 Mins	Turn sprinkler on. Sprinkler should ideally be set at least 2 foot above ground so that it sprays over plants.	Make sure all areas are being watered.	If you are not getting full coverage, hand-water dry areas or try to find a sprinkler that will water the entire plot.

Materials

	What	How Much	Where From	Est. cost
1.	Timber for Frame	4 pieces of timber cut to the desired length	Hardware store, lumber yard, garage sale, rubbish depot etc.	\$0 - \$40
2.	Screws	16 x 4"galvanized screws	Hardware store	\$16
3.	Newspaper	A bundle about 1 foot thick	Newsagent, recycling centre, friends and neighbors.	\$0
4.	Old carpet or card-board strips for pathways	Enough to make 1 foot wide strips	Carpet stores, rubbish depot, recycling depots etc.	\$0 - \$5
5.	Lucerne Hay, Pea Straw or normal hay.	2-8 bales or enough to create a 2" layer.	Produce stores, garden centres or horse stables	\$0 - \$80
6.	Organic fertilizer	Enough to create a layer 1" thick	Hardware, garden centre, horse yards or anywhere grazing animals are kept.	\$0 - \$40
7.	Hay/ Straw or grass clippings	Enough to create a 4" layer of loose material	Produce stores, horse stables or from your own lawnmower catcher.	\$0 - \$20
8.	Compost	Enough to create a 2" layer.	Landscape suppliers, garden centers or from your own compost bins.	\$0 - \$20
9.	Posts for pea and bean climbing frame or pyramid.	2 posts for a climbing fence and 3 posts for a pyramid.	Garden centers, hardware stores, rubbish depot or garage sale.	\$0 - \$15
10.	Wire netting for pea and bean climbing frame, or garden twine for pyramid	An 8 – 15 foot length of wire netting depending on the size of your plot. Or a small role of garden twine for a pyramid.	Hardware	\$2 - \$20
11.	Seedlings	About 12 punnets to get a 10 by 10 foot plot started.	Nursery or hardware	\$2 - \$3 each
12.	Packets of seeds	One packet for each variety	Nursery or hardware	\$2 - \$3 each packet.
13.	Corrugated iron sheets for home- made compost bays	4 x 6 by 3 foot sheets. Two of them will need to be cut in half.	Scrap metal yard, rubbish depot, hardware.	\$0 - \$20
14.	Posts for home-made compost bays	6	Hardware or garden centre. Scrap metal yard or rubbish depot.	\$0 - \$20
15.	Starting Fertiliser	A bag of pelleted chicken manure	Garden centre, hardware or your own chicken coop.	\$0 - \$20