



Western Cape
Government
FOR YOU

Agriculture



Agricultural Producer Support and Development
Square foot gardening



Square foot gardening and raised beds

Square foot gardening

- Square foot gardening is the practice of dividing an area into small square sections (typically 30 cm on a side, hence the name).
- It assists the planning and creating of a small, but intensively planted vegetable garden, resulting in a simple and orderly gardening system.

Raised beds

- Raised beds can be planted more intensively than a traditional backyard garden.
- This means you can grow more vegetables in smaller spaces.
- Raised beds make it possible to grow safely even on land that is contaminated with lead and other heavy metals.
- Depending upon the severity of the winter and your own inventiveness, the garden can be used year-round, although most people grow their vegetables from mid-October through late April.
- Fewer tools are needed to help you plant and care for your garden.
- Weeds, soil insects and soil-borne diseases are more easily controlled since recommended treatments are more effective in raised gardens.



There are many advantages to growing food in raised beds

- The soil warms up faster in the spring, allowing for an earlier planting season.
- Water is able to drain easily.
- The garden can be tended from the edges, so the soil does not become compacted by people walking in the garden.
- You can produce five times more vegetables than with conventional gardening!



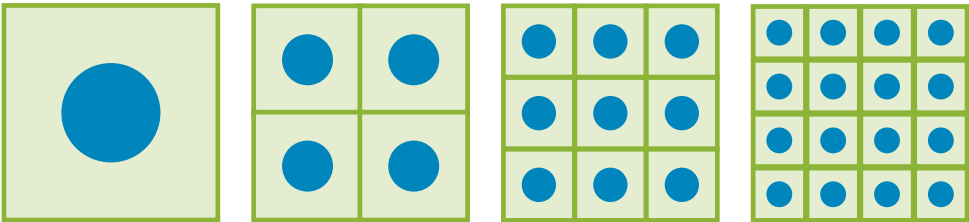
Further advantages

- There is good ventilation!
- Micro-organisms develop well.
- Rain and irrigation water can enter easily.
- Plants take full advantage of the nutrients.
- Roots grow better.



Plant spacing in one block (30 cm x 30 cm)

There are four types of spacing:



| 1 per block | 4 per block | 9 per block | 16 per block |
|-----------------|-----------------|-----------------|---------------|
| Roots/Tubers: | Herbs: | Roots/Tubers: | Roots/Tubers: |
| Potatoes | Parsley | Beets | Carrots |
| Sweet potatoes | Basil | Turnips | Radishes |
| Ginger | Oregano | Garlic | Onions |
| Horseradish | Mint | | Green onions |
| Leaf Crops: | Leaf Crops: | Leaf Crops: | |
| Broccoli | Bok Choy | Spinach | |
| Kale | Lettuces | | |
| Cabbages | Chards | | |
| Fruits/Legumes: | Fruits/Legumes: | Fruits/Legumes: | |
| Melons | Soybeans | String Beans | |
| Squash | Fava beans | Peas | |
| Tomatoes | Corn | | |
| Artichoke | Strawberries | | |
| Eggplant | | | |
| Cucumber | | | |
| Peppers | | | |
| Pumpkins | | | |



For further information contact your nearest extension officer.

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Source:

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