

January Growing Guide

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WEEK	ACTIVITY	RESOURCES
<p>Week 1</p>	<p>Join me for the 14 Day Sustainable Lifestyle Challenge!</p> <p><i>Happy New Year!</i> I'm sure you have incredible things planned for this year??</p> <p>Let's start the year looking at ways to live lighter on the earth and enjoy a lifestyle you can sustain.</p> <p>Consider joining me for the 14 day sustainable lifestyle challenge and kickstart your eco year!</p> <p>You'll add your email address to the signup form and receive daily emails with simple inspirations for the day.</p> <p><i>Find the registration link to your right>></i></p> <p><i>Notes...</i></p>	<p>Register for the challenge here - soiltosupper.com/14-day-sustainable-lifestyle-challenge/</p> <p>If you would like more ideas for enjoying a sustainable lifestyle, then have a read of this article...soiltosupper.com/how-to-enjoy-a-healthy-and-sustainable-lifestyle/</p>

Week 2

Grow Microgreens indoors...or out!

If you're finding the weather doesn't currently suit planting outdoors, then start growing fresh greens indoors!

Microgreens can be grown in any well-lit location, indoors or out!

Microgreens are small sprouted edible plants, either vegetables or herbs, that are grown in a shallow tray of seed raising mix, and eaten when over 6 leaves have grown.

Similar to sprouting, but seeds are sown in soil, not sprouted in glass jars.

The benefits of microgreens are –

- Quick to grow
- Easy to sow
- Tasty to eat
- Portable to move anywhere
- Suit small spaces
- Healthy & Nutritious
- Organic
- Beautiful as garnish on any dish!

Follow simple steps to grow microgreens...soiltosupper.com/microgreens-growing-itty-bitty-little-greens/

TIP – ensure all plants you grow for microgreens are edible!
Please DON'T grow anything from Solanaceae family, eg tomatoes, potatoes, eggplant, capsicum.

TRY – kale, broccoli, radish, snow peas (leaves are edible), sunflower leaves, basil, lettuce, rocket, carrot, beetroot...plus many more!

List your favourites to grow...

Week 3

Complete a soil pH test.

During this season you may have decided to rest, or 'fallow', a few or all of your garden beds. This is good to do in the harsh months, either hot or cold, when growing is not possible.

One good thing you can do this month is test the pH level of your soil and correct if needed. Then your soil will be ready for growing once the new season begins or the weather improves!

We can test many things for pH level, even our bodies through a simple saliva test!

For soil it's easy to do as well. You'll need a simple pH test kit, available at most garden and hardware stores (you'll see a photo in article>>).

pH testing determines if the soil is acidic, alkaline or neutral. In a vegetable garden aim for a pH level of 5.5 to 7.0 for healthy plant growth.

If the level is too low (acidic) or too high (alkaline) your plants may have vital nutrients locked within soil and plants can't access them.

One great tip to keep in mind, is that compost is generally at a level of 7, so it's great for adding to soil to balance acidic or alkaline soil and have them close to neutral (7.0)

Record your results here...

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Watch this video (which is also available on 'Start Here' page 📺) to find an explanation and simple steps for testing your soil pH levels. [CLICK HERE FOR VIDEO](#)

Also read my article on testing soil pH here...soiltosupper.com/how-to-test-ph-of-your-garden-soil/

TIP – test soil samples from a few garden areas as you may find areas may vary in results.

Also gather small samples in snap lock or small bags and write on each bag the location sample is taken from.

This way you will know which garden areas need adjusting!



Week 4

Top Up Garden Beds...follow No-Dig Method or add fresh Compost.

After completing pH tests on your soil you can top up garden beds ready for growing!

Either top up with rotted manure and compost OR follow my no-dig method to top up garden beds to full.

You may find each season the soil level of your gardens have dropped, sometimes by half!

Now is a great time to top up any gardens you're not using and they will be full of rich soil to grow your next crop!

By applying either method you will assist with the balancing of pH levels, add vital nutrients to the soil and have gardens ready for growing your next crop of delicious foods.

If you need to set up your compost system ready to use in the garden, then follow the steps here -soiltosupper.online/wp-content/uploads/2017/11/Download-and-Print-Easy-In-Garden-Compost-Method.pdf

Once your garden beds are full again, cover in a layer of mulch and allow to rest for approx. 4 weeks or until you are ready to start planting.

Notes...

Follow my no-dig method here - soiltosupper.com/how-to-build-a-no-dig-garden/

TIP – you'll also find all the steps in ebook 'How to Plan and Create a Sustainable Garden' in the [Member Resources](#) page.

You'll also find the Composting Video on the '**Start Here**' Community page



Week 5

Sowing Seasonal Seeds.

After testing soil pH and topping up gardens, it's time to sow seeds of the plants you're planning on growing through to the next season.

These can be quick pick annual crops or perennials that will grow now and into the coming months.

Growing new plants from seed is super easy, money saving and quite rewarding when they all sprout!

Small seeds are sown into punnets or small pots and larger seeds can be sown directly into the earth.

From your list of plants to grow, start looking at local stores or online for organic, heirloom seeds. If ordering online you'll need to order seeds this week and sow them once delivered!

If you haven't sown seeds before you'll enjoy this activity, as it's easy to do and one of those relaxing gardening jobs that can be done anywhere!!

Make a list the seeds to sow now...

If you're unsure what to grow in your location this month, and in February, then have a look at

www.gardenate.com

Enter your climate zone and the plants to grow will be listed.

This is a really helpful resources to remember what to grow in your area every month!

Here's a few resources to help you sow seeds successfully!

- Watch the video 'Sowing Seeds and Planting Seedling' - <http://soiltosupper.online/member-resources/>
- Download and print this step-by-step guide – <http://soiltosupper.online/wp-content/uploads/2017/08/Activity-Guide-%E2%80%93-Sowing-Seeds.pdf>
- Read through this eBook with all the steps and extra tips - <http://soiltosupper.com/wp-content/uploads/2015/12/Get-Your-Garden-Growing-by-Cath-Manuel.pdf>

Extra notes...

To continue with our theme of learning, growing, thriving, I suggest taking some time to watch the monthly Masterclass, to gather extra tips and ideas to help you AND your garden thrive.

Please post any questions or comments in our Facebook Group.

Enjoy another wonderful month in your garden. Thank You for being a part of this lovely Community.

Cath 😊