



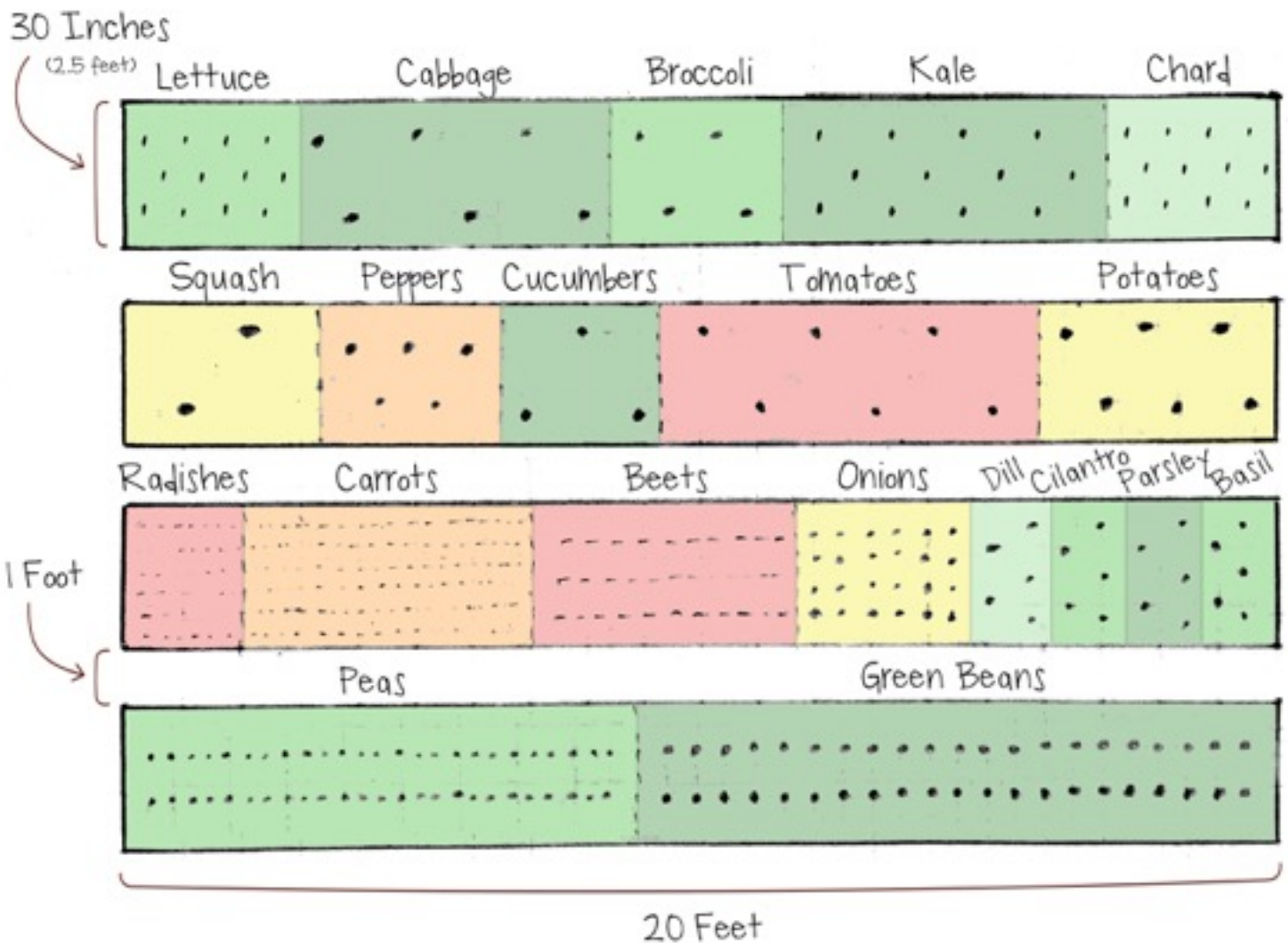
# Plug & Play Garden Plan

Hi there!

It's Paul here with Born to Grow and this is exciting! In this document I'm sharing with you the exact, plug and play garden plan that I'm personally using this year.

So, first things first...

It's always easier when you can see something visually - so here's a quick birds eye view: (I'll explain more below :)



A picture is worth a thousand words eh?

In many ways its true and that alone can get you off to a good start. But while I'm at it, how about if I go over a few of the perks?

Sound good?

Alright, let's dive in...

### **How big is this garden?**

This sample garden is 20x15 feet. While many people have at least that much space in their back yard, if you don't then don't loose hope. You can still get creative!

And hey, this is a sample plan so feel free to scale it up or down depending on your needs. You could cut this same plan in half and simply grow less of each veggie... or double it for more!

Nothing's set in stone. :)

### **How many people will this feed?**

Oh my! Now that's a loaded question!

It really all depends partly on your eating habits and partly on how much effort you put into making your garden a success.

That being said, I'd start out planting this garden for one to two people. See how it goes for one year and adjust.

## How many kinds of veggies are there?

There are 20 kinds of veggies in the garden plan. Of course, feel free to switch something out with a veggie you like better. For instance, if you like eggplant more than peppers - do the swap (or split the space half-and-half). Just make sure to keep the veggies in the same family. This will keep your crop rotation working properly (see next section).

And hey, 20 veggies for a 20x15 foot garden isn't bad!

## Why are the veggies grouped like they are?

This garden plan was specifically designed with a simple crop rotation plan in mind. Rotating where you grow your veggies each year is helpful in suppressing diseases and helping keep a healthy soil as different plants give and take nutrients from the soil in different ways.

[Click here](#) to view this simple crop rotation diagram. You'll quickly notice how the four beds in our garden plan correspond to the four sections of the diagram. You'll also see how the veggies and herbs are divided by their family types so that you aren't growing the same family in the same place multiple years in a row.

## Why 30 inch (2.5 feet) wide beds?

Great question. There's a few reasons why I'm growing with 30" wide beds (and why I suggest you do too :) Here's quick list:

1. The beds are easier to step across or straddle (I'm not a fan of doing the splits...)
2. The beds are easy to reach across for seeding or harvesting
3. There are tools designed specifically for 30" wide beds like the [bed preparation rake](#) and [broadfork](#) from Johnny's Seeds

## Why 20 Foot Long Beds?

You can really make your beds any length you want - but 20 feet is ideal for a couple reasons.

1. It keeps your garden small and many people have at least 20 feet of backyard where they could plant a garden.
2. A 20 foot long bed at 30 inches (2.5 feet) wide ends up being 50 square feet. This can be helpful when adding extra soil nutrients which often have recommendations for how much to add per 100 square feet.

## Veggie Planting Information:

Here are some notes for the veggies listed in this sample garden plan:

**Basil:** Plant inside then transplant out. Space plants 8 inches apart.

**Beets:** Sow directly into the garden. Sow 10 seeds/ft in a row and then thin plants to 3 inches apart. Note: you can eat the thinnings in a fresh salad!

**Broccoli:** Plant inside then transplant out. Space plants 18 inches apart.

**Cabbage:** Plant inside then transplant out. Space plants 18 inches apart.

**Carrots:** Sow directly into the garden. Sow 30 seeds/ft in a row and then thin plants to 1- 1 1/2 inches apart depending on your desired size.

**Cilantro:** Plant inside then transplant out. Space plants 8 inches apart.

**Cucumbers:** Plant inside then transplant out. Space plants 18 inches apart.

**Dill:** Plant inside then transplant out. Space plants 8 inches apart.

**Green beans:** Sow directly into the garden. Sow 3-4 inches apart in a row and then thin to 6-8 inches apart. Space rows 14 inches apart.

**Kale:** Plant inside then transplant out. Space plants 12 inches apart.

**Lettuce:** Plant inside then transplant out. Space plants 8-12 inches apart.

**Onions:** Plant inside then transplant out. Space plants 10 inches apart.

**Parsley:** Plant inside then transplant out. Space plants 6 inches apart.

**Peas:** Sow directly into the garden. Sow 20 seeds/ft in a row and then thin plants to 4 inches apart. Plant rows 10 inches apart.

**Peppers:** Plant inside then transplant out. Space plants 9 inches apart.

**Potatoes:** Plant directly into the garden. Space plants 12 inches apart.

**Radishes:** Sow directly into the garden. Sow 30 seeds/ft in a row and then thin plants to 1-2 inches apart depending on your desired size. Sowing and thinning rates may depend on the size of the radish you are trying to grow as well.

**Squash:** Plant inside then transplant out. Space plants 24 inches apart.

**Swiss chard:** Plant inside then transplant out. Space plants 12 inches apart in rows that are 10 inches apart.

**Tomatoes:** Plant inside then transplant out. Space plants 18 inches apart.

**Disclaimer:** This is a sample garden plan and as such I cannot guarantee any kind of results in your garden. Success will depend on the health of your soil and the amount of work and care you put into making this garden plan work for you (besides weather or other natural catastrophes that are beyond our control). Cheers and happy gardening!

Until next time!  
Paul