



# Small-scale and low-cost growing

*Grow Your Own*

## Companion planting to deter pests

- Tomatoes, Strawberries, Basil and Marigolds (basil and marigolds deter aphids)
- Carrots and Onions (deter aphids)
- Brassicas and Nasturtiums (attract caterpillars away from crops)
- Hostas planted near any veg affected by slugs and snails will attract them away)

## Companion Planting

### 3 sisters companion planting

- Runner beans, Sweetcorn and Squash planted together to maximise the productivity of the space being used.
- Squash growing at ground level - shading the ground to reduce water evaporation
- Sweetcorn grown close together
- Runner beans grown up the sweetcorn to take away need for poles/canes.





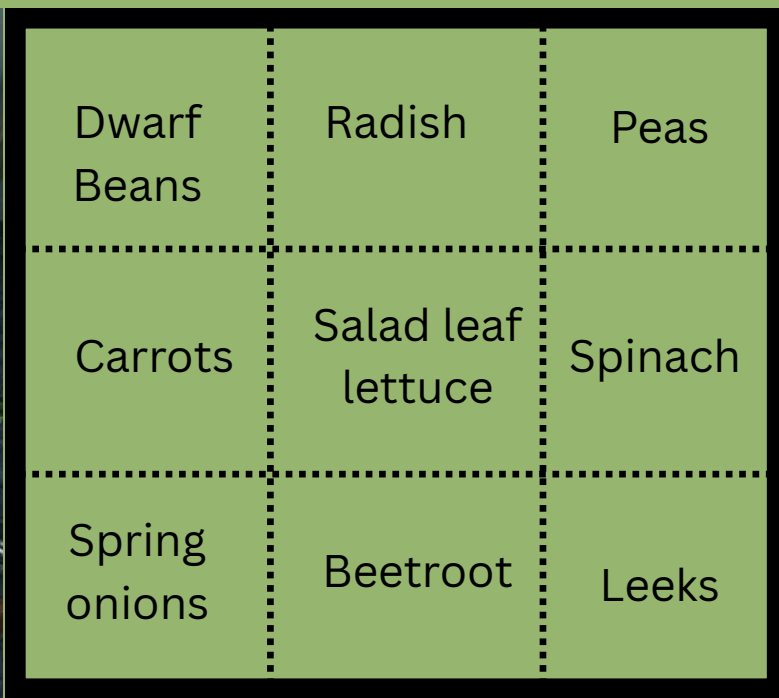
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Square foot growing maximises space and productivity within the vegetable garden by dividing up the growing area into square foot sections with each allocated to a specific crop. This method can also help with planning crops for growing in pots or tubs.

## Square Foot Growing

- 1 plant per/sqft
  - Tomato
  - Broccoli
  - Cauliflower
  - Cabbage
  - Swede
- 2 plants per/sqft
  - Cucumber
  - Kale
  - Sweetcorn
  - Runner beans/climbing beans
- 4-5 plants per/sqft
  - Lettuce
  - Garlic
  - Onion
- 9 plants per/sqft
  - Turnip
  - Spinach
  - Peas
  - Parsnip
  - Dwarf French Beans
  - Leeks
  - Beetroot
- 16 plants per/sqft
  - Carrot
  - Radish
  - Leaf lettuce/salad leaves
  - Spinach
  - Spring onions





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Dwarf/patio fruit trees - can be grown in pots and only get 5-6ft tall  
 Though some are genuine small size plants, patio and dwarf varieties are often normal sized fruit trees grafted onto the rootstock of a small plant variety which ensures they stay small!

When buying look for:  
 'mini' or 'patio' on the label.

Examples include:

- 'Pixi' Apple tree
- 'Little Miss Figgy' Fig tree



Crops to grow in small spaces:

- Leaf lettuce
- Spinach
- Radish
- Paris Market carrots
- French beans
- Dwarf runner beans
- Herbs
- Leeks
- Parsnips
- Strawberries
- Onions/spring onions
- Beetroot
- Tumbling Tom Tomatoes
- Cress
- Potatoes (grown in bags)

## Small Space Growing

Many types of veg can be grown in much smaller spaces than it would seem - providing they have enough nutrition!  
 For example, in an old wagon, trolley or wheelbarrow:



Lettuce/Salad Leaves

Tomato

Sweetcorn

Peas

Cucumber





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Continual production throughout season:

- Runner Beans
- Leaf lettuce
- Kale
- Tomatoes
- Strawberries
- Raspberries
- Rhubarb
- Courgettes
- Leeks



## Crops For A Long Harvest

Multiple sowings throughout season:

- Peas
- Dwarf French Beans
- Leaf lettuce
- Spinach
- Carrots
- Radish
- Turnip
- Spring Onion
- Cress
- Leeks
- Beetroot
- Potatoes (succession growing)





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- Food scraps/plant material mixed into topsoil/old compost to break down and improve the soil (plant potatoes to help break down the scraps/plant material).
- Making a compost bin from scrap
  - Old wood
  - Chicken wire and posts
  - Pallets
- Add wood/paper/garden waste ashes into topsoil/old compost to improve it.
- Council compost collection points (in some areas during spring)
- Manure - collect from stables (usually for free)
- Compost - can be collected from plant nurseries/garden centres (though may need additives if old compost).
- Position compost bins next to 'hungry' plants so nutrition is readily available.

## Compost and Nutrition



- Well-rotted manure (from horses, cows, sheep, goats, rabbits, chickens) can be mixed straight into soil.
- Nettle fertiliser (soak nettles in water for a few weeks, remove the plants and keep in a sealed container - this can be diluted into a watering can to water onto plants).
- Coffee grounds, tea leaves and eggshells can all be added directly into soil (make sure to only add small amounts at a time and mix in well so as to not alter soil PH or overload with nutrients).
- Mulching with wood chip (not bark chippings) will suppress weeds while slowly breaking down and adding nutrition to the soil (long term nutrition and building of soil as opposed to quick boosts of feed for plants already growing).



# Small-scale and low-cost growing

*Sustainability*

Growing Seedlings:

- Toilet roll tubes (cross fold one end)
- Yoghurt pots/plastic cups (add drainage holes)
- Ice cream tubs (add drainage holes)
- Fruit punnets
- Branches from pruning plants in place of bamboo canes (e.g. Buddleia/tree branches)



## Recycling For Growing

Growing fruit/veg:



Mixed salad leaves and carrots (paris market atlas) growing in old storage boxes.

- Old storage boxes
- Guttering
- Pet food bags
- Buckets (e.g. with broken handles)
- Use old cardboard as a weed suppressant around plants or on paths. The cardboard will also gradually rot down and add nutrition to the soil (but make sure to remove any sticky tape or labels).



# Small-scale and low-cost growing

## *Sustainability*

- Tomatoes and Peppers- when the tomato or pepper is beyond its best it can be cut open and the seeds removed. Dry them on a piece of tissue for 1-2 weeks.
- Peas and Beans - can be left on the plant to dry until the pods are crisp, then remove, split the pod and remove the seeds.
- Borage/Dill/Nasturtiums - Leave to dry on the plants, harvest when the plants are dying. Nasturtium seeds will change from green to beige when ready. Borage seeds will change from green to black/dark brown when ready.
- Spinach/Lettuce - Once plants have bolted and flowered/run to seed they can be left in the ground to dry and seeds harvested.

\*Store all saved seeds in paper envelopes in case of any remaining moisture which will get trapped in a glass/plastic container\*

## Seed Saving and Plant Duplication

- Rosemary/mint cuttings - take cuttings of fresh growth at the tips of branches and push into fresh compost, keep compost moist but not wet. Roots will start to grow in 3-4 weeks.
- Strawberry runners - roots will start to grow from the runner plant while it is still attached to the 'mother' plant. Once roots are showing the runner can be cut off and planted separately.
- Rhubarb - When crowns reach a significant size or plants are getting very big the crowns can be lifted and split to create multiple plants.
- Raspberries - some varieties of raspberries will grow runners (roots will grow underground and sprout in a new location). These can be dug up, connecting roots to the original plant cut and the new plant re-planted elsewhere.



# Small-scale and low-cost growing

*Sustainability*

## Growing From Waste

- Tomatoes/peppers beyond their best - slice and plant to grow new plants.
- Sprouting potatoes
- Spring onions (plant the bottom of the onion to re-grow the leaves)
- Onions (plant smaller ones in spring to grow larger by summer)
- Garlic (plant single cloves to grow into a full bulb of garlic)
- Collect seeds from bolted lettuce or spinach
- Plant runner beans that have dried out on the plant and become tough





# Small-scale and low-cost growing

*Sustainability*

- Black bin with lid upside down and holes drilled in lid.
- Water butts (connect to house guttering/sheds/greenhouses)
- Water butts are sometimes provided by councils or to new build properties. It is worth checking for your local area!
- Plant pots next to plants to ensure water goes straight to the roots (either when raining or when watering) when watering, this reduces the amount of water that will evaporate from the surface of the soil.

## Rainwater Collection

