

Grow Your Own Fitness. John Palmer.

Gardening – Hints and Tips:

Gardening should be fun, good exercise and satisfying although it can be a chore, be frustrating (e.g. pests and slugs) and you can hurt your back.

EASY CROPS.

- Fruit and vegetables are easy to grow
- Raspberries-Autumn fruiting. Blackmoor Nurseries, Liss, Hampshire. Buddle of 10. stick them in a barrel now. as time goes by raspberries will grow smaller.
- Apples. Discovery.
- Potatoes. "Red Duke of York". Put them in ground at this time of year with enough space and light.
- Dwarf French Beans grow fast and avoid diseases. Please don't bend forward down to get them. Use knee pads
- Chard/Perpetual spinach.
- Garlic/Shallots & onion sets
- Beetroots. The seed is easy to handle but you must give it space to grow

The Growing Season.. 5 types of activity:

1. Clearing the Area

- Your fruit will need lots of sunshine. Avoid shade from building or trees.
- Except spinach which likes shade.

2. Cultivating the ground.

- One spade depth is fine for most fruit.
- Wherever the clay layer is you should stop digging. Usually pale buff yellow colour or blue. Instead use top soil,rotted farmyard manure or your own compost over a year old.

3. Sowing seed/ planting out.

- Sowing beetroot. Rake over ground twice.
- Rows at 1 ft apart 30 cm
- Seeds about 3cm apart
- Depth. For larger seeds dig deeper ; beetroot 3 cm
- Germination time 2-3 weeks.
- Don't worry about about placing seed too deep. worry about placing it too shallow as can be eaten by pests.

WHAT to sow where:

- Re potatoes. 1st Year- In new ground., 2nd year not potatoes grow beans instead, 3 year anything else.
- sowing potatoes - leave enough space.
- rows at least 2 ft. apart or more, plant at least 45 cm apart, sown about 10 cm deep.
- Onions. rows 30 cm. apart, plant 10 cm apart in row, depth 3 to 4 cm, should see leaves 10 -14 days.
- Garlic - trick to get garlic planted in November as it has a longer growing season.

4. Protecting your crops. When weeding always use gloves.

5. Harvesting

- Watch your posture.
- Standing, squatting, kneeling - all with straight back

Tools: Good for keeping fit.

- push mower, grass rake, soil rake, spade and fork, cutting tools, water can, hoe, toolbox, buckets, wheelbarrow,sack barrow.

Remember:

- Too much vigorous exercise without breaks can be harmful
- e.g. strain on muscles, joints, delicate parts of back

First secret. Vigorous activity must be rationed by adding frequent breaks of lighter activity.

- Decide when you are going to finish. Not task orientated but time orientated. Gardening always take longer than you think.

The second secret. Do it in short activity TIME slots for fun. Do not set out to complete a specific task or tasks (This equates to hard work).

- Rotation of jobs means you don't get bored.
- Limiting vigorous exercise means you don't get hurt by over exercising.
- Setting time limits means you achieve your targets.