

Enhancing Soil Fertility through the Seasons with Terra Park August 17, 2016

“There are more organisms in a handful of soil than there are people on earth!”

Cover Crops

Mustard-gets rid of pests and disease, let grow for 6 weeks and then till it in or it will winter kill, plant late enough so it won't go to seed

Buckwheat-best for getting rid of weeds, plant May, till mid June (after it flowers, wait 10 days), it brings up phosphorus, ideal for quackgrass (best to do 2 rounds if you can), buy at Mountain Goodness :)

Sunflowers and calendula can also be used as cover crop.

Peas and Oats as cover crop together. Peas fix nitrogen and oats add organic matter.

Rye is a good winter cover crop, wait until June to dig it in.

Tilling brassicas in will deter pests and disease.

For the home gardener, weedwhack at different levels to break up for tilling in cover crops.

Crop Rotation

You don't want to plant the same family for 3 years. It works nicely to plant the whole family in the same zone and then move them together to a different zone each year. On the 3rd year plant beans, peas, or alliums to improve the soil.

Plant and Animal Companion Farming

Great way to add a significant amount of nutrients back into the soil.

Feather are high in nitrogen so add to the compost if you have birds!

Terra uses worm castings in her potting soil mix.

Chicken manure is very fertile but it can burn plants because it is very high in nitrogen so be cautious. (doesn't contain weed seeds which is a plus!)

Horse manure is high in carbon. Add into your compost in the fall. It is already 30:1 perfect C:N ratio). If you can't tell what it is, it is composted.

Seed Companies Terra uses...

Johnny's in Maine

West Coast Seeds