Crop rotation

To help control pests and diseases it is a good idea to grow families of vegetables in separate plots and move them around (rotate) them each year.

1. Soil needs for different crops. Divide your crops up into groups in terms of:

   Roots: Remove any stones, weeds, if soil is heavy add grit or sharp sand for better drainage. No compost, manure or lime. Brassicas: cabbages family – add manure or compost before planting. If soil is acidic, add some lime at least 3 weeks before planting. Legumes and onions: spread a thick layer of well rotted compost or leaf mould over soil several months before planting. Mulch after planting. Potatoes and other crops: add lots of compost or manure several months before planting.

   NOTE: Crop rotation can also improve soil structure and fertility by alternating deep-rooted and shallow-rooted plants.

2.3. Designate a plot for each family of crops.

   Till the soil in your growing site before transplanting each crop into their corresponding plots.

4. Harvest the crops from your first growing season. Dig up your freshly-picked plots and aerate the vacant soil thoroughly. Shift each crop over one plot for the following season.

   NOTE: To ensure that infestation and disease don’t become a problem, no one crop should be planted in the same area more than once every three years.

NOTE: Keep records for what is planted in each plot each year and what results you see. Use this information when planting next year.