



## Garden Packages

Fresh Start Food Gardens is so happy to create a vegetable garden for you that will provide years of healthy eating to you and your loved ones. You'll enjoy:

- the peace of mind that comes with knowing your family's food is grown **without synthetic fertilizers and harmful pesticides**
- the **nutrition (and delicious flavor)** that can only come from just-picked produce
- the satisfaction of knowing you are an active participant in **the sustainable food movement**
- for many, the opportunity to **expose your children** to the wonder and goodness of growing their own food and
- the pure **fun of growing it yourself.**

### Installation products we use:

**5'x8'x8" raised bed(s)** - Made of locally sourced 2" pine lumber. We support a local lumber mill with this purchase.

**Clean, nutrient-rich soil** - The soil we provide will be clean, low-weed and rich with compost and nutritive amendments to ensure the healthiest, tastiest plants. Many aspiring gardeners underestimate the expense of high quality soil and the time/labor to transport the soil from a garden center to your garden.

**Weed barrier, row cover and chicken wire** - One of the secrets to the success of Fresh Start Food Gardens is the combination of weed barrier, hardware cloth & row cover. Weed barrier prevents grass and other plants from coming up through the soil, hardware cloth prevents animals from digging up through your garden. Row cover is one of the most common tools that

organic farmers use to improve yields. It is a lightweight fabric that allows light through while serving several functions:

- prevents air born weed seeds from landing in your garden
- moderates temperatures for the plants by keeping them warmer in the spring and cooler in the summer
- it is the best defense against moths & butterflies that lay eggs in the soil which then hatch into all sorts of caterpillars that feed on your plants
- deters larger critters such as deer and turkeys
- row cover is intended to remain on greens & salad plants for the whole season. Plants that require pollination (tomatoes, cucumbers, zucchini, green beans) need to be uncovered when they start to flower. AT that point, e recommend a fence.

**Seeds & Seedlings** - We provide exactly what you need to grow your garden. Our seed suppliers are GMO-free. Some seeds are organic, but not all of our favorite varieties are available as organic. No longer will you spend \$200 on impulse purchases at the garden center only to find you have purchased too much or the wrong types of plants!

**Ongoing services we offer:**

For the 2019 season, we are again offering **four levels of service**, outlined in the chart below.

**Want to take care of your garden on your own**, but want us to get you started by preparing your soil and sourcing and planting high-quality spring and fall seeds and summer seedlings for you? If you want us to get you planted just once with summer vegetables, then take it from there with advice from our newsletters and our online resources, see our **Summer Only Build, Plan and Plant** *Note – there are no follow up home visits are included in this package.*

**Want us to plant your garden in spring, summer and fall and then make sure your plants are off to a good start in the weeks after planting?** Choose **Build Plus 3-Season Plantings with Follow Up**.

Want to add a little more **help with pruning and flexibility in the crops you grow?** See our **Planting with Maintenance** option.

**Want** regular help with pruning throughout the season including pest and disease management? Our **Build Plus Planting with Premium Maintenance**, with more regular visits may be for you.

What You Get	Summer Only Build, Plan and Plant	Build Plus 3 Seasonal Plantings with Follow Up	Build Plus 3 Seasonal Plantings with Maintenance	Build Plus 3 Seasonal Plantings with Premium Maintenance
Organic local compost	Yes	Yes	Yes	Yes
Organic fertilizers added as needed throughout season	No	Yes	Yes	Yes
Fall hardneck garlic bulbs	Yes	Yes	Yes	Yes
A selection of GMO-free seeds and seedlings sourced, delivered and planted	Yes	Yes	Yes	Yes
Substitutions of summer vegetables	No	Yes	Yes	Yes
Crop plan that maximizes growing space	Yes	Yes	Yes	Yes
Landscape fabric	Yes	Yes	Yes	Yes
Row cover and wooden weights	Yes	Yes	Yes	Yes
Tomato stakes and 54" cages	Yes	Yes	Yes	Yes
Cucumber and green bean trellis to allow for seasonal planting overlap	Yes	Yes	Yes	Yes
Tomato workshop	Yes	Yes	Yes	Yes
Newsletters	Yes	Yes	Yes	Yes
Personal garden reports	No	Yes	Yes	Yes
Visits for planting	1	3	3	3
Additional follow up home visits included to troubleshoot plant health and growth conditions	0	3	5 Includes some thinning and pruning of plant growth	8 Includes regular thinning and pruning of plant growth, better pest and disease management
Organic disease and pest management if needed on followup calls	No	Yes	Yes	Yes
Pre-scheduled appointments for live, one-on-one education w/ homeowner included	0	0	1	1
Total cost of installation and service for one bed	\$895*	\$1225*	\$1425*	\$1675*
Total cost of installation and service for two beds	\$1445*	\$1775*	\$1975*	\$2225*
<b>Chew Proof Fence - \$280 value</b>	<b>\$150 with orders placed before February 1, 2019 - Save \$130</b>			

\*plus travel when applicable.

**Standard Spring crop map (usually planted in early April) includes:**

- Sugar Snap Peas
- Spinach
- Lettuce
- Arugula
- Mustard Greens
- Kale
- Carrots

**Standard Summer crop map (planted in May) includes:**

- Red & Yellow Cherry Tomatoes
- Cucumbers
- Zucchini
- Green Beans
- Lettuce
- Carrots
- Kale
- Basil
- Parsley
- Chives

**For Plantings Plus Followup, Maintenance and Premium Maintenance Packages, you can substitute any of the below:**

- Delicata Squash
- Summer Squash
- Italian Eggplant
- Bell Peppers
- Heirloom Tomatoes
- Beefsteak Tomatoes
- Tomatillos

**Standard Fall crop map (planted around Labor Day):**

- Spinach
- Lettuce
- Carrots
- Kale
- Late fall garlic

**Next steps:**

1. Order your garden package by emailing [Christine@freshstartfoodgardens.com](mailto:Christine@freshstartfoodgardens.com) and **typing the name of your package in the headline**. We will send you a contract and arrange a convenient time for installation as soon as we receive payment.
2. Return a signed contract and check to FSFG LLC. **Please make check payable to "FSFG LLC"** and mail to FSFG, LLC, 3 Hyacinth Drive, Westford, MA 01886 and we will be in touch to schedule installation.