



## The Organic Garden in June - 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

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### Hello, Friends!



### The June Harvest

The radishes are finished, the pea pods and snap peas are still going if they have been kept picked and watered, the lettuce is on its last legs, strawberries are at their peak and the green onions have been great in the salads, and garnishing soups and hummus.

It is now too warm where I live to plant any more radishes or spinach. The heat makes them bitter and causes them to go to seed. The regular and garlic chives have been going strong since the beginning of April and as long as I keep the flowers picked for salads, the plants keep going until fall. The apple trees are getting a weekly spraying with chive tea for pests and watering with compost tea for growth.



## Crop Rotation

Succession planting has extended the harvest of the different varieties of lettuces, spinach, radishes and beet greens. The heat has gotten to the spinach. My veggies in pots die back before the ones in the ground as the roots get warm in the sun of the south facing deck. The lettuce pots in the shade of the fence last a couple weeks longer.

Every time I pick the last leaves of a head or romaine, a couple of green bean or yellow bean seeds takes its place. The young tomato transplants are going in the centre of the 18 inch pots where I have harvested the green onions from the centre of the pot, and the onion sets left around the rim of the pot help keep pests off my little tomatoes. As I pick the final spinach leaves from between the asparagus plants, a few more Detroit dark red beet seeds go in their place.

A pot that had a tomato plant last year, has a zucchini plant this year and will have beans next year with butternut squash in the pot the year after that. I keep a garden journal with diagrams to keep track of the rotations.

Each four foot square or four foot x ten foot raised bed gets the same kind of treatment, onions this year are followed by tomatoes, carrots or beets the next year and so on. I like a four year rotation plant the best and there is never a shortage of what to plant. I love fresh picked fruits and vegetables when I can pick 'em, wash 'em, and eat 'em right away. Yumm!



The next transplants to go in are tomato, squash, cucumber and melons. Sometimes a skunk who loves the smell of compost digs things up. My early morning rounds give me the chance to replant them before the sun hits them. Watching them grow can be quite exciting and anticipation of the flavours to come make my mouth water.

# Unnatural Harvest: How Corporate Science is Secretly Altering Our Food by Ingeborg Boyes

This 1999 book is an interesting look at farming and our food supply. ISBN 978-0385257497. This book is also available from CNIB as a Daisy Talking Book for the visually impaired.

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Cathy Ferren RHN**

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