

BarterintheHood.com

Presents

Grow your Own Food!

The A to Z in Self-Sufficient Gardening in the Emerging Barter and Trade Economy - *The Real Economy*



Photos: Esperanza J Creeger

About BarterintheHood.com

Greetings Neighbors!

Welcome to BarterintheHood.com where knowledge is key to building a new economy based on home-grown food and barter (money-less, bi-lateral exchange of goods and services) and trade (exchange of goods and services, often for money) of products and services in our local communities.

Imagine a world where access to the internet, grocery stores, and (gasp) even cell phone service goes down for days, weeks, or even years. Urgent voices warn of a coming depression where people may be forced to become self-reliant for food, water, and basic needs.

Are we entering a new economic paradigm where barter and trade may be the only means available for obtaining food, products, and services?

If access to those things we take for granted today are taken away tomorrow due to circumstances beyond our control, are we prepared to feed our families for a few weeks or even months? Years? My observation: Most of us are *not* prepared - not even close.

Always forward-thinking, I created my own guide for self-sufficient living. I share this guide with you, my fellow caretakers of this beautiful planet, to launch your journey toward self-sufficiency. Grow your own food and set up basic street-level barter and trade systems in your local communities. Barter and trade fresh organic, non-GMO food grown from your own backyards in exchange for goods and services. Even apartment

dwellers with limited space, with a back patio, can grow food and become self-sufficient Citizens.

Use this guide and useful learning links from my favorite gardeners around the world. Please copy, forward, and share this information with your family, friends, and others.

Let us begin!

Esperanza J Creeger

September 2020



BarterintheHood.com presents

Growing Potatoes - Indeterminate

For Self-Sufficient Living



"Everything old will become new again."

Kent Dunn - Quantum Shift Show

"If you give a hungry man a fish, you feed him for a day, but if you teach him how to fish, you feed him for a lifetime."

Lao Tsu

TABLE OF CONTENTS

About Page	1	Blight Control	19
Neighborhood Outreach Form	6	Scab Control	20
Prepare Now, Forbes Excerpt	7	Harvesting	20
Food Shortages? Why Potatoes?	11	Measurement Converter	21
Varieties	13	Cool & Warm Weather Crops	22
Preparation	14	pH Preferences	23
Earthing Up, Non-Earthing Up	15	pH Planting Planner	24
Planting Mix	17	Sample Garden Plot Map	25
Potato Seeds	17	Compost	27
Seed Propagation	18	Recipes	30
Preferences	18	Tools and Resources	36
Maintenance	19	Thank You	39
Insect Control	19	Notes	40

"Everything Old will Become New Again."



NEIGHBORHOOD OUTREACH FORM

This simple approach assumes access to the internet, cell phones, and grocery stores go down for an indefinite period. Designated Neighborhood Block Co-Leaders may copy and distribute this notice to people in the local community.

While we *currently* have internet access, please print this document today. Prepare your gardens now. Who knows what may come in the days to follow.

BARTER IN THE HOOD OUTREACH

Hello neighbor!

Do you have a product or service you wish to barter or trade? Please attend our free Neighborhood Barter & Trade Market Day!

DATE: _____

TIME: _____ to _____

WHERE: _____

BRING: Produce, product, service, trade, etc. and your own small table/chair set up.

SEE YOU THERE, NEIGHBOR!

PREPARE NOW – HOW TO GET STARTED IN YOUR LOCAL NEIGHBORHOOD

WHILE WE CURRENTLY HAVE WORKING SYSTEMS, UTILIZE THOSE SYSTEMS TO PREPARE NOW!

1. Host a get together with your close neighbors, especially with those who resonate with the intention and purpose of contingency planning in a world turned upside-down after a global electronic communications meltdown. Dire circumstances could lead to disruptions in CRITICAL infrastructure (water, food, transportation, no internet access, etc.).
2. Post a notice to your Social Media about contingency planning.
3. Conduct virtual meetings via Zoom or Google.
4. Select 2 to 3 Co-leaders (nominate yourself). Co-leaders will delegate actionable parts of the plan to the community volunteers (distribution of communication materials, for example, when the lights go out).
5. Develop an action plan for continuing communication within your local community in the event of a fatal electronic communications breakdown.
6. Make a list. Identify community members who possess specialized skills (ham radio/satellite phone operator, military intelligence, security specialists, botanists, medical professionals, teachers, butcher, baker, candlestick maker, etc.).

EXCERPT FROM FORBES

Jul 20, 2015,10:47am EDT|

Bartering In The Modern Day: How People Are Swapping Skills And Services ... For Free

By *Natasha Burton*

This story originally appeared on [LearnVest](#).

Cash, credit ... or barter?

If you're one of the many people who bartered goods or services without spending a single cent last year, then the answer to that question is a no-brainer.

In fact, the practice—whose origins date to 9000 B.C., when people traded cattle, sheep or a favorite camel for other necessities in life—has been on the upswing over the past few years.

According to Kevin Brown, CEO of [Hudson Barter Exchange](#), the recession of the late 2000's is what sparked the trend.

Of course, we're not living in ancient Egypt, when you could just head to the local market and trade fresh farm eggs for a fancy scroll of papyrus.

Person-to-person bartering is still done today through swap meets and online via sites like Craigslist.

But there are also sophisticated barter exchanges located throughout the U.S.—more than 1,100, to be precise—that enable people and businesses alike to use “barter bucks” to trade goods or services for credit that they can apply to something else on the exchange.

Yoga classes, hair appointments and massage therapy can quickly put a serious dent in a monthly budget—especially when you’re retired and living on a fixed income.

But rather than give up such luxuries, early retiree Colleen Teifer, 44, of Sunset Beach, N.C., decided to try bartering to leverage the skills she’d picked up as a high school administrator for 15 years.

After noticing that many small businesses in her area needed office support—such as accounting or social media expertise—she began offering her services for theirs.

“I went to the yoga studio, the hair salon, and got to know the owners and paid attention,” Teifer explains. “When I saw things that I thought they might need help with, I offered to help them.”

As a result of her enterprising swapping, she saves about \$300 a month—money she can stretch into her future golden years.

“I Get a Break on Child Care Costs by Bartering for Babysitting”

Six years ago, when Erica Zidel, 33, needed to find someone to take care of her 3-year-old son for about four to six hours each week, she turned to a local babysitting co-op in Boston for help.

Parents within the co-op barter babysitting duties by taking turns watching each other’s kids. Depending on how much child care she received, Zidel, in turn, took care of other people’s children anywhere from 16 to 20 hours in a given month.

“I used it about once every other week. My son got to play with other kids, and I got child care from someone I really trusted—another parent,” she says. “Had I hired a sitter, it would have cost me about \$1,000 per year.”

Zidel’s experience even inspired her to launch [SittingAround](#), a site that makes it easy for parents to start their own babysitting co-ops—which she considers to be a much safer alternative to paid sitters.

“Most co-ops have, as part of the process for admitting new members, a home visit,” she explains. “During this visit, a co-op member meets the prospect in their home and ensures that the environment meets the co-op’s safety rules.”

RELATED: [6 Ways to Save on Child Care Costs](#)

“I Swap Eye Exams for Home Renos”

Fourteen years ago, Kim Parr, 41, an optometrist in Cortez, Colo., followed the lead of a doctor she knew and decided to barter with some of her clients when they had a home-specific service to offer—from painting to handyman work.

“It wasn’t something I did all of the time, but on occasion it made sense,” Parr says. “If the cost of glasses plus an exam is \$300 retail, it might only cost me a third of that amount, but I still get \$300 worth of services or product in return.”

And, luckily, she’s only had one not-so-great bartering experience.

A patient owned a flooring store and Parr just so happened to need new carpeting. Since his whole family needed eye exams, they agreed to barter.

"Unfortunately, he went out of business before we could take advantage of the full amount of the credit," Parr says. "So if you do barter, make sure the trade happens quickly!"

"I Barter House-sitting Services—for Free Travel"

Having a flexible schedule and an income-generating property has helped open up the world for Kelly Hayes-Raitt, a 53-year-old writer loosely based in Los Angeles.

For the past seven years, she's traded house-sitting (she's even been asked to start cars to keep batteries charged) and pet-sitting services to be able to travel the globe—essentially free.

"I don't get paid, and I don't pay any expenses," explains Hayes-Raitt, who rents out her home in L.A. and writes a column for a local weekly newspaper for income. "I've lived in London for two months during the Olympics; in a glorious, four-story home with panoramic views of Lake Chapala in Mexico; and in a funky country home across from a rice paddy in Langkawi, Malaysia."

Hayes-Raitt finds clients through [TrustedHousesitters](#), as well as word of mouth. "And I'm happy to report that I get a lot of repeat assignments," she says.

Although she admits that it's not always easy to be at the mercy of other people's schedules, the benefits far outweigh the challenges. "I get to write full-time and develop a new career at mid-life—while traveling to some really great places and living as a local," she says.

"I've Mastered the Bartering Art of Trading Up—Scoring Me a Car!"

When Tamio Stehrenberger, 34, of Laguna Niguel, Calif., had a set of speakers he wanted to get rid of, he decided to post it on Craigslist to see if he could find someone who wanted to do an electronics trade.

Over the next couple months, Stehrenberger ended up making a series of trades on Craigslist—each time for a higher-priced item.

It's called "trading up" in bartering circles—and here's how it went for Stehrenberger: He swapped the speakers for a Sony desktop computer, then the computer for a Pitster Pro 125cc pit bike, then that bike for a Kawasaki 250cc dirt bike, the second bike for a front-load washer/dryer, the appliance for a Yamaha 450cc dirt bike, the third bike for a 1971 Plymouth Satellite—and finally the Satellite for a 2004 Audi Allroad Wagon.

"At each step, I cleaned up the item and possibly did a little here and there to increase the value, but overall, it's just about finding people who want your item more than what they have to offer," explains Stehrenberger, who has since launched his own bartering app, MatchTrade.

Trading up happens, he says, because people value items differently. "I might have something that I don't care about—but you could really want or need that item," he explains. "Both parties can walk away thinking they got the better end of the deal."

4 Bartering Rules of Thumb

Ready to take a spin at swapping goods and services yourself? Review these must-knows first, so you can get the best bang for your bartering "buck."

1. Research rates. If you're offering a professional service, you already know what your standard rates are. But if you've never charged for your services before, then you need to land on the right price tag, based on your time and skills.

"You can't make good trades if you don't know the value of items or labor," explains Pablo Solomon, 67, an expert barterer from Austin, Texas, who has swapped labor and goods for decades.

Ultimately, the best information will come from asking around to see what other people are paying for the services you want to offer. So if you want to barter accounting or clerical skills, for example, look into what local temp agencies are paying their contractors for such services.

And if you're trading a service for a product, you can research the value of items—say, a used computer—through a site like [Gazelle](#) and even such auction sites as [Ebay](#).

In Stehrenberger's experience, things that trade well are recreational vehicles (dirt bikes and boats) and electronics—although they get outdated fast, their value and usability is still high.

As for bartering sites, [TimeBanks](#) allows you to accrue time you spend offering a service. You can then "spend" the time on a service you need without having to swap for services with just one specific person.

And [SwapRight](#) and [BarterQuest](#) focus specifically on service trading—from babysitting to home improvement.

2. Focus on value—not price. A trade doesn't need to be between items or services of equal value in order to be fair, says Solomon.

"I am often happy to give several items I no longer want in order to get something that I do want—and other people are usually the same," he says.

Consumer-spending expert Andrea Woroch believes that time is actually the most valuable asset when bartering. In other words, you don't necessarily need to have a specific trade or skill or coveted item to barter—you just need to be willing to put in some hours.

For example, instead of giving a friend a wedding present, consider what services you can offer. "Offer to watch the bride and groom's dog during their honeymoon," Woroch suggests. "You may not dog-sit for your main profession, but it's still something helpful you can do."

3. Be patient—and vigilant. Finding the right match when trying to trade physical items can be time consuming. You not only have to find a person who's willing to barter, says Stehrenberger, but you also have to have something that person wants.

So he suggests making a list and taking good photos of everything you can offer for trade before reaching out to other barterers.

"It usually takes emailing back and forth lists of everything you might want to trade, and then meeting up to check out each other's stuff, before a barter can be made," he says, adding that it's also crucial to always be 100% honest about the condition of your items.

For that matter, the old adage "let the buyer beware" is especially true for bartering. When you barter through an exchange, most business owners are vetted and have a history, says Brown, but the guy you met on Craigslist isn't.

"And please don't trade with someone who is going to get on a ladder," he says, "or touch your plumbing, unless they are licensed, bonded and insured!"

4. Pay the tax man. Although bartering doesn't involve cash exchanges, you are required to pay the government on the goods and services you swap.

To learn more, review the [IRS's guide to bartering](#).

And to find a bartering exchange in your area, consider checking out [IMS](#), the biggest retail barter exchange, which does trades all over the country.

FOOD SHORTAGES? WHY POTATOES?

- Nutrient-Dense
- Easy to Grow
- Long Shelf Life
- May be grown on a small patio with full sun
- Indeterminate main crop potatoes grow in multiple layers on a single stem, produce larger potatoes, and the potatoes store well for many months.
- Determinate potatoes grow fast, grow in one layer, produce smaller potatoes, and do not store as well compared to the Indeterminate type of potato.

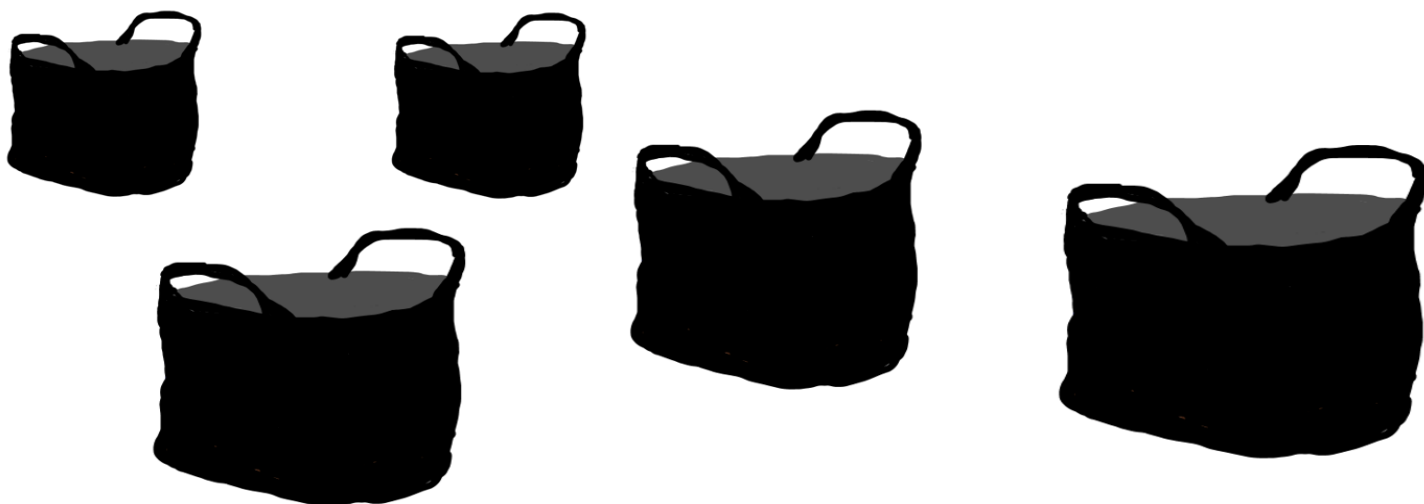
MATERIALS

Potato seeds with 1" chits

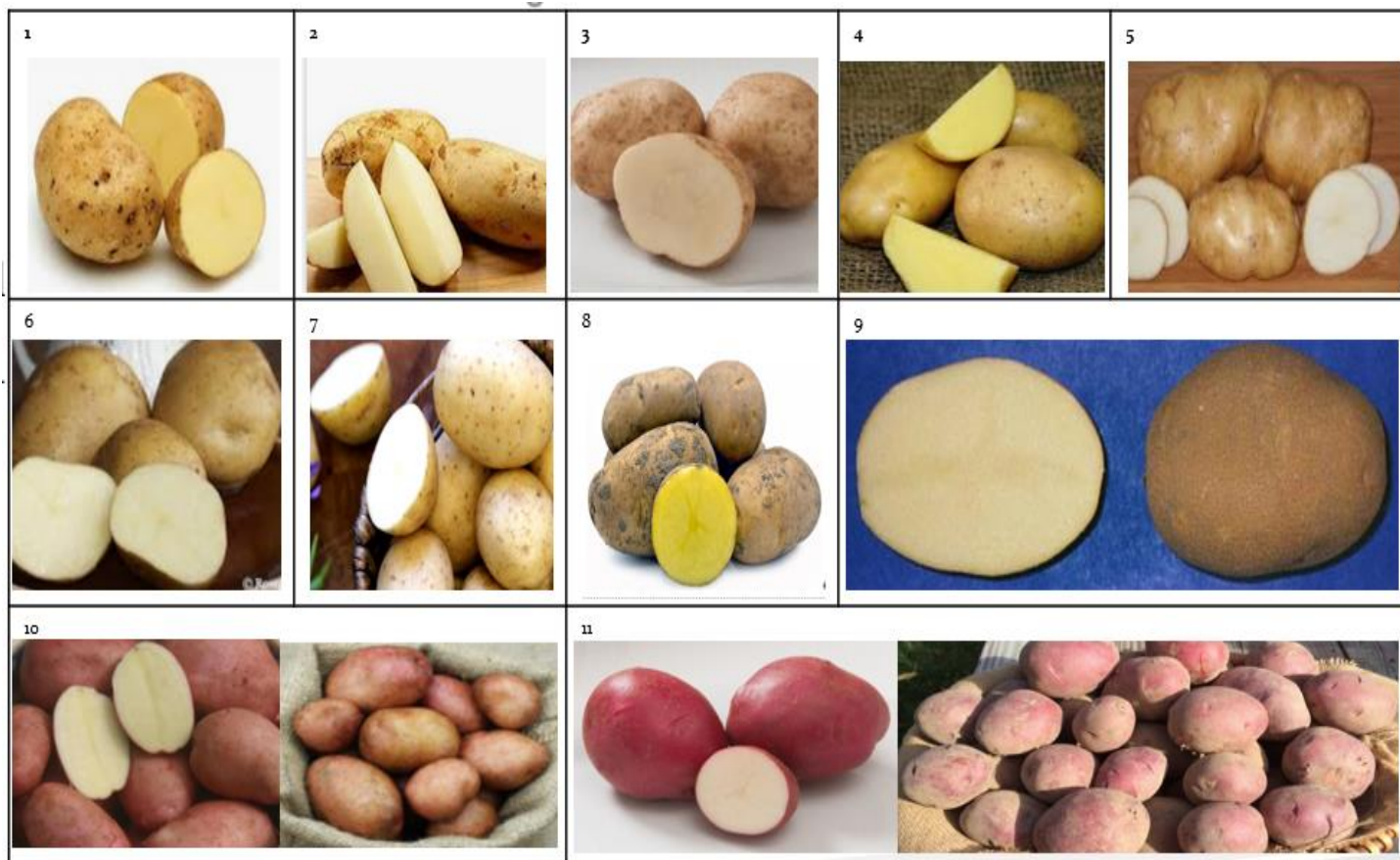


- A 10-15 gallon BPA-free plastic *black* bucket* stamped with recycle logo "2" (food grade) or cloth grow bags. I prefer the cloth grow bags for natural drainage and ease of use, especially at harvest time.
- Quantity: Minimum 5 buckets/grow bags per Family (overflow produce can be bartered or traded with neighbors). You may average up to 15 lbs. of potatoes per bucket/grow bag. If using plastic buckets, be sure to drill 5 drain holes, then line the bucket bottom with a circular piece of burlap.
- A mix of Blood Fish Bone Meal plus 6X concentrated farmyard manure - OR- pelleted potato feed -OR- Trifecta. Whichever mix you choose, only use $\frac{1}{4}$ cup per potato planted, mixed into the soil.
- Rape, sugar cane, or alfalfa straw mulch
- Quality Soil - loose and free draining. Use $\frac{1}{3}$ topsoil, $\frac{1}{3}$ compressed peat, $\frac{1}{3}$ compressed aged cow or horse manure. Sprinkle with Blood Fish Bone Meal.

- Organic Compost - store bought or home produced (preferable - see "Composting" section)
 - Plant Food - Choose: Blood Fish Bone Meal, OR Pelleted Potato Feed, OR Trifecta Plus Organic Fertilizer. Whichever you select, use $\frac{1}{4}$ cup max, per potato plant planted, mixed into the soil.
 - After planting, mix in two Tablespoons Pelletized Sulfur into the topsoil to combat scab.
 - Seed Potatoes (Organic, Indeterminate/Main Crop for best long-term storage and higher yields) with 2-3 healthy chits per potato for planting (2 potatoes per bucket). NOTE: 1-2 chits will produce larger potatoes, 3+ chits will produce smaller potatoes.
- * Greater yields are produced in buckets/grow bags (versus in-ground hill planting). Black containers absorb more heat. It is easier to harvest container-grown potatoes. Organic, GMO-free potatoes, versus commercially grown potatoes, will not have harmful pesticides or growth inhibitors sprayed on them.



PLANT VARIETIES – Indeterminate Potatoes



1. Bintje
2. Canela Russet
3. Elba
4. Geran Butterball
5. Green Mountain
6. Lehigh
7. Maris Piper
8. Nicola
9. Russet Nugget
10. Sarpo Mira
11. Strawberry Paw



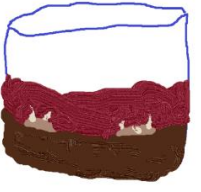
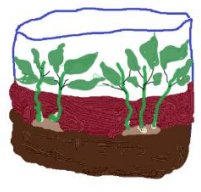


PLANT PREFERENCES

- Warm temps! Nighttime temperatures must not fall below 45 degrees, or the plants may die.
- Ph preference: 5.0 to 7.0 acidic soil
- Planting time: Middle to end of April (in the U.S.)
- Water preference: Regular watering every 2-3 days in well-drained soil. Potatoes do not thrive in soggy soil.
- Lighting: Full sun
- Feeding preference: High potassium, phosphorous . 5-10-10, 8-24-24 NPK. Use Blood, Fish, and Bone Meal for long-term feeding.
- Maturation: 16 to 20 weeks

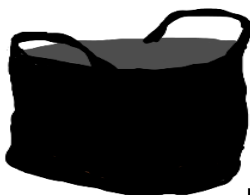
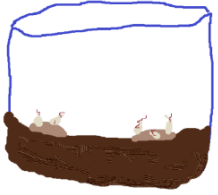
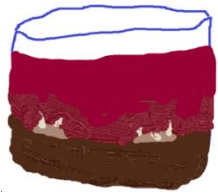
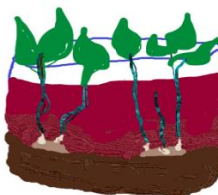
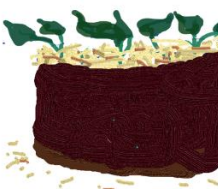
PLANT PREPARATION

- Grow chits - place seed potatoes in a plastic bag covered in damp mulch or compost. Check for chits after 5 days. Be careful not to break off the chits.
- Prepare buckets - drill 5 drain holes at bottom and 4 drain holes on the bottom sides. Place a circle of burlap inside the bottom of bucket.
- Prepare soil mix in a wheelbarrow or on a tarp.
- Fill bucket or grow bag (refer to the diagrams below). Chits should point up. Be careful not to break the chits. Water heavily.
- Set the filled pots on raised platforms, like wooden crates. Do not allow the container bottom to touch the ground to deter bug and other critter infestation. Space apart for good air circulation.

EARTHING UP METHOD #1 - This method gives space to produce more tubers, increases the length of the potato stems, and protects tubers from sunlight (which can produce "green" poisonous potatoes).

					
In Bucket or Grow Bag, add soil to a depth of "4"	Plant potato seeds, chits up	Add a fresh 3" layer of soil, water heavily	Continue to add layers of soil on top, water	Once the top is reached, cover with straw	Harvest potatoes in 90-120 days

NON-EARTHING UP METHOD #2 - This method is quick and easy but may produce less potatoes.

				
In Bucket or Grow Bag, add soil to a depth of "4"	Plant potato seeds, chits up	After planting the potato seeds, add more soil to fill the container but leave a 4-inch space between the topsoil level and the container rim	Once the top potato leaves grow to a height of approx. 8", add more topsoil, then add a thick layer of straw to protect the surface level tubers from sunlight. Light will turn the tubers green (inedible)	Set the filled containers on raised platforms, like wooden crates. Do not allow the container bottom to touch the ground to avoid bug and other critter infestation



DRIP IRRIGATION IS KEY TO SUCCESS



PLANTING MIX

MIX TOGETHER IN EQUAL PARTS

Aged Farmyard Manure Aged Compost Peat Moss/Soil



1/3 Part Aged, Odorless Farmyard Manure

1/3 Part Organic Aged Compost

1/3 Part Peat Moss mixed with soil

Sprinkling of Perlite

Blood/Fish/Bone Meal or Trifecta Plus or Pelleted Potato Feed - Use $\frac{1}{4}$ cup per Potato Plant

Potassium Fertilizer

Pelletized Sulfur - After planting, mix in two Tablespoons Pelletized Sulfur into the topsoil to combat scab.

POTATO SEEDS WITH CHITS



- Potato Seeds with 2-3 healthy chits per potato for planting.
- Plant 2 - 3 potato seeds, spaced 8" apart, per grow bag /bucket with the most robust chits pointed up. Select Indeterminate/Main Crop varieties for best long-term storage and higher yields. Refer to the "Plant Varieties" section.
- 1-2 chits per potato seed will produce larger potatoes where 3+ chits per potato will produce smaller potatoes.

POTATO SEED PROPAGATION

Potato Seed propagation is easy. Place whole potatoes in:

1) Empty eggshell carton reservoirs (with potato eyes pointing up). Set the carton in front of a window with indirect sunlight or in a dark place. After a few weeks, check for chit development. Cut the potatoes into golf-ball sized sections, making sure each section has robust chits. Air-dry the sections for 3 days to form a callous around the exposed cut (the callous protects the potato from bacteria which can contribute to rot), then the seeds will be ready for direct planting.

OR

2) Plastic bag. Place smaller, whole potatoes in a plastic bag covered in damp mulch or aged compost. Check for chits after 5-10 days. Be careful not to break off the chits. Smaller potato seeds may be planted whole, chits pointed up.

OR

3) Store-bought organic seed potatoes may be available for purchase online or through a reputable local nursery.

NOTE: Commercially grown, store-bought potatoes, may have growth inhibitors sprayed on them (to extend store shelf life). For seed potato propagation purposes, avoid commercially grown, grocery store potatoes.

PLANT PREFERENCES

TEMPERATURE
Avg. Nighttime
Temp >45 F

>45°

SOIL
Loamy
Drains
Well



Ph/FERTILIZER
Acidic
5.5 – 6.0
Low Nitrogen
High-Potassium
& Phosphorous



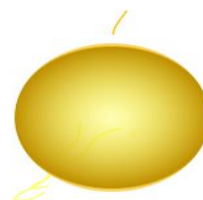
PLANTING
Spring

April

WATER
2-3 Days



LIGHTING
Full Sun



PLANT MAINTENANCE

- Regular watering every 2-3 days (more frequently in hot weather). Drain well. Be careful not to overwater; overwatering will cause blight/rot. RULE OF THUMB: Stick your index finger deep into the dirt. If it feels dry, water. If moist, do not water.
- Water from the base of the plant - do not water upper leaves. Do not water in the evening.
- Remove flower blooms and seed pods so plant can focus its energy on growing the potato. Discard Seed Pods (look like small green tomatoes) for they are poisonous.
- Do NOT allow light to hit the tubers; sunlight will turn the potato green and TOXIC - not edible.
- Feed with low nitrogen, high phosphorous, high potassium. NPK mix (nitrogen, phosphorous, potassium) 5-10-10, 8-24-24. Avoid excess nitrogen as it promotes top leaf growth to the detriment of tuber growth.
- Insect/Fungal Control - Use natural 100% cold-pressed Organic Neem Oil watered down (see recipe below).

ORGANIC INSECT CONTROL

4 tsps. 100% cold-pressed Organic Neem Oil

1/2 tsp. Organic Dishwashing Soap

10 tsp. Organic Baking Soda

1 gallon Distilled Water

Combine ingredients well. Fill a plastic sprayer. Spritz underneath leaves, then spritz top of leaves.

BLIGHT CONTROL

In a blender, add:

600 mg of Uncoated Aspirin tablets to 1 gallon Distilled Water

Fill a plastic sprayer. Spritz the lower and upper leaves every two weeks. Some potato varieties are blight resistant (Sarpò Mira, for example).

SCAB CONTROL

After planting, add:

2 Tbsp. Pelletized Sulfur

to the topsoil to combat scab.

PLANT HARVESTING

- Harvest in 16 to 20 weeks (4 to 5 months). The vines will droop and die back. The tops will look sickly.
- *Cut off the haulms, wait 2-3 weeks, then harvest/dig up the potatoes. Haulms that are free from disease and free from mildew may be shredded then added to your compost bin. Reuse good soil!*

Cutting branches and haulms into smaller pieces for your compost bin can be a chore and quite hard on your hands. I use a mini-wood chipper to make quick work of it, then dump the shredded material directly into my compost bin.

- Tip over container and pick out the potato tubers.
- Green Potatoes – unfortunately, light reached the potatoes; throw out for green potatoes are poisonous.
- Cure the potatoes – Leave on the ground to harden off for a few hours
- NEVER WASH OFF POTATOES DESTINED FOR WINTER/ LONG-TERM STORAGE OR BARTER/TRADE. Wash off only when ready to eat.
- Store in a cool, dark, dry space.
- Collect the smaller egg-sized potatoes, wrap each one in newspaper, set on a rack or carton, cover with burlap, then store for next year's seed potatoes. Or you can also place tubers in a 5-gallon bucket filled with slightly moist sand. Store in a cool place (50 degrees Fahrenheit / 10 degrees Celsius) until next year's planting.

CONVERTER

Ctrl/Click here for an [Online Converter](#)

Oz.	Tsp.	Tbsp..	Cups	Liter	Gallon
.50	3	1			
1.00	6	2	1/8		
2.00	12	4	1/4		
2.50	15	5	1/3		
4.00	24	8	1/2	1/8	
5.00	30	10	3/4		
8.00	48	16	1	1/4	5/8
12.00		24	1- 1/2		
15.00		30	1-7/8		
16.00		32	2	1/2	1/8
20.00		40	2-1/2		
25.00		50	3	3/4	1/5
32.00		67	4	1	1/4
34.00		101	6.25	1.50	1/3
128.00		256	16	3.8	1
Ctrl/Click here for an Online Converter					

COOL AND WARM WEATHER CROPS

COOL WEATHER CROPS Plant February- March	pH =<6 Acidic 7-14 Neutral to Alkaline	WARM WEATHER CROPS Plant April - May	pH =<6 Acidic 7-14 Neutral to Alkaline
Arugula	6.5-7.5	Basil	5.5-6.5
Beets	6.0-7.5	Blueberries	4.0-6.0
Broccoli	6.0-7.0	Corn (Sweet)	5.8-7.5
Cabbage	6.0-7.0	Cucumber	5.5-7.0
Carrots	5.5-7.0	Ginger	5.5-6.5
Catnip	6.1-7.8	Grapes	5.5-6.5
Celery	5.8-6.8	Lemons	6.0-7.5
Collards	6.5-7.5	Limes	6.0-7.5
Green Beans	6.0-7.5	Melons (Cantaloupe)	5.5-6.5
Kale	6.0-7.0	Melons (Watermelon)	6.0-6.50
Lettuce	6.0-7.0	Pepper (Bell)	5.5-7.0
Onion	6.0-7.0	Pepper (Cayenne)	5.5-7.0
Peas	6.0-7.5	Pepper (Habanero)	6.2-7.0
Pumpkin	6.0-6.5	Pepper (Jalapeno)	4.8-6.8
Radish	6.0-7.0	Potatoes (Russet)	4.5-6.0
Spinach	6.0-7.5	Potatoes (Sweet)	5.5-6.0
Turnip	5.5-7.0	Spinach	6.0-7.5
OTHER:		Squash	5.5-6.8
_____		Stevia	5.5-6.5
_____		Strawberries	5.5-6.5
_____		Tomatoes	5.5-6.8
_____		Zucchini	6.0-6.5
_____		OTHER:	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
_____		_____	

pH PREFERENCES

<i>Ideal pH Range</i>	<i>CROP</i>	<i>Ideal pH Range</i>	<i>CROP</i>
4.0-6.0	Blueberries	6.0-6.5	Melons
4.8-6.5	Potatoes	6.0-7.0	Broccoli
5.5-6.5	Strawberries	6.0-7.0	Cabbage
5.5-6.5	Sweet Potatoes	6.0-7.0	Chive
5.5-7.0	Carrots	6.0-7.0	Lettuce
5.5-7.0	Cucumber	6.0-7.5	Beans (Pole)
5.5-7.0	Peppers (Sweet)	6.0-7.5	Beets
5.5-7.5	Cauliflower	6.0-7.5	Kale
5.5-7.5	Pumpkins	6.0-7.5	Lemon
5.5-7.5	Tomatoes	6.0-7.5	Spinach
5.5-8.0	Garlic	6.0-8.0	Asparagus
5.8-7.0	Corn (Sweet)	6.2-7.0	Peppers (Habanero)

Source: *The Old Farmer's Almanac*, article **SOIL PH LEVELS FOR PLANTS** by Catherine Boeckmann, August 13, 2019

pH levels range from 0 (highly acidic) to 14 (highly alkaline). Most vegetable garden plants prefer a slightly acidic soil pH, anywhere between 5.5 to 6.5. Buy a pH meter or test kit to test your soil PRIOR TO planting! pH test kits may be purchased from your local garden store and online. Amend the soil to either acidify or alkalize the soil to the ideal pH, then plant your goodies. Be sure companion plants share the same pH requirements!!! For example, tomatoes and peppers share similar pH profiles.

The soil pH match to your plant variety can mean the difference between a SPINDLY FAILED harvest and a BOUNTIFUL BEAUTIFUL one! Potatoes prefer a soil pH between 4.5 to 6.0 (more acidic). Neutral pH is 7.0. Store-bought soil is typically on the more alkaline side (sweet). If your soil is too sweet, you may use natural methods to lower the pH.

This process takes time, and you may not see the full results for 1-2 seasons. The ideal time to amend soil is in the Fall. You can lower a soil's pH (make more acidic) in a variety of ways. Sprinkle and mix in the following amendments:

- Coffee/Tea Grounds
- Garden Lime/Calcium Carbonate
- Sphagnum Peat Moss
- Elemental Sulfur
- White Vinegar (1 cup vinegar to 1 gallon water)
- Compost Tea
- Rainwater
- Aged Compost
- Potassium Alum Sulfate (5-10 grams per Liter water, once a month)

If your soil is too sour (acidic pH < 6.5), you may add finely ground limestone, or wood ash (work a thin layer into the soil 2-3 months prior to planting or in the Winter).

- Limestone Wood Ash (be sure to use natural wood ash, not coal ash. Coal ash is toxic).


My pH Planting Planner

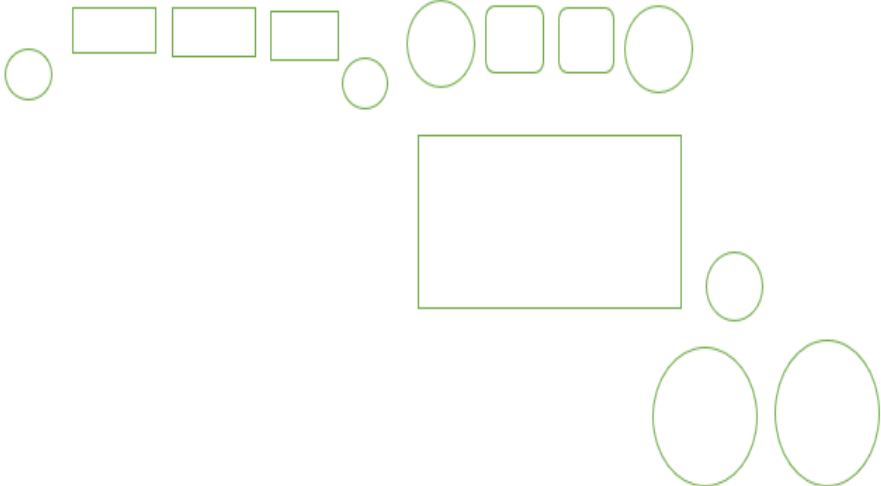

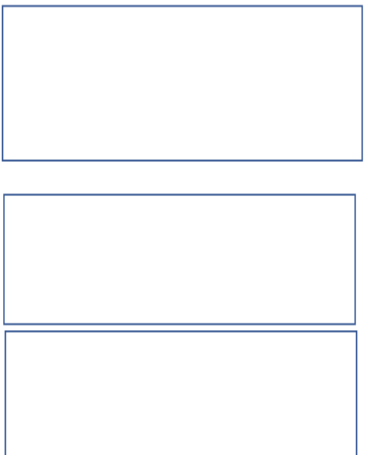

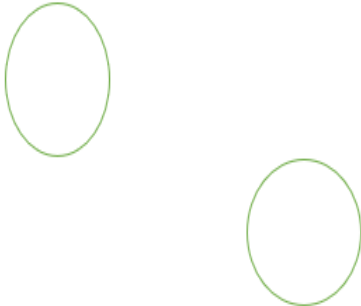
Crop	pH	Lighting	Temperature	Misc. Notes
Sweet Corn	5.8 – 7.0	Full Sun	Avg Soil Temp =>60 F	Needs 110-120 growing days Plant Date: Harvest Date:

My pH Planting Planner

Crop	pH	Lighting	Temperature	Misc. Notes
Sweet Corn	5.8 – 7.0	Full Sun	Avg Soil Temp =>60 F	Needs 110-120 growing days Plant Date: Harvest Date:


Sample Garden Plot Map for pH Soil Testing/Planting

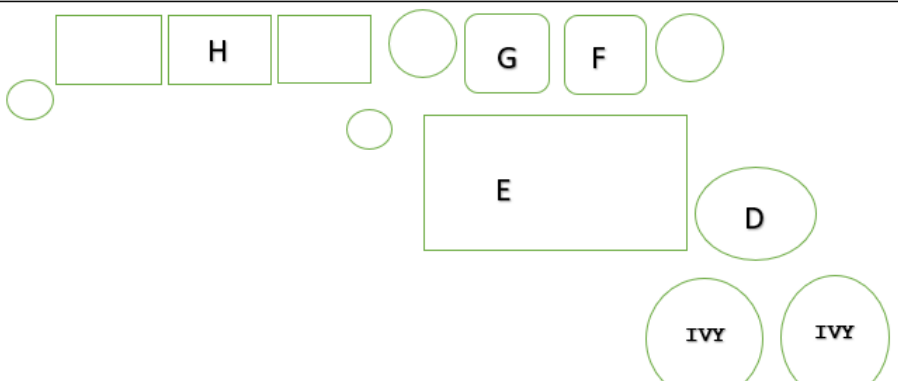
North 

		
	<p>PLOT pH Levels <u>Notes</u></p> <p>A _____</p> <p>B _____</p> <p>C _____</p> <p>D _____</p> <p>E _____</p> <p>F _____</p> <p>G _____</p> <p>H _____</p> <p>I _____</p> <p>J _____</p> <p>K _____</p> <p>L _____</p> <p>M _____</p> <p>N _____</p>	
		

Garden Plot Map for pH.docx

My Organic Garden Plot Map for pH Soil Testing/Planting

North 

		
I		
J		
	<p>PLOT pH Levels</p> <p>NOTES</p> <p>A 6.50 Oregano, Parsley, Sage. Planted Habanero 6/4. Harvest in 100 days (by 00/00)</p> <p>B 6.50 Grapes, Mint. Planted Basil 6/4. Harvest in 75 days (by 00/00)</p> <p>C 6.00 Tomatoes. Planted Basil 6/4. Harvest in 75 days (by 00/00)</p> <p>D 6.50 Planted Habanero Peppers on 6/4. Harvest in 100 days (by 00/00)</p> <p>E 6.00 Planted Cayenne, Jalapeno, Bell Peppers 6/5. Harvest in 75 days (by 00/00)</p> <p>F 6.25 TBD</p> <p>G 6.50 TBD</p> <p>H 6.25 Established Strawberries. Harvest daily.</p> <p>I Planted Potatoes on 03/20. Harvest in 18 weeks (by 7/24)</p> <p>J Planted Watermelon on 06/05. Harvest in 95 days (by 00/00)</p> <p>K _____</p> <p>L _____</p> <p>M _____</p> <p>N _____</p>	<p>C</p> <p>New Plot</p> <p>New Plot</p> <p>B</p> <p>A</p>

Garden Plot Map for pH.docx

Found Quail eggs in the English Ivy.
A few weeks later, the eggs hatched
and there were little baby quail
scampering about. So cute!



COMPOSTING

Create your own organic compost (aka, "Black Gold"). Compost is a great soil conditioner, and your plants will LOVE the nutrient rich, sweet-smelling earth, chock-full-of microorganisms. Listen closely to hear your plants "cheer"!

Well-aged compost is an absolute must ingredient when building your new garden. I produce my own compost in a closed compost bin. Follow these hard and fast rules:

- Balance the Browns to Greens at a 2:1 Ratio (Browns to Greens)
- Cut large items into smaller pieces for greater surface-area contact to accelerate the fermenting process
- Turn your compost bin daily or use a pitchfork to toss/turn to ensure adequate aeration



- Smell your compost regularly. If it smells sweet, yer' goood. If it smells slightly rank, adjust your green to brown ratio by adding more browns. If too dry, add more greens and water to a damp texture (like a damp sponge - not sopping wet)
- Be knowledgeable about items that can be safely added to your compost bin. The wrong "adds" can ruin the entire batch.



THE GREENS - NITROGEN

Kitchen Scraps like Raw Fruit and Vegetable detritus, coffee grounds, loose tea grounds, green grass clippings, finely crushed eggshells, chicken manure

THE BROWNS - CARBON

Garden Trash like plant cuttings, twigs, and branches that have been run through a compact wood-chipper, dried fallen leaves, dried grass clippings, straw, wood chips (untreated), used potting soil, wood ash (not charcoal ash)

Other Items like horse bedding sawdust pellets, shredded paper (not glossy or colored), cardboard that has been run through a micro-shredder (be sure to remove any plastic or tape from the cardboard prior to shredding)

Ratio: use 6" Browns for every 2" Greens



COMPOST DO NOT ADD LIST

- black walnut tree stems or branches
- bread
- charcoal ash
- cheese
- citrus peels
- colored paper
- commercial fertilizer
- cooked food
- diseased/blighted plant detritus
- fish
- garlic
- glossy paper
- human or pet poop
- kitty litter
- meat
- milk
- newspaper
- oils
- onions
- plastic
- produce labels (fruit/veggies)
- walnuts
- weeds or other invasive, pernicious plants



If an item has been treated with pesticides, fungicides, or anything intended to stunt/kill plant growth or insects, do not add it to your compost. If you are unsure, do not add it to your compost.

RECIPES

Old-Timey Potato Irish Bread

- 3/4 cup cooked mashed potatoes
- 3/4 cup raw grated potatoes, drain grated potatoes of liquid
- 1 egg
- 1 egg white
- 1/3 cup vegetable oil
- 3/4 cup milk
- 1/2 cup grated Parmesan
- 1/2 Teaspoon garlic powder
- 3 1/4 cups flour
- 1 1/2 Tablespoons aluminum free baking powder
- 1 Teaspoon salt



Source: <https://bunnyswarmoven.net/irish-potato-bread/>

Instructions Place the mashed potatoes and raw grated potatoes in a large mixing bowl, whisk together until well combined. Add the egg, egg white, grated Parmesan cheese, garlic powder, milk and oil to the bowl, whisk until completely incorporated.

•In a separate large bowl, combine the flour, baking powder and salt, stir to combine. Stir the dry ingredients, into the wet ingredients until a soft dough is formed. Lightly flour your countertop, place the soft dough on the floured countertop and kneed 6 -7 times. Gather the dough up and form a ball, place it in an oiled 8-inch cast iron pan. Using a serrated knife (a steak knife worked well) cut an x on the top of the dough. Bake at 375 degrees for 45-55 minutes. It should be golden brown on top. Cool on a wire rack about 10 minutes. Run a butter knife around the edges of the pan to release the bread , remove from pan, place on a cooling rack to cool completely before slicing.

Smashed Parmesan Potatoes

Source: <https://bunnyswarmoven.net/smashed-parmesan-potatoes/>

- 2 1/2 pounds small potatoes (about 12)
- 1/4 cup butter, melted
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons freshly grated Parmesan Cheese

Instructions Place the small potatoes in a [large saucepan](#). Fill the pan with enough water to cover the potatoes. Place the pan on the stove over high heat. Bring the water in the pan up to a boil, once the water has boiled, reduce the heat to medium and cook the potatoes for about 20 minutes or until the potatoes are tender. Remove the pan from the stove and drain the water from the pan and let the potatoes cool slightly.

Instructions

Preheat your oven to 450 degrees. Coat [two cookie sheets](#) with vegetable oil or spray them with non-stick cooking spray. Place the cooked potatoes on the baking sheets, six potatoes to a sheet. Smash each potato with the back of a large spoon. Gently press down on each potato until it's smashed and about 1/2 inch thick ,but not in pieces. You want the potato to still be in one piece after you smash it.

Combine the melted butter, garlic, parsley, salt and pepper in a small bowl. Mix the ingredients together with a spoon until they are well combined. Brush the butter mixture over each potato with a pastry brush. After each potato is coated with the butter mixture, sprinkle the potatoes with grated Parmesan Cheese. Place the cookie sheets in your preheated [450 degree](#) oven and bake for about 20 minutes or until the potatoes are golden and crispy. Serve immediately. Place any uneaten potatoes in a covered container and store them in the refrigerator.



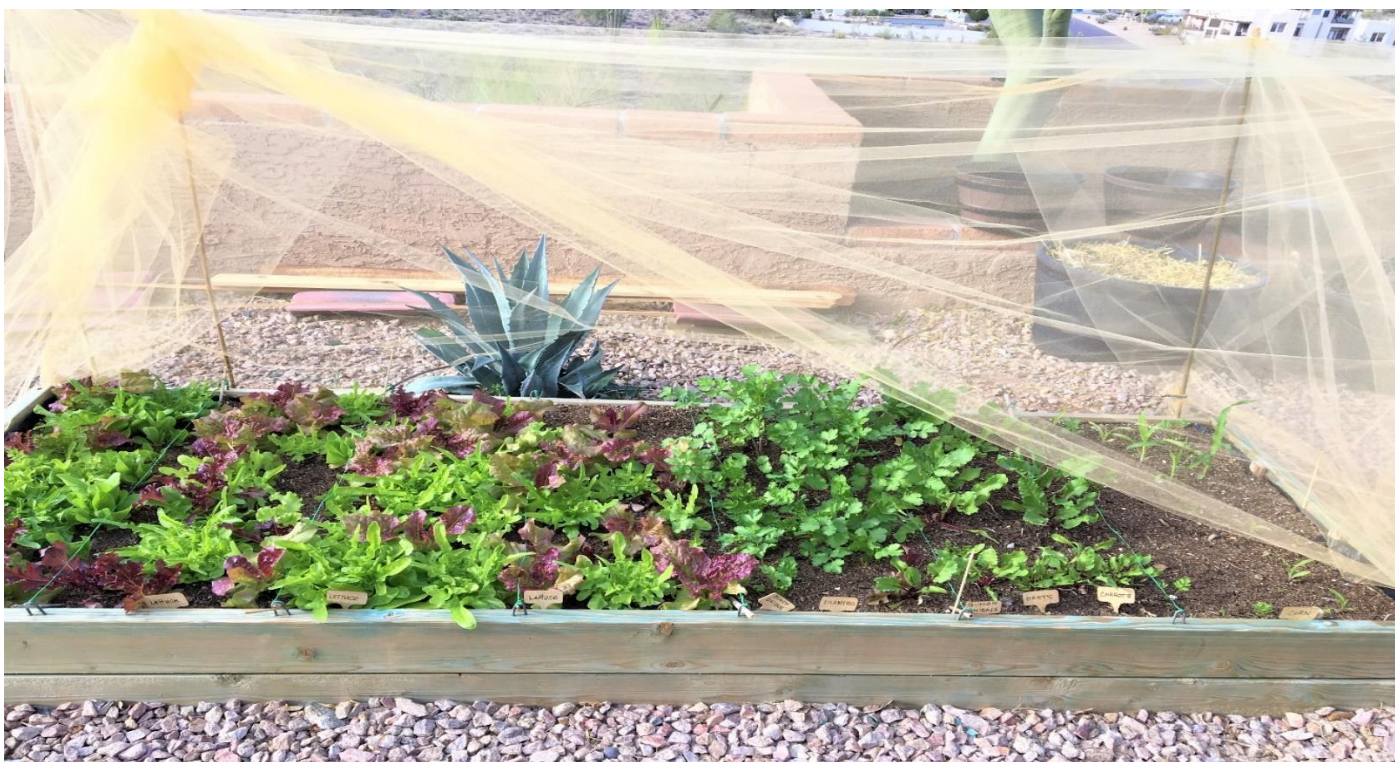
END OF DAY REFLECTION & CONTEMPLATION



HANGOUT FOR THE GARDEN FAIRIES



GROW WHAT YOU LOVE TO EAT



WORKSTATION



HOME BAKING BACK IN STYLE

My freshly baked Jamaican Bun





TOOLS & RESOURCES

Mini. Wood. Chipper.



**This Workhorse Tool
makes quick work of**

*Garden Trimmings
Small to Medium Sized Tree Branches
Dried Haulms
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Charred Natural Wood*

Not ideal for wet Kitchen Scraps

If composting, do not shred pernicious weeds, diseased plants, blighted plants, or Black Walnut tree bark/branches.

Cloth Grow Bags



VIVOSUN 5-Pack 10 Gallon Plant Grow Bags, Premium Series Thickened Non-Woven Aeration Fabric Pots w/Handles - Reinforced Weight Capacity & Extremely Durable (Black)



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Worms: www.HomeGrownWorms.com

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<https://www.rareseeds.com/>

Grow Bags: www.vivosun.com

pH Tolerances:

<https://harvesttotable.com/tag/ph/>

RESOURCES – MY FAVES!

Props to these amazing teachers:

Book: *Grow Food for Free* by Huw Richards

<https://www.penguinrandomhouse.com/books/617484/grow-food-for-free-by-huw-richards/>

- EPIC Gardening: <https://www.youtube.com/user/EpicGardening>
- Hollis and Nancy's Homestead: <https://www.youtube.com/channel/UCPVn9bDOp3DfMMKjPrEsIOw>
- Home Grown Veg: <https://www.youtube.com/channel/UCPrZIwOWNvemIAuGgmIWlg>
- Learn Organic Gardening at Growing Your Greens: <https://www.youtube.com/user/growingyourgreens>
- MI Gardener: <https://www.youtube.com/user/MIgardener>
- Next Level Gardening: <https://www.youtube.com/channel/UCcJceGUaevG1P7s2xzL9akA>
- Self-Sufficient Me: <https://www.youtube.com/user/markyv69>
- Simplify Gardening: <https://www.youtube.com/user/knightreplica>
- The Gardening Channel with James Prigioni: <https://www.youtube.com/user/ThePermaculturGarden>



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Do you find this content useful or valuable? If yes, BarterintheHood.com appreciates your donations, from the heart, no matter the amount. Thank you kindly. Be well, and grow, grow, grow!

Namaste,

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NOTES