

Grow Your Own Vegetables



Kweek Jou Eie Groente

Dora du Plessis

©2010

Dora du Plessis

www.goodbugs.co.za

dora@goodbugs.co.za

082 635 0215

Compost Trench-beds

A compost trench-bed is an inexpensive way of supplying fresh vegetables to your household. Four of these trench-beds are needed to ensure that your family can have food from your garden on a daily basis.

A frame can be put around the compost trench-bed to make it appear neater.

If you have poor quality soil that is not deep enough, you may plan to build raised beds. Raised beds are also a good option if your soil does not drain very well. Raised beds can also be built high enough so that people in wheel-chairs can be able to easily reach the vegetables.



This small trench-bed

- will be easy to water,
- easy to check for pests, diseases and weeds, and
- you can easily reach every part of the bed without having to stand on the soil in the bed.

The size of a compost trench-bed will be roughly two spades long (2 m) and one spade wide (1 m), or the size of a door. This is why it is also called “door-sized beds”.

One cannot just start a vegetable garden anywhere. The layout needs to be planned carefully. Planning is the first and basic operation in growing vegetables successfully.

It is necessary that you first decide on where in your garden will be the best place for the vegetable beds.

Komposbeddings

'n Komposbedding is 'n goedkoop manier waarop vars groente vir 'n gesin gekweek kan word. Vier van hierdie beddings behoort genoeg groente te voorsien sodat jou gesin elke dag vars groente uit jou eie tuin kan geniet.

'n Raam kan ook rondom die komposbedding geplaas word om dit netjieser te laat vertoon.

As jou grond egter swak is en nie diep genoeg is vir goeie groei nie, kan jy die bedding bo-op die grond maak (soos in die foto hieronder). Dit help ook baie goed as die dreinerings nie goed is nie. Hierdie beddings kan ook hoog genoeg gebou word sodat mense in rolstoel ook groente kan plant omdat hulle dan maklik die bedding vanuit die rolstoel kan bereik.

Hierdie klein komposbedding is

- maklik om nat te maak,
- maklik om teen peste, siektes en onkruid te behandel; en
- jy kan enige deel van die bedding bereik sonder om ooit in die bedding self te trap.

Die grootte van die komposbedding is ongeveer twee grawe lank (2 m) en een graaf breed (1 m), of die grootte van 'n deur. Dit is hoekom dit ook “deur-grootte-beddings” genoem word.

'n Mens kan nie sommer net enige plek vir die groentetuin uitkies nie. Die uitleg moet deeglik beplan word. Beplanning is dus die eerste en basiese ding wat gedoen moet word as jy groente suksesvol wil kweek.

Dit is dus nodig om eers te beplan waar in jou tuin die beste plek vir die plasing van die beddings sal wees.



Choosing the Best Site

The size of your yard will determine the final vegetable garden layout. Even if you have only a small area available in your backyard, you can still have a very productive vegetable garden if you plan it well.

Remember, it is better to start small so that you do not become discouraged when there is too much work to do!

Vegetables must be planted in an area of your garden that meets the following requirements:

- enough sunlight;
- good air circulation in the garden;
- near a water supply;
- good soil; and
- good drainage.

Sunlight

The first thing that must be planned to is to select a sunny spot for your vegetable beds.

Most vegetables prefer full sunlight to grow well. *Remember:* There are no shade-loving vegetables.

In urban areas where backyards are smaller, the choice of a vegetable site with full sunlight is often limited by the size of the yard, the position of the house, trees and fences.

The best choice is often a site in your garden that will get early morning sun when warmth is needed for the plants to grow.

The walls on the western side will shade the vegetables during the afternoon and thus protect the vegetables against cold western winds and hot afternoon sun in the summer.

Do not plant south of your house as vegetables do not grow successfully in too much shade.

If you don't have access to a site with full sunlight, choose a place that will have at least *6 hours of sunlight each day*.

Kies die Geskikste Area

Die grootte van jou tuin sal die finale uitleg van jou beddings bepaal. Al het jy net 'n klein stukkie grond in jou agterplaas beskikbaar, kan jy tog 'n goeie groentetuin uitlê as jy dit van die begin af goed beplan.

Onthou, dit is beter om klein te begin sodat jy nie moedeloos raak as jy te veel spitwerk moet doen nie!

Groente moet in 'n gedeelte van jou tuin geplant word waar dit aan die volgende vereistes voldoen:

- *genoeg direkte sonlig;*
- *genoeg lugvloei in die tuin;*
- *naby 'n waterkraan om die tuin nat te lei;*
- *goeie grond; en*
- *goeie dreinerings.*

Sonlig

Die eerste ding waarna in die beplanning gekyk moet word, is om 'n sonnige gedeelte van jou tuin vir groentebeddings te selekteer.

Die meeste groente het direkte sonlig nodig om goed te groei.

Onthou: Daar is geen groente wat daarvan hou om in skaduwee te groei nie.

In die stedelike gebiede waar huishoudings baie kleiner tuine het, is die keuse van 'n groentebedding beperk tot die grootte van die huis, die posisie van die huis, bome en omheinings.

Die beste keuse is dikwels 'n gedeelte in jou tuin wat oggendson kry sodat die plantjies die nodige hitte kan kry om te groei.

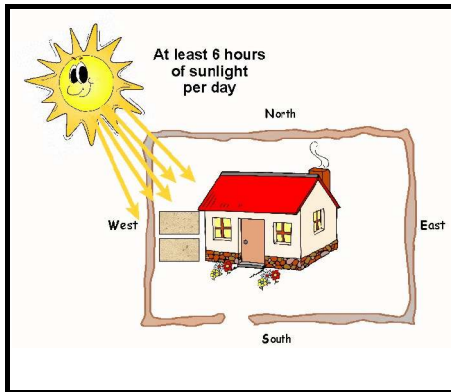
Die mure aan die westekant sal in die namiddag bietjie skadu werp op die groentetuin en dit veral teen koue westewinde en warm somerson in die laat middag beskerm.

Moenie naby aan die suidekant van jou huis plant nie, aangesien groente nie in die huis se skaduwee sal groei nie.

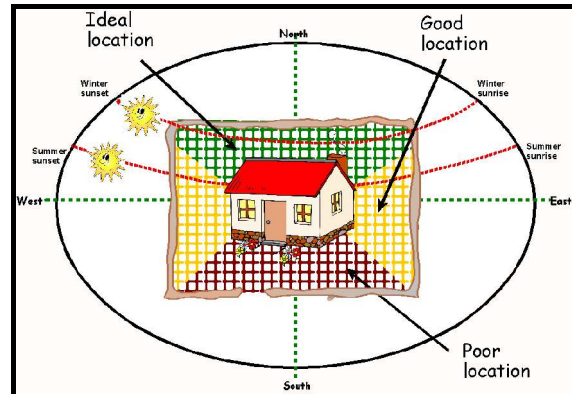
As daar nêrens in jou tuin 'n gedeelte is wat heeldag son kry nie, kies dan 'n gedeelte wat ten minste 6 uur sonlig per dag kry.



In a larger garden where the fences are further away from the house, you can use any good spot for your garden. The following figures shows the best spots for growing vegetables:



In 'n groter tuin waar die mure ver van die huis af is, kan jy enige plek tuinmaak. Die volgende sketse toon die beste liggings vir jou groentetuin.



Select your site so that you will not plant vegetables under trees. Trees will shade your vegetables too much. Tree roots will also compete with your plants for water and nutrients.

Groente moet ook nie onder of te naby bome geplant word nie aangesien bome te veel skaduwee oor die groentebedding sal werp. Die boomwortels sal ook met die plante meeding om water en voedingstowwe.

Air Circulation

Lugvloei

Select a site that does not have many shady structures, like buildings, walls and fences. If vegetables are planted too near any building, walls or fences, air pockets can occur which will harm the plants.

Die groentebedding moet nie te naby aan enige geboue, mure of omheinings aangelê word nie aangesien dit die lugvloei teen die mure kan vasvang, wat dan 'n negatiewe uitwerking op plantgroei kan hê.

To reduce the risk of frost damage, do not plant vegetables too close to solid fences. Leave at least one metre between the vegetable beds and walls and fences.

Om rypskade te verminder, moet groente ook nie te naby soliede mure en omheinings geplant word nie. Ten minste een meter moet tussen die bedding en die omheining of muur oopgelaat word.

Water

Water

The availability of water is an important consideration when choosing the site. No vegetable garden can be totally dependent on rain. It will help if a tap or rainwater tank is close by.

Dit is baie belangrik dat 'n genoegsame waterbron vir die groentetuin beskikbaar is. Geen groentetuin kan slegs op reënwater staatmaak nie. Dit sal help as 'n kraan of reënwatertenk naby die groentetuin geplaas word.

Catch up as much rainwater as possible to be kept for later use.

Vang ook soveel as moontlik reënwater in houers op om later vir die groentetuin te gebruik.

Vegetables should receive a minimum of 25 mm of rain or irrigation water every four to eight days.

Groente benodig 'n minimum van 25 mm reën of besproeiing elke vier tot agt dae.

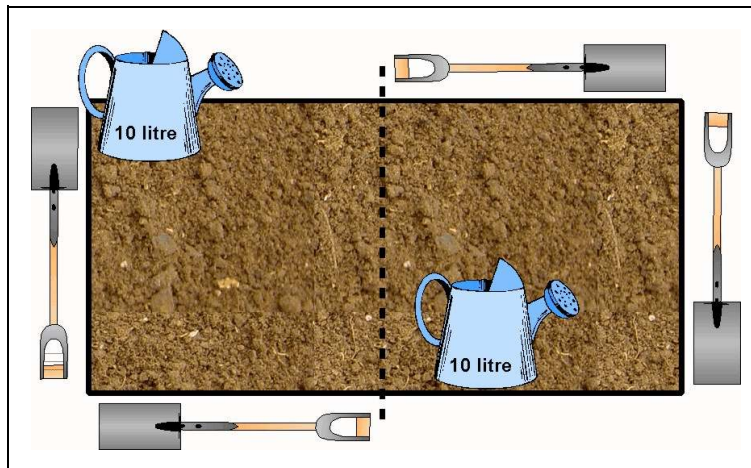


When you water the vegetable beds with a bucket or watering can, you should not give less than 10 litres per square metre three times per week. Ten litres water per square metre is equivalent to 10 mm of rain or irrigation water.

For a door-sized trench-bed at least 20 litres of water will therefore be needed each time you water the beds.

As jy 'n gieter of ander houer gebruik om die groente nat te maak, moet jy seker maak dat jy nie minder as 10 liter per vierkante meter water drie keer per week toedien nie. Tien liter water is gelykstaande aan 10 mm reën.

Vir 'n deur-grootte komposbedding sal ten minste 20 liter water nodig wees elke keer wat die beddings natgelei word.



Minimum water requirements for a trench-bed

Trench-beds should be watered about three times a week to ensure that vegetables get *at least 25 mm of water per week*. When you use sprinklers, you can measure the time it takes to fill a five litre bucket. This will then be about the duration you will need to water your trench-beds.

In summer, vegetables should be watered early in the morning or late in the afternoon when temperatures are cooler and evaporation is low. If you water at mid-day, half the water will just evaporate into the air.

When using sprinklers late in the afternoon, enough time should be allowed for the plants to dry off before evening sets in. Watering in the evening may increase the spread of disease if the leaves remain wet overnight. If drip irrigation is used, the timing is not as critical because the leaves will not get wet.

Komposbeddings moet dus omtrent drie keer per week natgemaak word om te verseker dat die groente ten minste 25 mm water per week kry. As sproeiers gebruik word, kan jy meet hoe lank dit neem om 'n vyf liter houer vol te maak. Dit is dan ongeveer die tyd wat dit sal neem om die beddings te besproei.

In die somer is dit beter om die groentetuin vroeg in die oggend of later in die middag nat te lei wanneer die temperature nie meer so warm is nie en verdamping laer is. Omtrent die helfte van die water sal verdamp as die tuin gedurende die middel van die dag natgelei word.

As sproeiers gebruik word, moet genoeg tyd toegelaat word vir die plante om droog te word voordat dit nag word. Om groente in die aand nat te maak, kan die verspreiding van siektes aanhelp as die blare van die plante deur die nag nat bly. Dripbesproeiing sal help dat die blare nie nat word nie.

In winter you should water your vegetables at the latest by 16:00 in the afternoon. This is especially important when there is a possibility of frost, because wet leaves will be more susceptible to frost bite on a cold night.

Exposed soil around plants heats up and dries out quicker in hot weather. Reduce water loss by covering the soil around the vegetables with a mulch. A mulch can consist of organic material such as compost, dry leaves or grass clippings.

Type of Soil and Drainage

The type of soil also plays an important role in watering practices.

The advantage of clay soil is that they are able to hold water and nutrients, although they become sticky when wet. The spaces between the soil particles are so small that water and air movement is prevented when the soil stays too wet.

Clay soil have high water retention capabilities, but must be watered longer to ensure that more than just the top layer of soil is watered.

Sandy soil, on the other hand, have poor water retention capacity and dries out easily.

The space between sand grains are large, so that the water drains away rapidly. Vegetables grown in light, sandy soil, need to be watered more frequently than those grown in heavier soil.

Never give sandy soils too much water at one time, because nutrients will be leached out.

Adding compost will help to improve clay and sandy soils, so that they will be able to retain moisture and nutrients.

Soil and drainage are two of the aspects that can be rectified by using compost trench-beds.

Gedurende die wintermaande is dit beter om die groente niks later as 16:00 in die middag nat te lei nie, veral as daar 'n moontlikheid is dat ryp mag voorkom. Nat blare is meer vatbaar vir rypskade gedurende 'n koue nag.

Oop stukke grond tussen die plante is ook geneig om gouer uit te droog gedurende warm weer. As 'n deklaag tussen die plante geplaas word, sal dit help dat water nie so gou verdamp nie. 'n Deklaag kan uit enige organiese materiaal bestaan, soos kompos, droë blare, grassnysels, ens.

Tipe Grond en Dreinerings

Die tipe grond speel 'n belangrike rol in 'n groentetuin.

Kleigrond het die voordeel dat dit water en voedingstowwe kan hou, alhoewel dit baie klewerig raak as dit te nat word. Die spasies tussen die grondpartikels is so klein dat water en lugvloei verhinder word as die grond te natgemaak word.

Kleigrond het 'n goeie vermoë om water te hou, maar moet vir 'n langer tydperk natgemaak word om te verseker dat dit nie net die toplaag is wat nat word nie.

Sanderige grond, aan die ander kant, het nie 'n goeie vermoë om water te stoor nie en droog dus baie vinnig uit.

Die spatie tussen die sandkorrels is groot, wat veroorsaak dat water vinnig dreineer. Groente wat in ligte sandgrond geplant word, moet meer gereeld natgemaak word as groente in swaarder grond.

Moenie sanderige grond te veel water op 'n slag toedien nie omdat voedingstowwe sal wegspoel.

'n Toevoeging van kompos sal help om sanderige en kleigrond se kwaliteit te verbeter sodat dit in staat is om water op te gaar en voedingstowwe te behou.

Grond en dreinerings is twee van die aspekte wat met komposbeddings reggestel kan word.

