

The Compost Trench-bed

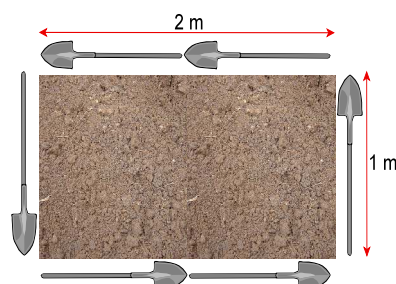
Die Komposbedding

Step 1

Stap 1

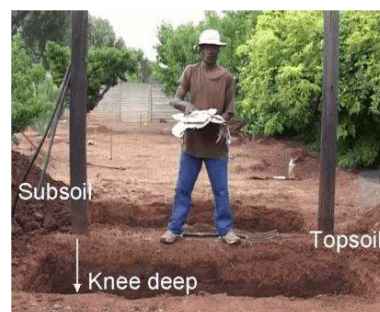
Start by measuring off the space for your compost bed. Dig the trench-bed two spades long and one spade wide. This is about the size of a common house door lying flat on the ground, or about 2 m × 1 m.

Begin om die spasie vir die komposbedding af te meet. Die bedding moet ongeveer twee graaflengtes lank en een graaflengte breed wees, of die grootte van 'n deur as dit plat op die grond sou lê, dus 2 m × 1 m.



Dig your trench about knee deep (about 60 cm). Put the topsoil on one side of the bed. Put the subsoil on the other side of the bed. You will see the difference between the top and subsoil. The topsoil is normally about 45 cm deep. The topsoil will be used to cover the bed. The subsoil does not go back into the bed as it contains no nutrients for the plants.

Spit die bedding omtrent 60 cm diep uit. Plaas die bogrond aan die een kant van die bedding. Spit die res van die grond uit en plaas dit aan die ander kant van die bedding. Jy sal die verskil tussen die bo- en ondergrond duidelik kan sien. Die bogrond is gewoonlik ongeveer 45 cm diep. Die bogrond gaan gebruik word om bo-op die komposmateriaal te plaas. Die onderste grond gaan nie in die bedding gebruik word nie aangesien dit gewoonlik nie genoeg voeding vir die plante bevat nie.



Step 2

Stap 2

Begin your trench-bed with a layer of newspaper, cardboard pieces, straw, stems and small branches, which are first cut into smaller pieces. For a trench-bed you can add any suitable organic matter until the trench is filled up, such as kitchen left-overs, garden waste and other general material. Left to rot in the ground, it makes the soil fertile.

Begin nou om die gat met 'n laag gekerfte koerantpapier, karton, strooi, takkies, ens. op te vul. Voeg dan enige kombuisafval, tuinafval en ander algemene komposmateriaal in die gat tot dit heeltemal vol is.



Kitchen waste includes vegetable peelings and leaves, fruit peelings and cores, cooked table scraps, stalks of sweetcorn or cabbage, tea leaves and bags, coffee-grounds, eggshells and even old bread and porridge.

Kombuisafval sluit in groente en groenteskille, vrugteskille, oorblyfsels van gekookte groente of rys, mielie- of koolstronke, teeblare en teesakkies, koffiekorrels of koffiesakkies, eierdoppe en selfs ou brood en pap.



Garden waste is the most common ingredient for your trench-bed. Grass cuttings, garden trimmings, leaves, flowers, vegetable remains and weed can be added to your trench-bed.

Remember, no plants affected with diseases and weed that has gone to seed, should be added.

Tuinafval is die bestanddeel wat die meeste gebruik sal word om die gat vol te maak. Dit sluit in grassnysels, klein gesnoeide takkies, blare, blomme, groentereste en alle onkruid wat nog nie saad gemaak het nie.

Onthou om nie plante wat siektes het of onkruid wat reeds saad gemaak het, in die kompos te gooi nie.

General matter includes shredded newspaper, cardboard pieces, wood shavings, sawdust (in very small quantities), animal manure (but not from pets), feathers, and wood fire ash. Four or five rusty tins can also be added.

Algemene materiaal soos gekerfte koerantpapier, kartonstukkies, houtsaagsels, kraalmis (maar nie van troeteldiere nie), vere en houtas. Vier of vyf geroeste blikkies kan ook bygevoeg word.

For a trench-bed you do not have to worry so much about greens and browns. Just fill up the hole with everything that can be composted. When you do not have enough organic matter to fill the hole at once, you can also build the trench-bed in layers as material becomes available. Put some coarser organic matter at the bottom, such as stems and branches. After each layer of organic matter, you can add a thin layer of soil (two fingers deep) to prevent smells and keep flies away.

Vir 'n komposbedding hoef jy nie soveel om te gee oor groen en bruin materiaal nie. Vul dit op met enigiets wat gekomposteer kan word, behalwe die bestanddele hierbo genoem wat nie geskik sal wees nie. Na die lae organiese materiaal kan nou 'n laag grond (ongeveer twee vingers diep) gegooi word om reuke en vlieë weg te hou.

If you have kraal or chicken manure, spread about one hand width (10 cm) deep between the layers. The manure or compost will speed up the rotting process.

Water well, but don't soak.

Kraal- of hoendermis kan nou teen een hand-dikte (10 cm) diep oor die verskillende lae gegooi word. Die mis sal die komposproses aanhelp.

Water dit deeglik, maar moenie die inhoud in water laat week nie.



When the trench-bed is almost full of organic matter, fill it up with the topsoil you have removed while digging the hole.

Never mix subsoil with a heavy clay content with the topsoil. Underground clay does not mix well with topsoil and gives a poor seedbed. If you have manure or compost available, dig it into the topsoil.

Sodra die komposbedding amper vol is met organisasie materiaal, kan dit opgevul word met die bogrond wat aan die begin uitgehaal is.

Moenie die onderste grond (subsoil) met die bogrond meng nie; dit sal 'n swak gehalte saadbed maak. As jy enige kraalmis of goed verwerkte kompos beskikbaar het, spit dit ook deeglik in die bogrond in.

Mount all the soil to cover the trench (about 20 cm higher than the ground), since it will sink in after a while.

Mark the borders of the trench-bed clearly so that you will know exactly where it is. Putting a frame around the bed will give it a nice appearance.

Rake the top of the bed smooth and level, and break up any lumps of soil.

Die komposbedding moet ongeveer 20 cm hoër as die grondoppervlak wees omdat dit later sal insink soos die organiese materiaal verwerk sal word.

Merk ook die hoeke van die bedding sodat jy presies sal weet waar dit geleë is. 'n Raam om die bed gee dit ook 'n baie netjiese voorkoms.

Hark die oppervlak tot glad en gelyk, en breek enige klonte grond op.



TIP

Get rid of most of the weeds before you start sowing. Water the bed regularly for the next two to three weeks to give the weeds chance to germinate. Use a hand-hoe or garden fork to get rid of the weeds as soon as they appear and before they grow too big and set seed again. By doing this you will save yourself a lot of trouble because it is easier to remove the weeds when they are still small.

Do not disturb the topsoil too much, otherwise weed seeds from the lower layers will come to the top and start growing again! Remember the saying: "One season's seed will grow weed for seven years."

Gee die onkruid kans om eers op te kom voordat jy begin saai. Maak die bedding vir twee tot drie weke gereeld nat om die onkruid kans te gee om te groei. Jy kan dit dan liggies met 'n handskoffel of tuinvurk uitskoffel voordat hulle te groot groei en weer saad skiet. Op hierdie manier sal jy baie tyd en moeite bespaar omdat dit makliker is om die meeste onkruid uit te haal hulle nog klein is.

Moenie die bogrond te veel versteur nie, anders kom die onkruidsaad net weer van onder af boontoe om weer te groei. Onthou die gesegde: "Een seisoen se saad is sewe jaar se onkruid."



Weeds growing in trench-bed before sowing of vegetables

Cover the bed with a thin layer of mulch, such as dry grass, dry leaves or compost. Give the bed a light spray of water without letting the topsoil flow away. Part the mulch with your hands to make rows for planting seeds or seedlings. Do not allow the mulch to cover the rows of seeds as they need sunlight and warmth to germinate.

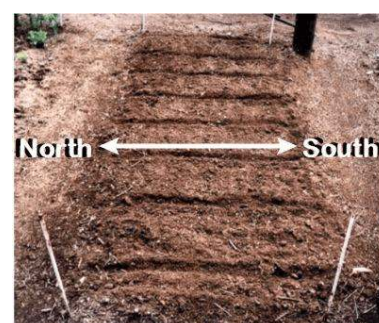
Bedek die bedding heeltemal met 'n dun deklaag, soos droë gras, droë blare of kompos. Gee die bedding nou 'n ligte sproei water sonder dat die grond wegspoel. Maak nou 'n smal slootjie in die bedding waarin jy later jou saadjies gaan saai. Wees versigtig dat die deklaag nie die saadrye bedek nie, want hulle sal sonlig nodig hê om te ontkiem.

Make the rows across the bed, not lengthwise.

It is best to place your beds on an east-west axis, so that the rows in your beds will be running north-south for best sun exposure and air circulation.

Maak die rye oor die breedte van die bedding en nie die lengte nie.

Soos voorheen reeds gesê, moet jou beddings in 'n oos-wes rigting geplaas word sodat die rye groente in 'n noord-suid rigting geplant kan word om die beste son en lugsirkulasie te verseker.



You can now start to plant the vegetables in bed 1 according to the instructions given on the package.

Remember: No chemical fertiliser is needed for the compost trench-bed, but a good layer of compost or kraal manure in the topsoil will be good.

Jy is nou gereed om die groente in bedding 1 te begin saai soos op die saadpakkie aangedui.

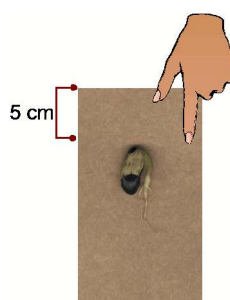
Onthou: Geen chemiese bemesting is nodig vir die komposbedding nie! 'n Goeie lagie kompos of kraalmis kan wel in die bogrond ingespit word.



Regular watering by using a watering can with a nozzle with small holes will keep the soil moist and prevent soil crusting. You can test the soil moisture with your finger. The top 5 cm must always be moist to give the seed enough moisture to germinate.

Gee die bedding gereeld water met 'n gieter met klein gaatjies sodat die grond vogtig bly en nie bars nie.

Dit is belangrik dat die boonste 5 cm van die grond altyd klam moet wees om die saadjies genoeg vog te gee om te ontkiem. Doen 'n vinger-toets om te voel of die boonste lagie vogtig genoeg is.



Hand-made sprinkler

You can start with a second trench-bed immediately after planting the first. In the next four weeks you can fill the second trench with all the organic matter that you can lay your hands on. After planting the second trench-bed, you can start a third one, and after that, a fourth one. By doing this you will have vegetables all year round if monthly sowing is done.

After four months you will have four beds, each at a different stage of growth. From bed 1 you have already been eating some vegetables and you can soon start with the next planting. In bed 2 some of your vegetables may be ready to be harvested. In bed 3 there are young vegetables growing nicely. In bed 4 the seeds are starting to germinate.



Do not sow vegetables in the cold winter months of June, July and August. Vegetable seeds will not germinate easily in the cold soil temperatures.

By following these four easy steps you can make your own compost vegetable garden that will provide good and healthy vegetables for your family on a continuous basis.

You can use the same trench-bed for about five years to grow vegetables.

Jy kan dadelik begin om 'n tweede komposbedding gereed te maak. Gedurende die volgende vier weke kry jy nou kans om die tweede bedding met organiese materiaal op te vul.

Sodra jy die tweede bedding geplant het, begin jy dadelik met die derde een, en daarna die vierde een. Sodoende kan jy maandeliks nuwe groente aanplant.

Na vier maande sal jy vier beddings hê, elkeen met groente op verskillende stadiums van groei. Bedding 1 kan dalk al op 'n gereelde basis geoes word en jy kan binnekort weer begin dink aan nuwe groente saai. In bedding 2 is sommige van die groente ook al gereed om geoes te word. Bedding 3 se groente is nog klein maar groei al goed en in bedding 4 is die saadjies besig om te ontkiem.

In die koue Vrystaatse winter moet daar egter nie in Junie, Julie en Augustus gesaai word nie, al sê die saadpakkie jy kan heeljaar saai. Die koue grond is net te koud vir die saadjies om goed te ontkiem.

Hierdie vier maklike stappe om 'n komposbedding te bou, sal aan jou gesin goeie en gesonde groente op 'n gereelde basis verskaf.

Jy kan die komposbedding vir vyf jaar gebruik voordat dit nodig sal wees om weer van voor af te begin.

Planting Vegetables in Compost Circles

Die Plant van Groente in Ronde Komposgate

Runners such as cucumber, pumpkin, sweet melon, and watermelon should not be planted in your trench-beds because they need space to grow.

Rankgroente soos komkommer, pampoen, spanspek, waatlemoen neem baie plek op in die deur-grootte komposbedding en daarom plant ons hulle nie in die komposbeddings nie.

Use any wasted space around your home as long as it gets enough sunlight. Start by first breaking the crust of the soil, then dig a pit of about 30 cm deep and 50 cm in diameter.

Jy kan enige ongebruikte spasie in jou tuin gebruik, solank dit genoeg sonlig kry. Spit 'n gat van ongeveer 30 cm diep en 50 cm wyd.



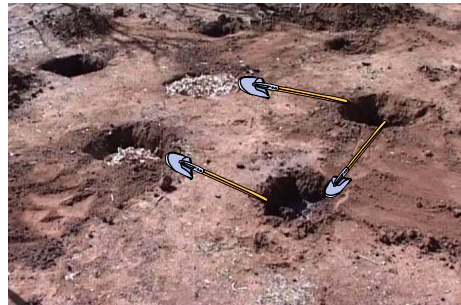
You can go larger also and make the pit square instead of round.

Jy kan dit groter ook maak en 'n vierkantige gat maak.



Dig a new pit at least one spade length (1 m or even more) away from the first one so that the vegetables will have enough space to grow.

Daar moet ten minste 'n graaflengte (1 m of selfs meer) tussen die verskillende gate wees sodat die groente genoeg plek sal hê om te rank.



Put some manure, compost or other organic matter, such as dry leaves, in each pit, almost like you did with your compost trench-bed.

Press it down firmly, then cover with a thick layer of topsoil.

Nou kan jy kraalmis, kompos of ander organiese materiaal soos droë blare in die gat gooi, amper net soos met jou komposbedding. Trap dit lekker stewig vas en bedek met 'n dik laag bogrond.



If you start with these compost pits during Autumn and Winter, you can fill the pits with all the leaves you have available. This will give it time to decompose in the pit before you start planting in Spring. Seeds will germinate quickly and the plants will grow better because the compost and manure in the pit will fertilise the plant. This method will really help to make poor soil productive again.

You can also plant any other vegetable in this compost holes, especially if you don't have a strong man to help you dig a trench-bed!

The same can be done in old tyres. See our article on lasagna vegetable gardens on www.goodbugs.co.za.

As jy reeds in die herfs en winter met hierdie komposgate begin, sal jy baie blare beskikbaar hê om dit mee vol te maak. Dit sal dan al deeglik gekomposteer wees teen die tyd dat jy in September begin plant. Die kompos in die gat sal die plant lekker vrolik laat groei. Hiermee kan jy ook help dat swak grond lekker voedsaam gemaak word.

Jy kan natuurlik enige ander groente in so 'n komposgat plant, veral as jy nie 'n sterk man het om die deurgrootte komposbedding vir jou te spit nie!

Jy kan dieselfde in ou motorbuitebande doen. Kyk gerus die artikel oor lasagne-groentetuine op www.goodbugs.co.za.

The Three Sisters

Two companions for pumpkin, namely sweet corn and beans, can also be planted in the same pit. They are called the three sisters.

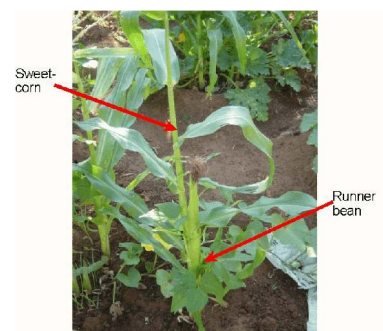
Plant four to five sweetcorn seeds near the middle of each compost pit. On the sides you plant three to four pumpkin seeds. And then, as soon as the sweet corn plants are about 20 to 30 cm high, you can plant a runner bean next to each sweet corn plant. Later on the bean will use the sweet corn plant as a stake to climb on.

Die Drie Susters

Twee pasmaats vir pampoen is mielies en rankboontjies. Hulle word die drie susters genoem, omdat hulle mekaar aanhelp.

Plant vier of vyf mieliepitte naby die middel van die gat en drie tot vier pampoensade aan die buitekant. Sodra die mielie omtrent 20-30 cm hoog gegroei het, kan jy 'n rankboontjie langs die mielies plant.

Die rankboontjie sal dan die mielie gebruik om teen te groei.



*Good luck and enjoy your hobby!
Sterkte en geniet jou stokperdjie!*

