

Square Meter/Foot Gardens

Square Meter/Foot Gardens are a great way to optimize garden space and food production. They are easy to make, and simple to learn.

Instructions:

1. *Place permeable cloth/plastic/paper on ground*

2. *Build Frame – wood, bamboo, rock, or available material*

Meter Gardens: build 1 m x 1 m square frame.

Square Foot Gardens: any dimension of whole feet (ex: 5 ft x 7 ft, 6 ft x 6 ft, 2 ft x 3 ft, etc.)

3. *Prepare soil*

May include a mixture of soil, sand, compost – use ample organic materials. Be sure to mix the mediums well.

4. *Fill the Frame area completely*

The organic materials will settle – so additional materials will need to be added for each growing season/planting.

5. *Build a Grid*

Meter Garden: divide the frame into 16 planting spots/locations

Square Foot Garden: divide into 1 ft x 1 ft sections

Can be made from strips of wood, bamboo, sticks, or even string.

6. *Plant!*

Large plants (ex: tomatoes, peppers) 1 per square

Medium size plants (ex: lettuce, spinach) – up to 9 per square

Small Plants (ex: onions, radishes) – up to 16 per square



Tips & Tricks:

Vining or weaker/spindly plants may require a trellis, cage, or prop.

Mulch plants after plants reach 10cm – 15cm.

If animals are a problem, add a cage over the entire area.

If you have any questions about this topic, please reach out to CompassionLink at info@compassionlink.org. We will be happy to answer your questions.