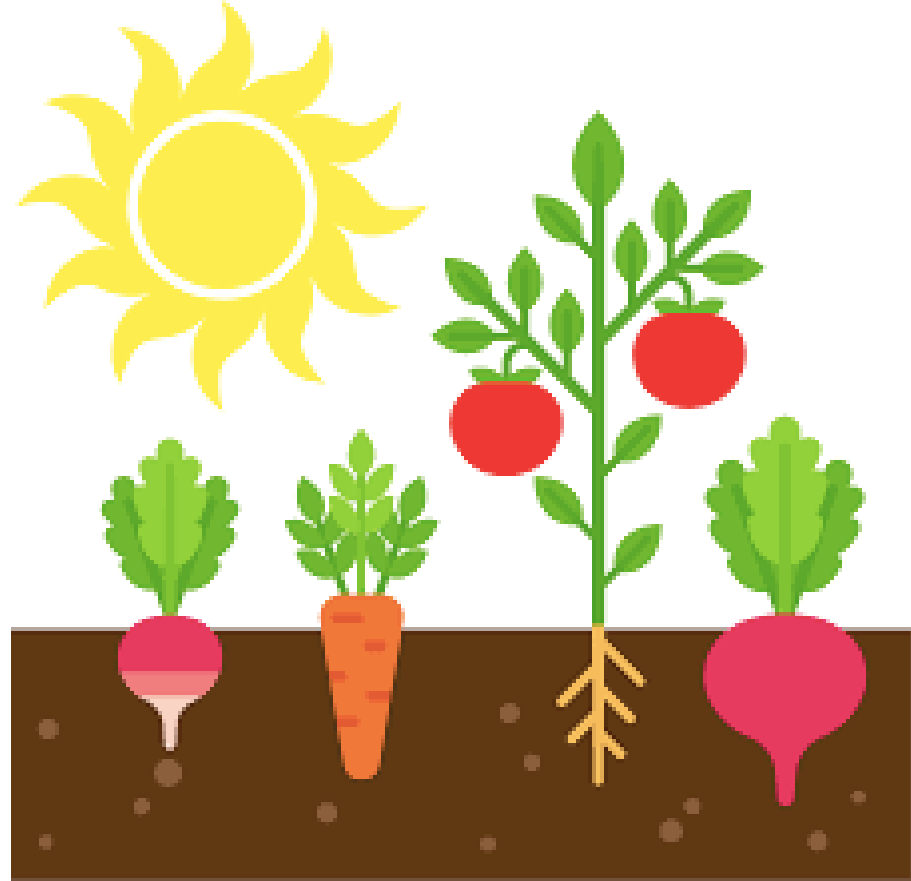


Growing Vegetables in North Vancouver

part 1: General

2020 LVGC VEGGIEMATES

Sunlight



- 6 – 8 hours of direct light during the growing season – the longer the better
- Some cool weather crops i.e. lettuce, spinach can tolerate 4 hours of light a day

Soil



Root Zone requirement

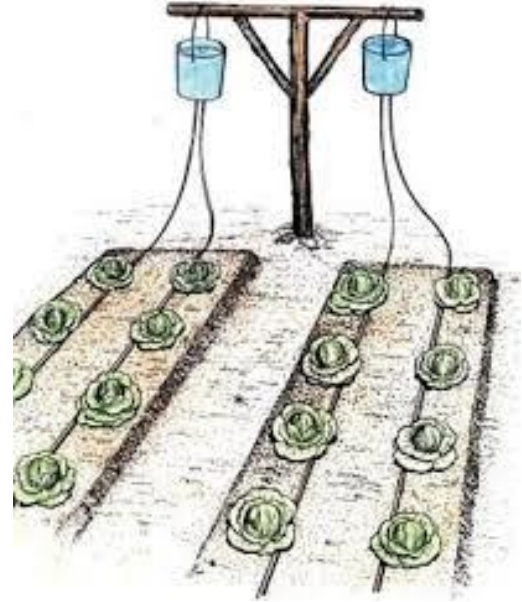
- Depth of good soil - minimum 30 cm (12")
- 45 cm (18") is better
- Buy the best quality soil available
- Good drainage
- Need a very fertile soil to grow vegetables

Feed your soil to feed your plants

Adding organic matter provides food for the microbes who in turn release nutrients to the plant

- Homemade compost – dark crumbly
- Composted fish and wood waste
- Leave plant roots in the garden – cut stems
- Some legumes have nitrogen fixing capacity
- Leaf mold in the fall to cover your beds

Irrigation



- Infrequent deep watering rather than frequent shallow watering
- One to three times a week depending on your soil structure and texture
- Drip irrigation is the best
- Avoid overhead watering to diminish risk of diseases

Vegetables and Flowers

Vegetables can be easily planted in flowerbeds and flowers do well in garden beds to attract beneficial insects.

