



ONE SQUARE FOOT AT A TIME

Newsletter of the Square Foot Gardening Foundation

Summer 2019

LETTER FROM THE FOUNDATION



Greetings Square Foot Gardeners!

It's high summer and our gardens are growing like gangbusters! It looks

like yours are too, judging from the photos you've been sending us for the World SFG Day photo contest. We've highlighted a few of those on page 12. We know you'll be inspired! Speaking of World SFG Day, we hope you'll join us on our Facebook page on July 21 for a full day of all things Square Foot Gardening. The jam-packed schedule is on the last page of this newsletter.

A big part of Square Foot Gardening around the world is gardening with kids, and we have an entire newsletter page with activities just for them this summer, as well as a spotlight on a few school Square Foot Gardening groups. They're doing some great stuff! We'd love to hear about your kids' initiatives. Please email us at: info@squarefootgardening.org.

There's lots of other great info about summer gardening within the pages. We hope you enjoy!

Happy Gardening!

Laura & Steve Bartholomew

NOW AVAILABLE!

Do you have your copy of the *All New Square Foot Gardening, Third Edition*? Don't wait!

With over 150 new photos and illustrations, this new edition makes it easier than ever to achieve nearly foolproof results in virtually any situation. Remember:

- 100% of the produce
- 20% of the water
- 5% of the work

You'll love the new info inside, including:

- Adding trellises and archways
- Substituting with new materials

- Adding automatic watering systems
- "Thinking Outside the Box" with creative configurations and shapes
- Square Foot Gardening in dense urban areas with little or no yard
- Square Foot Gardening with kids
- Protecting crops

**CLICK
HERE
ORDER!**



SAVE THE DATE!

Join us for World Square Foot Gardening Day!



Sunday, July 21, 2019

Sunday, July 21 from 12 a.m. to 12 a.m. on the Square Foot Gardening Foundation **Facebook** page.



- Videos
- Tips
- Free downloads

#WorldSFGDay2019

CELEBRATING 43 YEARS
WORLD SFG DAY
JULY 21, 2019

4 M'S

THE MAN
Mel Bartholomew as creator & inventor

THE METHOD
Square Foot Gardening as it was designed & taught

THE MISSION
To solve world hunger using SFG

THE MOVEMENT
To make SFG a household name worldwide

#WORLD SFG DAY 2019
www.squarefootgardening.org

SFG GOES TO SCHOOL

We are always *thrilled* when we hear about young SFGers learning how to get their hands dirty. Let's check in with Junaluska Elementary School and Excelsior Academy, to see how they're doing.

Junaluska Elementary School Digs In

Junaluska Elementary School in Waynesville, North Carolina, has an extensive program that begins in the first grade and extends into the second. Not content with providing five square foot beds, their fantastic sponsor, the NC Extension Master Gardeners, has gifted the school with a variety of other raised beds and specialty gardens including: a strawberry pyramid, an herb wheel, a bean teepee, Three Sisters gardens, a fragrance bed, a pollinator bed, a sweet potato bed, a popcorn bed, a Trail of Tears cornbread bed, potato bags, blueberry bushes, and flowers.



Marcia Tate teaches first graders about Square Foot Gardening.

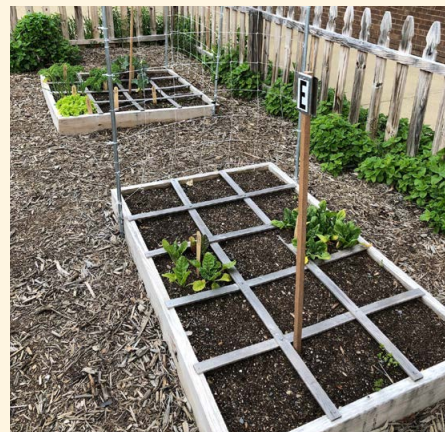


Master Gardener Julie Taylor, Steve Bartholomew, Master Gardener Marcia Tate, Principal Mr. Alex Masciarelli, Certified Instructor Hughes Roberts, and Laura Bartholomew pose with four first-grade students and their Square Foot Garden.. Not pictured: Teacher Miss Christina Roberts, Teacher Assistant Miss Lynn Presnell.



Teacher Miss Christina Roberts and four of her students enjoy learning the SFG method.

The school's purpose of teaching gardening is to instill in the students a sense of appreciation and respect for nature in addition to teaching math and science concepts. The program begins in first grade as the young students plant the gardens in spring. During the summer, rising first and second graders (and their parents!) are invited to help tend the gardens and harvest produce and flowers. Later, as returning second graders, the kids harvest what they planted in spring. It's a great opportunity to teach the entire gardening cycle. The program is large, involving more than 150 students, 7 teachers, and as many parent volunteers as possible. In addition to the hands-on gardening, the NC Master Gardeners teach a variety of educational programs. We love this! What a win/win for all!!



Excelsior Academy

Another school program featuring Square Foot Gardening is Excelsior Academy, located in Erda, Utah. The name of the SFG group is "Greenthumbs." According to its sponsor, Brad Hendershot, the Greenthumbs Program built a brand-new four-season greenhouse over the winter, complete with four 8 ft. x 4 ft. raised garden beds. In November, the students spent a month learning all about the SFG method, and then they planned out their beds. Now that the new greenhouse is finished and they've built the raised beds, they are thrilled to be growing vegetables, flowers, and herbs using the SFG method.

Hendershot has constructed a program to teach the Greenthumbs students aspects of the SFG method in the form of distinct mini-lessons, including:

- What is SFG and how is it different from traditional row gardening?
- What is Mel's Mix™, and how much will it cost to fill a 4 ft. x 4 ft. raised bed?
- How do I determine plant spacing?



First gardens in the new raised beds.

- What is companion planting?
- What is the difference between cold- and warm-season crops?
- How can I extend my growing season?
- What crops can be started indoors and later transplanted, and what crops should be sown directly?
- What is a spring planting schedule and why is it important to create one?
- How can I plant my bed to ensure a staggered harvest?
- What is vertical gardening and which plants require a trellis?
- How do I provide optimum care and nutrition for indeterminate tomatoes in a SFG bed?



Drip irrigation serves as the grids.

These lessons take about 10 to 20 minutes to teach, and the students spend the rest of the 46-minute class period getting their hands dirty in various other ongoing agriculture/horticulture projects. After they have been taught the basics, each student must design his or her own 4 ft. x 4 ft. SFG bed using the principles they learned about in the mini-lessons.

Additionally, the students create a spring planting schedule to help them plan when and what to plant for their home gardens in the months to come. There is a written exam on the SFG method. Once students have demonstrated mastery with the basics of the SFG method, they take over the responsibility for the raised beds in the greenhouse. They will then make their own decisions about harvesting and replanting individual squares according to SFG best practices.

During the summer, the beds are outfitted with a drip irrigation system that doubles as the garden grid (which is the black ½-inch tubing in the photos). The drip system is set up on a timer so the beds will be watered daily. SFG instructor Hendershot comes into the school once a week during the summer to sucker the tomatoes and perform other basic maintenance.



Building the raised beds inside the greenhouse.

SFG Quiz

How many ingredients are in Mel's Mix™?

1? 2? 3? 4? 5?

How They Say That In...

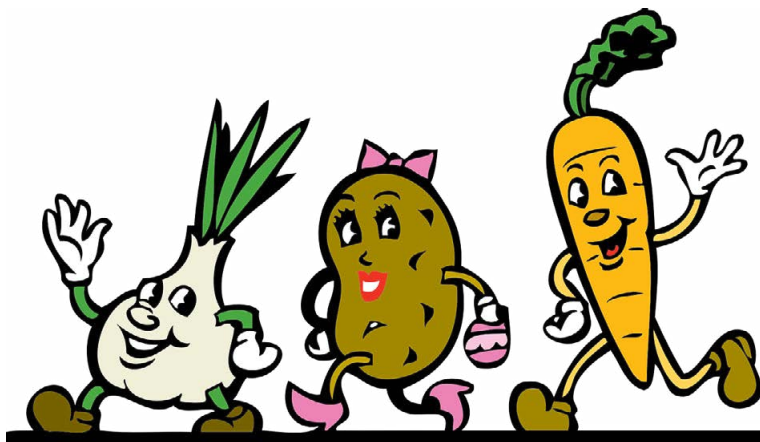
English: Soil
French: Sol
Spanish: Suelo
Italian: Suolo
German: Boden

Did You Know?

What Veggies Grow Underground?

Beets
Radishes
Potatoes
Carrots

Guess the Veggie!



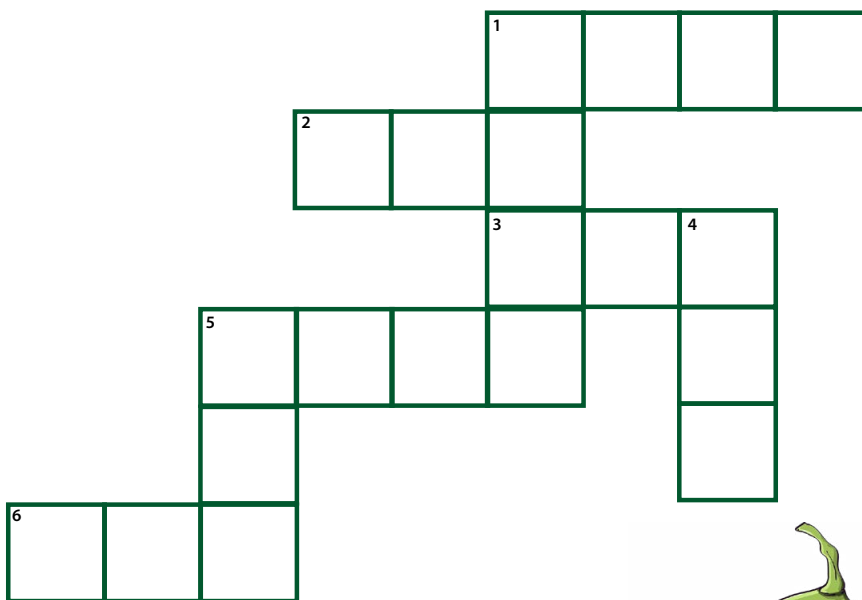
SFG History

Square Foot Gardening was invented in 1976 by Mel Bartholomew, a retired engineer who wanted a simpler way to garden.

He invented it, wrote a book, had a popular TV show and now millions of people around the world use the method to grow fresh produce at home ... and you can too!

Square Foot Gardening Crossword

Test your SFG knowledge and see if you can solve this crossword puzzle. After you're done, go ahead and enjoy the rest of the activities!



Across

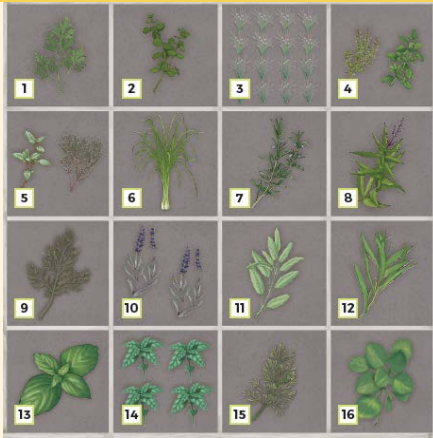
- 1.) This veggie is dark red and grows in the ground.
- 2.) How many cabbage plants fit in 1 sq. foot?
- 3.) This bug crawls all over your soil and plants!
- 5.) This veggie grows in tall stalks.
- 6.) This rodent can nibble away at your produce!

Down

- 1.) Jack climbed up the _____ stalk.
- 4.) How many feet can most people reach into their garden?
- 5.) This pet can cause trouble in your garden!



WARM-WEATHER HERBS



Get your herb garden plan on page 54 of *All New Square Foot Gardening, Third Edition*

There are some SFG gardeners who devote an entire bed just to herbs. And why not? Their flavoring attributes as well as their other benefits are as important as food crops to some people. Let's talk about a few favorites.



Basil

- Full sun.
- Start seeds indoors 4 to 6 weeks before the last frost. Seeds germinate quickly.
- Set out after all danger of frost has passed and the soil has warmed.
- Sow seeds in warm soil where the plants are to be grown. Seeds germinate in 7 to 10 days, and the plants grow quickly. Basil will stop growing if the weather is cool and then take a while to catch up, so wait to transplant it until the weather is starting to feel like summer.
- Keep well watered.
- Pinch the basil tops often to keep the plant bushy. Harvesting basil for cooking will also keep the plant strong and bushy. For energetic, tasty plants, remove flower buds as they appear.



Oregano

- Better flavor in full sun but it will grow in part-sun.
- Start seeds indoors 4 to 6 weeks before the last spring frost.
- Plant transplants anytime after the temperatures reach 45 degrees F.
- Plant outdoors in spring after the last frost; seeds need light to germinate.
- Don't overwater; only when the mix surface is dry.
- If you only need the leaves, grab the stem about two-thirds down the length of the plant and run your fingers along the stem. The leaves will collect in your hand, and all you'll have to do is trim the (now-leafless) stem.



Thyme

- Full or part sun.
- Buy transplants or get cuttings from a friend; it's a slow process to grow from seed.
- If you want to get a head start, plant the transplants indoors about 6 to 10 weeks before the last frost (but it may be hard to find transplants for sale).
- Plant transplants outdoors in spring 2 to 3 weeks before the last frost (but they really grow best in soil temps of 70 degrees F or more).
- Water weekly.
- Prune (harvest) often to keep plants inbounds and for eating. You can also root the trimmings.



Rosemary

- Full sun.
- Start seeds indoors 8 to 10 weeks before the last spring frost.
- Plant divisions anytime after soil temperatures have warmed.
- Plant outdoors in spring after the last frost.
- Water regularly but lightly; these are Mediterranean plants, and they don't need lots of water.
- Harvest or trim mature plants often to keep them inbounds.



Chives

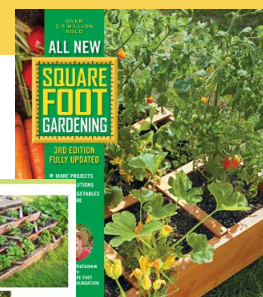
- Full sun.
- Start seeds indoors 8 to 10 weeks before the last spring frost.
- Plant seeds outdoors in spring at a depth of ¼ inch, after the last frost. Seeds (and plants) prefer warmer soil for growing.
- Chives demand consistent watering.
- Harvest the entire green part down to about 2 inches from the base. The flowers are edible too.

ENJOY THE HARVEST!

When to Harvest

One thing that sometimes stumps even experienced gardeners is when to harvest—that is, how to test for ripeness. Here's a handy chart to help.

Charts excerpted from *All New Square Foot Gardening, Third Edition*



CROP	RIPENESS INDICATORS
Asparagus	<ul style="list-style-type: none"> • Harvest spears when 7 to 9" long • Harvest in the morning, when temps are cool
Basil	<ul style="list-style-type: none"> • Harvest continually with scissors to keep growth coming • Remove flower buds before they open
Beans	<ul style="list-style-type: none"> • Harvest when pods are firm and evenly green • Beans are past prime when pods get lumpy • Remove by pinching stems with fingers
Beets	<ul style="list-style-type: none"> • Harvest when shoulders push up aboveground
Broccoli	<ul style="list-style-type: none"> • Harvest when heads are full but before buds open • Cut stalks 4" down from top of head
Brussels sprouts	<ul style="list-style-type: none"> • Harvest heads that are 1 to 2" in diameter • Ripe sprouts will twist off easily with fingers
Cabbage	<ul style="list-style-type: none"> • Harvest when leaves are tight against head, not loose • Harvest by cutting stem off at base
Cantaloupe	<ul style="list-style-type: none"> • Harvest when skin turns from smooth to rough • Underlying skin color should be golden or buff colored
Carrots	<ul style="list-style-type: none"> • Ripeness is indicated when shoulders begin to push aboveground • Harvest when diameter is ¾ to 1"
Cauliflower	<ul style="list-style-type: none"> • Usually ripe when heads are 6 to 8" in diameter • Head should be tight, with segments not yet separating • Cut head from stem at ground level
Celery	<ul style="list-style-type: none"> • Any stalk longer than 6" is ripe • Cut off 2" up from soil line
Chives	<ul style="list-style-type: none"> • Start harvesting when plants reach 3" tall • Cut down to 1" above soil line
Cilantro	<ul style="list-style-type: none"> • Harvest when plants are 6 to 8" tall • Harvest outside leaves, leaving stems intact
Collard greens	<ul style="list-style-type: none"> • Harvest when plant is about 12" tall • Cut individual leaves from stem • Leaves more than 8" long are overripe and will be tough
Corn	<ul style="list-style-type: none"> • Ripe ears are rounded at the top and will feel firm and plump • Harvest in the morning, holding stalk with one hand and tearing away the ear with the other hand
Cucumbers	<ul style="list-style-type: none"> • Most varieties ready to harvest at 5 to 8" in length • Ripe cucumbers will be firm and uniformly dark green
Eggplant	<ul style="list-style-type: none"> • Harvest as soon as skin becomes glossy • Fruit may be overripe if skin has turned black
Garlic	<ul style="list-style-type: none"> • Harvest when leaves on bottom half of stem are brown • Move into shade immediately after harvesting
Kale	<ul style="list-style-type: none"> • With most varieties, harvest leaves at 6 to 8" long • Harvest leaves from bottom of stem, leaving top leaves to grow
Leaf lettuce	<ul style="list-style-type: none"> • Harvest leaves on outside of stem using scissors after they are 3" long • When plant bolts (sets flowers), leaves will be overripe and bitter
Leeks	<ul style="list-style-type: none"> • Harvest when roots are at least 1" in diameter • Root stalks more than 2" in diameter may be woody and inedible
Mint	<ul style="list-style-type: none"> • Harvest younger, smaller leaves regularly to keep plant productive • Mature plants can be cut down to 2" above ground level to rejuvenate them
Okra	<ul style="list-style-type: none"> • Harvest pods when 2 to 3" long using a sharp knife • Pods that are hard to cut off will be inedible

Onions	<ul style="list-style-type: none"> • Ripeness is usually indicated when leaves turn yellow and fall over • Harvest when shoulders push up aboveground • Let dry in sun after harvesting 	Sage	<ul style="list-style-type: none"> • Can be harvested anytime by pinching off individual leaves • Pick on a dry morning after dew has dried.
Oregano	<ul style="list-style-type: none"> • Harvest anytime after plant is 4" tall • Harvest individual leaf clumps down to just above a leaf pair • Harvest in midmorning for best flavor 	Scallions	<ul style="list-style-type: none"> • Harvest as soon as there is 6" of top growth • Leave in ground to allow scallions to ripen into onions
Parsley	<ul style="list-style-type: none"> • Start harvesting when plants reach 6" • Harvest individual stems, from the inside of the plant outward 	Spinach	<ul style="list-style-type: none"> • Harvest as soon as leaves are large enough to use • Harvest frequently to prevent flowering • Plants are past prime and inedible once plants bolt (set flowers)
Peas, snap	<ul style="list-style-type: none"> • Pods are ripe when full and rounded but not overly large • Peas inside pod should be obvious to touch • Pods should snap rather than bend 	Squash, butternut	<ul style="list-style-type: none"> • Harvest when rind is hard and deep tan in color
Peas, snow	<ul style="list-style-type: none"> • Harvest when pods are thin and light green, with peas inside just visible 	Squash, acorn	<ul style="list-style-type: none"> • Fruit is ripe when rind is dark green and stem withers and dies
Peppers, bell	<ul style="list-style-type: none"> • Fruit walls will be thick 	Squash, hubbard	<ul style="list-style-type: none"> • Harvest when vines begin dying
Peppers, jalapeño	<ul style="list-style-type: none"> • Harvest when fruit is 2 to 3" long 	Strawberries	<ul style="list-style-type: none"> • Harvest as soon as fruits have become completely red by twisting to break stems
Peppers, cayenne	<ul style="list-style-type: none"> • Harvest when small for milder flavor or when large for more heat 	Sweet potatoes	<ul style="list-style-type: none"> • For best taste, harvest just before first predicted fall frost • Cut vines away at ground level, then dig tubers up with garden fork
Peppers, habanero	<ul style="list-style-type: none"> • Harvest when fruit is round and 1 to 2" in diameter 	Swiss chard	<ul style="list-style-type: none"> • Harvest leaves for salads when plants are between 8" and 24" tall. • Cut leaves stems to 2" above ground level • Never cut away more than 1/3 of leaves at one time
Potatoes	<ul style="list-style-type: none"> • Harvest "new" potatoes when plants start to flower • Harvest mature potatoes when vines begin to die • Harvest on a dry day using a garden fork 	Thyme	<ul style="list-style-type: none"> • Harvest at any time, cutting leaf stems down to just above a leaf pair using sharp scissors
Pumpkins	<ul style="list-style-type: none"> • Fruit is ripe when rind is hard enough to resist a fingernail scratch • Pumpkins are usually ripe when they reach the predicted color • Maturity is indicated when stems begin to shrivel and dry out 	Tomatoes, hybrid	<ul style="list-style-type: none"> • Pick when fruit is nearly all red and skin is firm but with a slight "give"
Radishes	<ul style="list-style-type: none"> • Most varieties are ripe at about 1½" in diameter • Harvest by pulling up on the greens • Radishes that have split open are overripe and will be too spicy 	Tomatoes, cherry	<ul style="list-style-type: none"> • Harvest when fruit is dark red, but before skins split
		Tomatoes, heirloom	<ul style="list-style-type: none"> • Harvest when "shoulders" of fruit are still green; these varieties ripen quicker than hybrid tomatoes
		Turnips	<ul style="list-style-type: none"> • Harvest when roots are between 2 and 3" in diameter
		Watermelons	<ul style="list-style-type: none"> • When thumped with knuckles, ripe fruit will make a hollow sound rather than ping noise. • Ripeness is indicated when tendrils coming off vine turn brown
		Zucchini	<ul style="list-style-type: none"> • Best ripeness occurs when zucchinis are 6 to 8" long • Harvest by cutting stems about 1" from end of fruit

Harvesting is Easy in an SFG: Tools to Use

Believe it or not, it makes a difference how you harvest certain veggies. The method depends on the vegetable, but having the right tool makes it so much more convenient.

Scissors – use for snipping leaves from leafy vegetables and cutting herbs. Scissors' clean-edged cut won't bruise the leaf, which is the most valuable part of these plants.

Knife – a sharp knife is invaluable to sever the thicker stems of some vegetables such as melons, peppers, and tomatoes. Don't fight with the plant—just cut off the mature fruit.

Garden fork – some vegetables fruit underground. Think potatoes, for example. Having a good garden fork will help dig the tubers up when they, and you, are ready.

Hand trowel – these are a must for gardening itself, but a hand trowel is very handy for digging up smaller vegetables such as carrots and beets too. A trowel is much easier to control than a shovel.

Pruners – they're not just for snipping off errant stems. Use your pruners as an alternative to a sharp knife to harvest eggplant, peppers, and tomatoes.

Using the right tool to harvest means you won't yank any plants out of the garden that should stay in and keep growing.

Preserving the



Bounty

But what if you just have too much harvest for you, your family, your friends, and your neighbors? There's a solution! Actually, there's more than one—let's take a look.

Canning – *Many* fruits and vegetables can be canned, pickled, or fermented so that you can enjoy them from the first frost in the fall to the last frost the following spring. It's low cost (although there is your time to consider) and offers some enormous rewards. Two or three tomato bushes can provide enough tomatoes to fill a long pantry shelf with canned tomatoes. Carrots, asparagus, turnips—just about anything—can be pickled. And, of course, everyone knows cucumbers make wonderful pickles when canned in a brine solution.

Drying – Fruits and vegetables can be dried to preserve them too. The drying process generally increases and concentrates flavor while retaining all the nutritional value. Many fruits, vegetables, and herbs can be air-dried on screens (peaches come to mind), but you can also use a dehydrator to speed up the process (this is an excellent method for tomatoes).

Freezing – Most people automatically think of freezing with regard to preserving. Any vegetables and fruits can be quickly frozen when they are at their peak ripeness, then thawed whenever you need them. You will probably need sufficient freezer space to dry them on a sheet pan in a single layer first.

Also consider making:

- Herb-infused oils
- Herb butters (and freezing them)
- Flavored vinegars
- Fresh juice (and freezing it)

QUICK TIPS

Watering



Mel's preferred way to water is to leave a bucket of water to warm in the sun next to your Square Foot Garden box, then to water each plant whenever it needs a drink by dipping a single cupful of water from the bucket and applying it directly to the root zone below the plant. Some people maintain this method takes too long, but consider these points:

A Square Foot Garden is only a fraction of the size of a traditional garden, and you are watering only when a plant needs its drink.

You're not broadcasting water over the entire plant, but only applying it to the place it is needed—the base of the plant, where the roots are located. Mel's method is a supreme water saver. Mel's Mix™ is specially formulated to absorb and retain moisture, so you'll need to ladle water on the roots far less often than you might think.

Crop Rotation in the SFG



One of the reasons behind crop rotation in traditional gardens is because monocropping (planting the same plant in the same location time after time) depletes the soil of nutrients. Of course, in a Square Foot Garden, this isn't an issue because we use Mel's Mix™. But often gardeners don't realize the importance of crop rotation as it relates to pest control.

By changing the location where a particular type of plant is sited ("rotating"), it reduces the degree of pest and fungal attacks. This is because pests (insects, diseases, and fungi) adapt to certain hosts. When those hosts are missing, these pests have nowhere to go (eat!). The unique design and concept of the grids help make crop rotation very easy for the SFGer. Each time you re-plant a square, plant a different type of veggie.

Mulching to Retain Water



One of the great benefits of mulching is that it reduces the surface area of the soil to the air, thus reducing the amount of water "lost" via evaporation. Less water loss means a more consistent level of water in the soil = happier plants. Water fluctuations can lead to problems like blossom end rot in tomatoes. A depth of 2 to 4 inches is considered optimal.

(Mulch also serves as an insulator to keep plant roots at a consistent temperature—but that is for another newsletter.)

Good mulch choices include:

- Compost
- Straw
- Shredded leaves
- Grass clippings
- Shredded newspaper

FEATURED CERTIFIED INSTRUCTOR



Certified Instructor Hughes Roberts.

a half-acre typical row garden and, when I was a teenager, he gave me a hoe and told me to learn to love it. I never did."

He says he did find, as he was a young adult, that he was interested in gardening and planted his own row garden.

"The work tired me out so I would walk away from it," he says. "Years later I saw Mel's book and watched some of his PBS show and started raised bed gardening. I had a tiller and would till the raised bed garden and that was a lot of work."

Then, he says, he really started to pay attention to Mel's books and Mel's updates in the method. "I got much more oriented toward less work and better yields!"

A few years ago, he found out about the CI program, and went through the program. "Once I was certified I started talking to the local library in Waynesville, NC, asking if I could present using the material that the Square Foot Gardening Foundation was providing, including Mel's intro video and the PowerPoint presentation."

For last 3-4 years Hughes has been speaking twice a year, once in Waynesville and once in nearby Canton. "Lots of older people who like cooler weather and don't want to do a lot of work and weeding live here. The Square Foot Garden principles work extremely well with the culture and the demographic of the area."

The Giving Garden

Speaking led to his work with the Giving Garden in Canton, adjacent to the library, which is a converted school building. "A cooperative extension agent started the garden on some unused space outside the library, working with the Master Gardeners, Friends of the Library group, and the library administration." The original group built several 4' x 4' raised beds.

Hughes says, "When I jumped in to work with the garden I started suggesting using and teaching the Square Foot Gardening principles in the teaching garden and the classroom to help people understand that they could get nice yield at home with a small space." He said the Master Gardeners have been great in adopting the principles and the project.

Junaluska School Garden

Another project Hughes has been involved with is the Junaluska School garden. "Marcia Tate was working with me at the Giving Garden in Canton. She was interested

Are you interested in becoming a Certified Instructor?

Please click here to be notified when we're launching the new program.

Meet Hughes Roberts

Certified Instructor Hughes Roberts grew up in a small tobacco farming town in Virginia. He says, "My father had



Giving Garden

in reviving the Junaluska garden after the garden had gone to ruin." (He says it had been a very active program for about 10 years but then the volunteers had aged out and the garden had fallen by the wayside.) "The school was looking at it as something to get rid of but Marcia, asked, 'Can I use Square Foot Gardening at the Junaluska garden?' and really got going with it. I worked with her, gave her a copy of the book, and did whatever I could to get the message to her that this method would be excellent for teaching first graders."

Hughes credits Marcia and her volunteers for the success of the school garden. "She and some other volunteers restored that garden. I showed them how to build raised beds, how to put grids down, and how to Square Foot Garden, and they've used it for a couple of years with first graders very successfully." He stresses that the success of school gardens and community gardens depends heavily upon the volunteers. "If you don't have committed volunteers, you might as well forget it!" he says.

Tips from Hughes

We always love to ask CIs for their best SFG tips. Here are Hughes':

- Sunlight makes a big difference in your success. He says "If you try to garden without enough sunlight you will be disappointed."
- Lean on succession planting. Plant new crops every 10 days to two weeks so that everything isn't ripe at once.
- Be willing to try it, make mistakes, and keep going!

Green Tomato BLT with Basil Mayo

- 1 cup basil leaves
- 2/3 cup good mayonnaise
- 2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 12 slices bacon
- 3 large green tomatoes, cut into 12 slices
- ¾ cup flour
- ½ cup yellow cornmeal
- Salt and freshly ground black pepper
- 1 egg, beaten
- Oil for frying
- 1 cup torn or sliced arugula (if you really hate arugula, use any type of greens)
- 8 slices sandwich bread



For the basil mayonnaise, purée the basil, mayonnaise, lemon juice, and Dijon mustard in a blender or food processor until it's smooth. Chill in the refrigerator until ready for use.

Cook the bacon the way you like it (fried or oven baked). Drain on paper towels. Reserve some of the drippings for frying the tomatoes.

Spoon half of the flour onto a plate or a sheet of waxed paper. Combine the remaining flour with the cornmeal, salt, and pepper in a small bowl; mix. Next, arrange these in a row: the flour, the egg (using a shallow bowl helps), and the cornmeal mixture on a work surface. Dip each tomato slice in the flour, then the egg, and then the cornmeal mixture, coating thickly. Fry each slice in hot oil for about 2 minutes per side; drain well on paper towels.

Make the sandwich by spreading two slices of bread with the basil mayonnaise and layering the bacon and fried green tomato slices. Top it off with the arugula (or other greens) and another slice of bread. Makes 4 servings.

Herbed Goat Cheese Spread



- 2 garlic cloves, minced to a paste
- 5 to 8 ounces goat cheese, softened
- 8 ounces cream cheese, softened
- ½ cup chopped chives
- ½ cup chopped flat-leaf parsley
- 3 tablespoons minced basil, oregano, or thyme (or a combination to your taste)

Combine the garlic, goat cheese, and cream cheese in a small bowl; mix or beat until well combined. Stir in the herbs. Transfer the mixture to a small bowl, crock, or decorative mold. Refrigerate, covered, for 1 to 2 hours until firm. Serve with fresh veggies and crackers or even top a baked potato with this delicious herby spread. Keeps 1 week in the refrigerator. Makes about 2 cups.

FEATURED SQUARE FOOT GARDENS

We can't think of any better way to celebrate World Square Foot Gardening Day (officially, July 21) than to feature some of your SFG gardens. Take a look at these beauties submitted by some of our readers. Are you inspired?



From Elaine



From Bri



From Jeff



From Sonya



From Karla



From Kristen



From Jan



From Melissa

LET'S STAY IN TOUCH



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WORLD SQUARE FOOT GARDENING DAY 2019

SUNDAY, JULY 21, 2019

ON THE SQUARE FOOT GARDENING FACEBOOK PAGE

#WORLDSFGDAY2019

*ALL TIMES EST

THE MAN



World SFG Day Video	12 AM
Mel's Minute Video	1 AM
Honorary Certification	2 AM
4 M's	3 AM
Tribute to Mel	4 AM
CI Special Recognition	5 AM
Throwback Video	5:30 AM

THE MISSION



Foundation Video	12 NOON
Visit from a CI	1 PM
The Official SFG Forum	2PM
Veteran Honor Award	3 PM
SFG Past & Future	4 PM
SFG Around the World	5 PM
SFG News	5:30 PM

THE METHOD



SFG Photo Contest	6 AM
PPC Gardening Toolkit	7 AM
World SFG Day Video Replay	8 AM
How to Build a SFG Video	9 AM
Free Planting Chart	10 AM
SFG 3rd Edition Book Freebie	11 AM
SFG Throwback Video	11:30 AM

THE MOVEMENT



SFG Video	6 PM
Honorary Certification	7 PM
Learn How to Become a CI	8 PM
Photo Contest Winners	9 PM
SFG Kids' Initiatives	10 PM
SFG in Schools	11 PM
Wrap Up of World SFG Day	11:30 PM