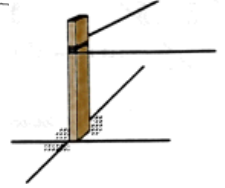


# Mittleider Method

## 6 Steps to Successful Gardening

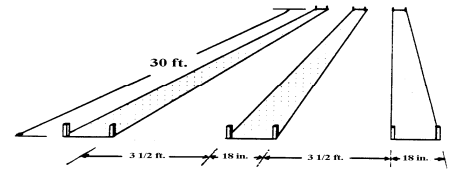
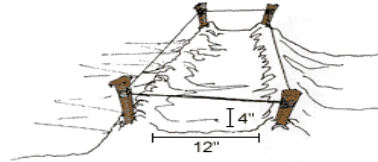
### I. Choose the Location and Prepare the Soil

1. Direct Sunlight all day long
2. Locate a water source near the garden
3. Level ground – slight Southern slope OK
4. Clean ground – remove rocks & weeds
5. Outline perimeter with stakes & string
6. Fence to protect against intruders



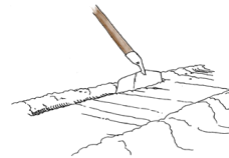
### 2. Create Soil-Beds – a Nursery – in Which to Grow Plants

1. Measure and stake beds - 18" & aisles - 3'6"
2. Tie strings to stakes to outline growing beds
3. Level beds by moving soil – 1" drop in 30'
4. Apply Pre-Plant & Weekly Feed to beds
5. Dig or till beds only – not aisles! – 8" deep
6. Re-level beds, then shape with 4" ridges



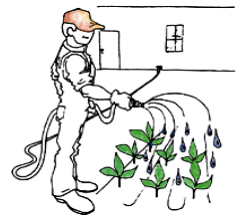
### 3. Plant and/or Transplant

1. Space seeds or plants based on size at maturity
2. Use a marker for uniform plant spacing
3. Transplant healthy seedlings to extend season
4. Apply nitrogen to transplants for fast start
5. Planting seeds? Cover with sand, not dirt
6. Grow vertically – more yield in less space



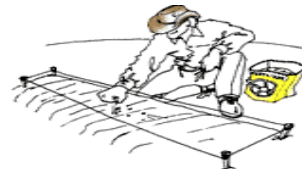
### 4. Water for Maximum Yield & Minimum Waste

1. Never sprinkle! Wastes water and helps disease
2. Early morning watering is best, but don't wait
3. Always keep soil moist – a wilting plant is dying
4. Cover end of hose with cloth – reduces pressure
5. Apply 1" of water in 10"-12"-wide planting area
6. Automate watering with drilled PVC pipes



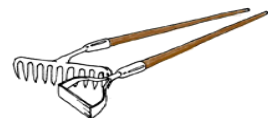
### 5. Feed Accurately and Regularly

1. Plants require balanced nutrition all the time
2. Water-soluble minerals are required – through roots
3. Pre-Plant & Weekly Feed – once before planting
4. Weekly Feed until 3 weeks before maturity
5. Apply Pre-Plant 1 oz./1ft – Weekly Feed .5 oz/1ft
6. Use sterile compost/manure if minerals not available



### 6. Control Weeds – Stop Competition, Bugs, & Diseases

1. Eliminate all annuals and perennials at the start
2. After planting, remove weeds as they first appear
3. Use a rake and a "scuffle" or two-way hoe
4. Rake ridges down and back up – hoe bed & aisles
5. "E & O" – early and often for first 2-3 weeks does it
6. Avoid pesticides & herbicides for healthier garden produce



**HARVEST AT PEAK MATURITY AND REMOVE RESIDUE FROM GARDEN!**

**Food For Everyone Foundation**

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