

Square Foot Gardening Information Sheet

Build your Square foot beds.

- Typical Square Foot Beds are 4' x 4', though they can be as long as you want.
 - Remember to keep the width to 4' for easy access
 - Use **untreated wood** such as; Oak, Cedar, Locust, or Hemlock.
 - Borate Treated lumber is an acceptable replacement for pressure treated lumber but harder to find at local lumberyards.
- Fasten boards together using deck screws. Pre-drill to prevent wood from splitting.

Information on conversions -

22 qt bag is equal to .735 cu ft.

1/20th cu yd bag is 1.35 cu. ft. or about 40.39 qts. 40 lb bag of compost is equal to 1 cu. ft.

1 Cup = 16 Tablespoons = 8 Ounces

Calculate your soil requirements.

- Multiply your width by length by depth to find your total cubic area.
EX. 4'x4'x8" = 10.66 Cubic Feet.
- Once you have calculated your total volume follow the Seven Springs Farm Cubic Foot mix to find how much of each material you will need.

Making your Soil Mix

- Thoroughly blend all materials from the Cubic Foot mix recipe and any other amendments you desire
- Add the soil to your Square Foot Beds. Plant, Water, Harvest & Enjoy!

This is the Seven Springs Farm Square Foot Gardening Recipe.

Note; we do not sell this as a mix all together just the separate ingredients.

Below info makes one Cubic Foot of mix.

1/4 Cubic Foot Course Vermiculite, we sell this in 4 cu ft bags.

1/4 Cubic Coconut Coir. We recommend coir since the pH is 6-6.7 and it is a much more sustainable product than peat moss. Also peat moss is 4.4 pH

1/2 Cubic Foot of Coast of Maine Compost or Coast of Maine Lobster Compost. These types of compost are made with many sources of materials and work ideal for SFG Beds.

The following products can be added to your beds to increase longevity of your mix as well as providing your plants with well needed ingredients.

3 Tablespoons Azomite Powder

Or

1 Tablespoon Kelp Meal

Or

you can use half the amounts
of each kelp an azomite if you want.

And

1/4 Cup Harmony Ag 5-4-3 General Purpose Fertilizer

1/2 Cup Black Castings (Worm-castings)

1 Cup = 16 Tablespoons = 8 Ounces

We do sell a product that is far superior than any made up mix or any Mel type mix being sold on the market. It is Called Coast of Maine Stonington Blend Grower's Mix. It will sustain plants for the entire growing season with minimal other inputs. Check our web site for this product.