



CONTENTS

Lesson 1: Introduction and Basics of Organics and Permaculture	11
Organic Gardening	
Permaculture	
Lesson 2: Garden Siting and Design	13
Siting Considerations	
Garden Designs	
Other Garden Components	
Lesson 3: Soil and Composting	17
Soil Components and Properties	
Soil Tests to Determine Components and Properties	
Soil Building and Preparing for Planting	
Soil Preparation for Planting	
Composting and Using Compost: A Closer Look	
Lesson 4: Choosing Plants and Basic Botany	23
Plant Parts and Seasonal Planting	
Types of Plants for an Edible Garden	
Choosing Plants	
Lesson 5: Seeding and Planting	27
Seed Starting and Transplanting Basics	
Direct Seeding and Thinning	
Pollinators	
Lesson 6: Irrigation	31
Water Needs	
Irrigation System Types	
Rainwater Harvesting	
Greywater Harvesting	
Lesson 7: Weeds, Pests and Disease	35
Integrated Pest Management (IPM)	
Weeds and Natural Weed Management	
Common Pests and Diseases	
Pest Prevention and Treatment	
Lesson 8: Using Your Harvested Food	39
Harvesting	
Cooking	
Preserving	
Sharing	
Appendix	41
1: Why Garden?	41
2: The Prime Directive of Permaculture	44
3: Building Fertile Soil	46
4: Cover Crops	52
5: Composting Your Organic Kitchen Wastes with Worms	56
6: Vegetable Garden Planting Guide for San Diego County	61
7: Parts of the Plant Diagram	64
8: Growing in San Diego: Planning for Seasonal Planting	65
9: Cool Season Vegetables	67
10: Warm Season Vegetables (companions)	68
11: California Native Plants that Attract Butterflies	69
12: Plant Nutrients	72
13: Sheet Mulching: Greater Plant and Soil Health for Less Work	75
14: Irrigation Parts: A Simple Guide	78

