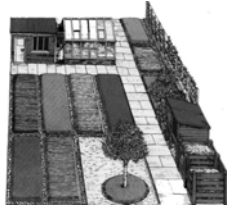


**“THE DEEP BED METHOD”, EXCERPT FROM JOHN SEYMOUR’S
SELF SUFFICIENT GARDENER (emphasis added)**



IT IS HIGHLY RECOMMENDED YOU PURCHASE THIS OUTSTANDING REFERENCE.

**A. DEEP BED GARDENING ___ INTRODUCTION, THE DEEP BED METHOD,
NATURAL CYCLES, YIELDS**

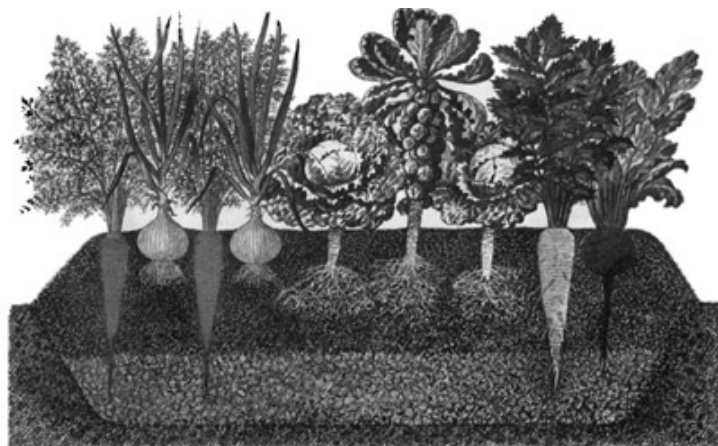
“Unless you have a very large area of land at your disposal, the key to success as a **self-sufficient gardener** is to be able to grow a lot in a small space. Of the new techniques for growing more vegetables in smaller areas, the most important in my view is what I call the **deep bed method**, which is being developed in California by several Americans, several Chinese immigrants and an Englishman called Alan Chadwick. The **(deep bed) method** is derived from age-old techniques that have been practiced in France and China, but which have never been widely adopted in the west.”

“The essence of the **(deep bed) method** is to dig deeply and then never tread on the bed. This means your plants are growing in very loose, deeply dug soil; their roots will go down instead of sideways. You therefore get bigger plants, and can grow them closer together.”

“A **deep bed** should produce about four times the yield by weight that a conventional bed will produce. A **deep bed** of 100 square feet (9 sq m) can produce from 200 to 400 lbs. (90 - 180 kg) of vegetables a year. According to the **US Department Of Agriculture’s** statistics the average American eats 322 lbs. (145 kg) of vegetables a year. Thus one tiny **(deep) bed** ___ just pace out 20 feet by 5 feet (6 x 1.5 m) on the floor to get an idea of the size of it — can keep one adult in vegetables.”

(Note: one (1) acre or 43,200 square feet can accommodate 200 **deep beds** of 100 sf. area; i.e. 1 acre installed with **deep beds** can produce vegetables for 200 adults annually.)

”From what I have seen of **deep bed gardens** and from my first hand experience on my own land, I can say that the claims made for this method are by no means exaggerated. I think it highly likely that more and more serious vegetable gardeners will adopt this method. If your aim is to grow as many vegetables as you can in the space available to you, then I urge you to study the technique and try it.”



You can create a **deep bed** by digging to a spade’s depth and loosening the soil to a spade’s depth. You must incorporate a large amount of manure and never tread on the bed. The very loose soil will allow the roots of your crops to penetrate deep down, instead of spreading sideways as they do in conventional beds. You will get bigger vegetables and you will be able to grow them closed together.

**“THE DEEP BED METHOD”, EXCERPTS FROM JOHN SEYMOUR’S
SELF SUFFICIENT GARDENER __ PAGE 3**

“STEP 1: SPREADING MANURE

“Before you start to dig, lay a good covering of manure all over the top of the bed.”

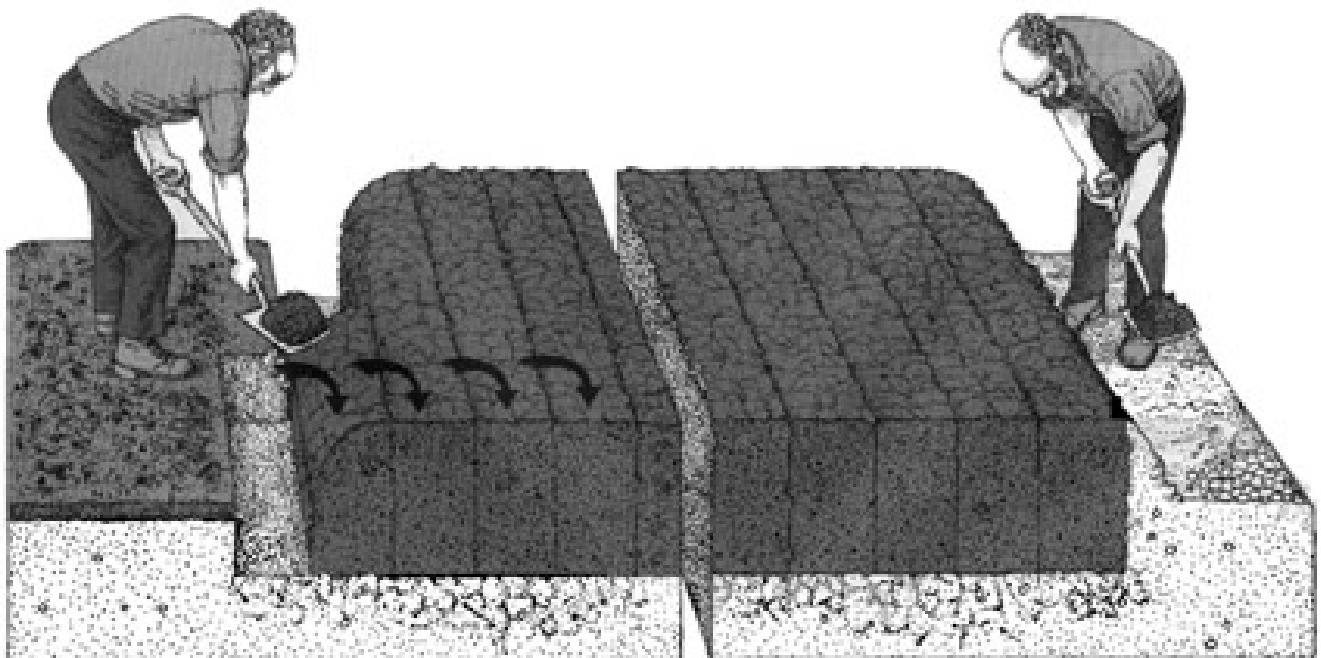
NOTE: It is recommended **not** to put manure directly on your deep planting bed but to compost it first or instead use *peat moss*, ground leaves and/or composted material soil additive formula products.

“STEP 2: DIGGING THE FIRST TRENCH

Starting at one end of the bed, dig a trench a spade length deep. Put the earth on a wheelbarrow.”

“STEP 3: LOOSENING THE SUBSOIL

Dig your fork deep into the trench and waggle it about to loosen the subsoil.”



**BASTARD TRENCHING THE DEEP BED
Step 4**

**MAKING THE PATH
Step 5**

“STEP 4 : BASTARD TRENCHING THE DEEP BED

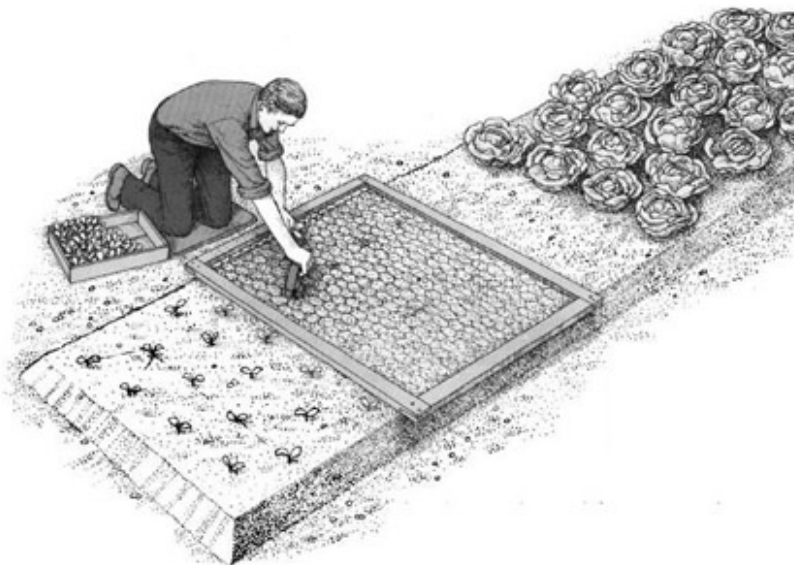
Dig a second trench next to the first one, throwing the subsoil and manure into the first trench. Work the subsoil in the bottom of the second trench. Dig a third trench and repeat the process.”

“STEP 5: MAKING THE PATH

As you dig, throw all pebbles and stones to the side of the bed. When you finish, throw the topsoil from the path to be on top of the bed. Spread the stones evenly over the surface of the path.”

2. Sowing and Planting in a Deep Bed

“Now, in your newly dug bed, either plant out plants from a seed-bed or seed boxes, or simply sow the seed direct into the ground, just as you would with a normal bed. The difference is that you sow or plant four times as densely, or thereabouts, as you do when gardening in the traditional way. The reasons for this are explained further on, but are to do with the fact that you never walk on the earth between the rows so that the soil remains loose and uncompacted.”



“Chicken Wire Frame

A frame with a one-inch (2.5 cm) mesh of chicken wire will help you space seeds and seedlings accurately. Plant through the centers of evenly spaced hexagons.”

“Spacing Out Seeds

Sow seeds in the deep bed in a triangular pattern, with each seed the same distance from those surrounding it.”



“Using a Board

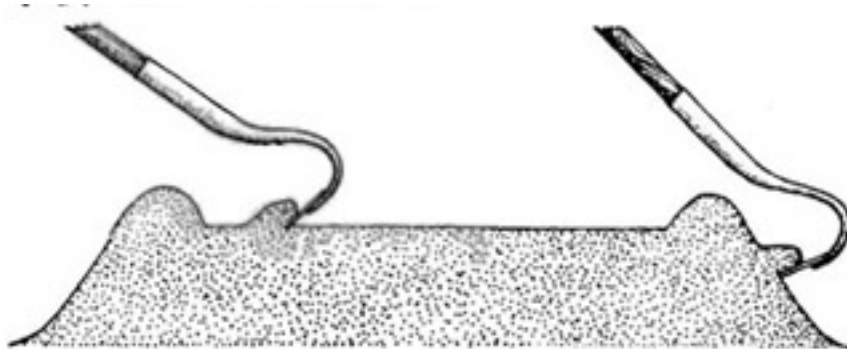
If you dislike stretching to the center of the bed, squat on a piece of board five feet by three feet (1.5 x 0.9 m). Your weight, evenly distributed, will not compact the soil.”

“Creating a Mini-Climate

If the seeds have been correctly spaced, the leaves of the plants should just touch each other when they are mature. This creates a mini-climate which conserves moisture in dry weather.”

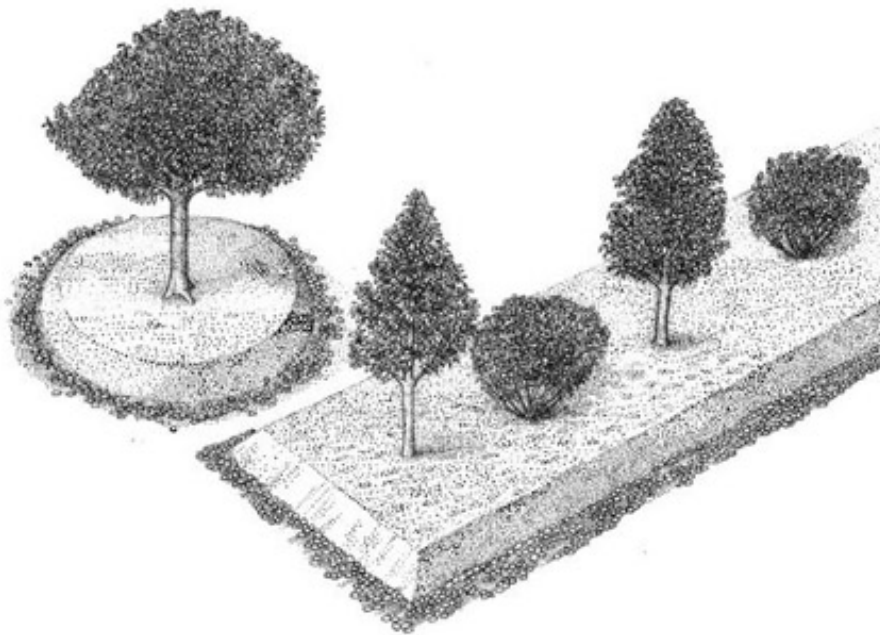
3. Deep Beds In Dry and Desert Areas

“In very dry areas it is worth shaping the beds with a draw hoe, so that they rise steeply at the sides and form a basin at the top. The moisture is then conserved when the beds are watered. In wetter regions the looseness of the soil in the deep bed is enough to ensure that rain or spray percolate into the earth at once.”



NOTE: It is highly recommended to dig an **irrigation trench** in the pathway a spade wide and at least 1 foot deep around the **deep bed’s** outer circumference. The **irrigation trenches** of several deep beds can be joined together and separated to suit the circumstances. It is recommended that seeds, seedling and larger transplants be planted within a circular **watering well** within the beds.

D. ORCHARD TREES AND DEEP BEDS



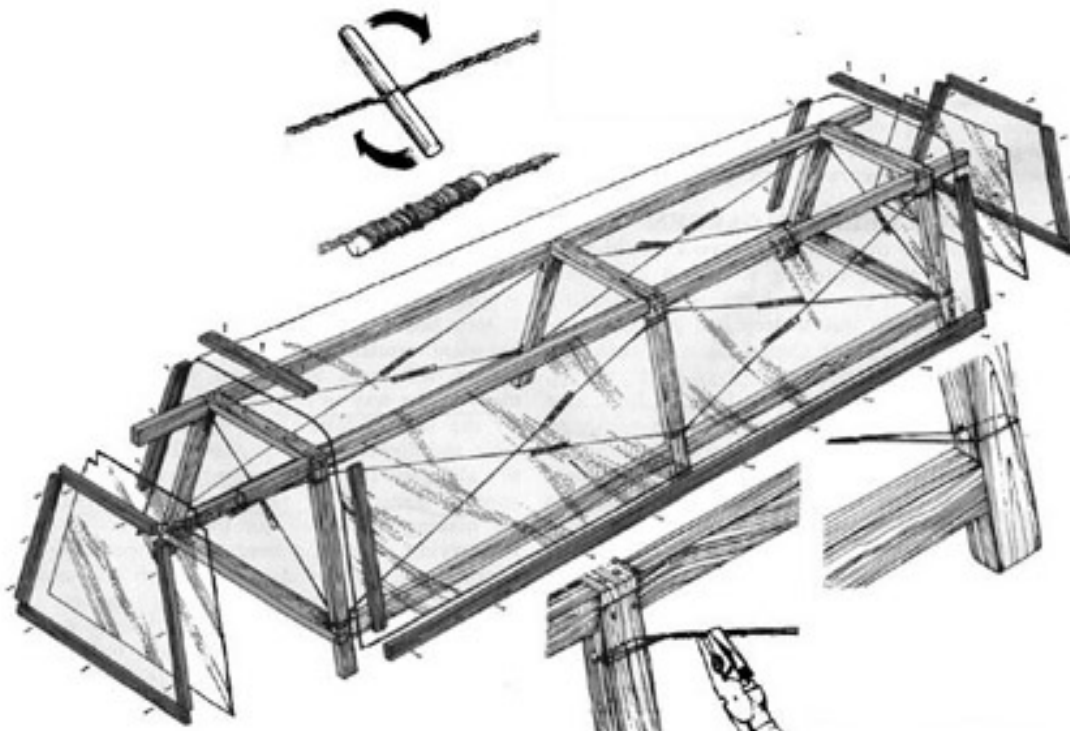
“Dwarf Fruit Trees

Plant dwarf fruit trees in ordinary (2 foot deep) deep beds, with other crops __ such as soft fruit bushes in between them and at the sides of the beds.”

“Circular Deep Bed

Plant standard fruit trees in circular deep beds. The diameter should equal the estimated dripline of the fully-grown tree. Before planting, double-dig the perimeter and dig down four spades lengths at the center.”

E. MINI-GREENHOUSE AND DEEP BEDS



“MINI-GREENHOUSE COMPONENTS

Use two inch by one-inch wood for the basic structure. Make proper joints, join the pieces with long nails hammered right through both pieces of wood and clenched. Strengthen the structures with wires. Use nails and wooden battens to fix a large sheet of transparent plastic right over the top and sides. Fit smaller pieces of plastic to the ends. Make pinholes in the top to keep the rain in.”

“TRAINING THE WIRES

When you have fitted a double length of wire (below right), push a stick between the two wires and twist until the wires are taut. Then tie the stick to the wires.”

“FITTING THE WIRES

Drill holes at the corners of each rectangle. Pass a wire through one hole, then through the opposite hole (above), back through the first hole and tie it off (as shown above on left).”

NOTE: This **Deep Bed Mini-Greenhouse** design inspired the development and demonstration of the **Passive Solar Mini-Greenhouses** used in the **“Snow (All Winter) Garden” Demonstrations** documented at the **BRCA/Hope LA-USA Project Web Site** at www.hopelausa.org/ on Web Site 10.