The Layout of the Vegetable Beds

If you put the layout of your vegetable beds on paper, it will help you to get a good idea of what your garden will look like in the end.

The first consideration is whether you have enough space to start with different vegetable beds, for instance four small trench-beds for beans, lettuce, radishes, beetroot, spinach that will need less space, and larger beds for melons, potatoes, pumpkins, sweet corn and other vegetables that require more space.

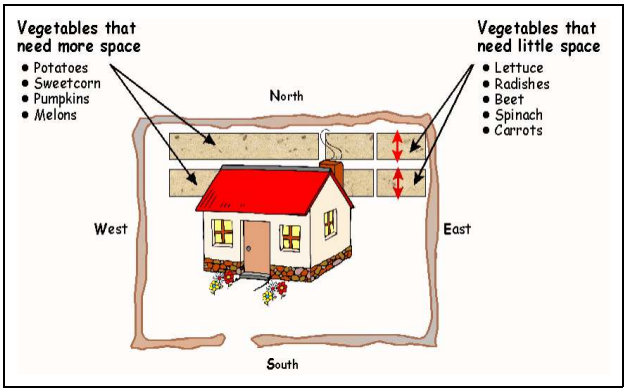
Any other smaller spaces can be used for compost circles.

Die Uitleg van die Groentetuin

Om te weet hoe jou groentebedding daar sal uitsien, is dit 'n goeie plan om dit rofweg op papier te skets.

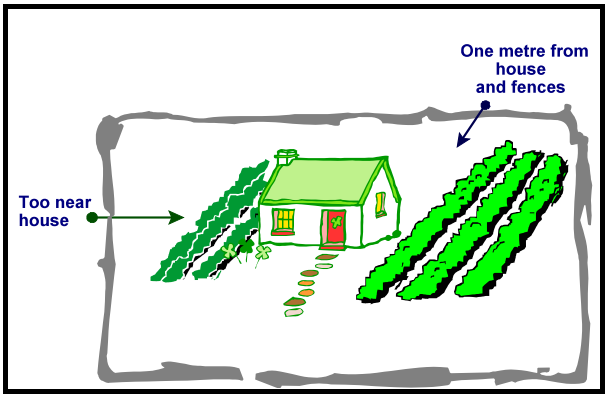
Eerstens moet bepaal word of daar genoeg spasie is vir verskillende tipes groentebeddings, naamlik deur-grootte komposbeddings wat vir beet, boontjies, blaarslaai, radyse en spinasie gebruik sal word, of groter beddings vir aartappels, pampoen, spanspek en waatlemoen gebruik sal word.

Enige kleiner spasies kan vir die ronde komposbeddings gebruik word.



In planning the layout of your beds you must make sure that the beds are at least one metre from your house and one metre from solid fences. This will improve air circulation which will reduce the risk for diseases. When your beds are too close to a solid fence or buildings, it is most likely that frost will damage your vegetables.

Wanneer jy beplan waar die beddings geplaas moet word, maak seker dat die beddings ten minste een meter van die huis se mure of een meter van omheinings geplaas word. Dit sal verseker dat daar genoeg sirkulasie van lug is om die risiko van siektes te verminder. Wanneer die beddings te naby aan die mure is, is dit ook meer vatbaar vir ryp.

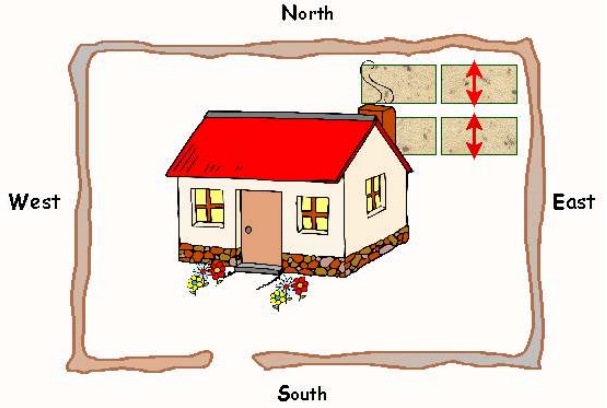


You also need to allow at least one metre between the beds so that you can easily walk around the beds.

Daar moet ook 'n paadjie van ten minste een meter tussen die verskillende beddings gemaak word sodat jy maklik rondom die beddings kan loop en werk.

If you place your beds on an east-west axis, with the rows on a north-south axis, the rows of vegetables will get the maximum exposure to sunlight.

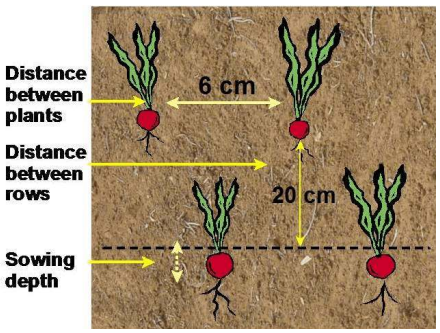
Plaas die beddings in 'n oos-wes rigting, sodat die rye in die beddings op 'n noord-suid as gemaak kan word. Op hierdie manier sal die rye groente die maksimum sonlig kry.



Sowing Depth

One of the most common causes of failure with seed is sowing too deep. Do not bury the seed! The general rule is not to sow seed deeper than four times the diameter of that particular seed.

Seed packets normally give the sowing depth, the distance between the plants as well as distance between the rows.

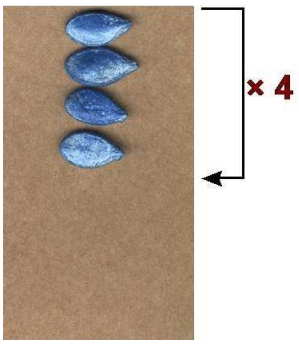


Very small seeds should be sprayed on the soil surface and only pressed in lightly because they contain only enough stored food for a limited period of growth.

Saaidiepte

Een van die grootste redes vir mislukking by die saai van saad, is dat die saad te diep gesaai word. Moenie die saad begrawe nie! Die algemene reël is dat die saad nie dieper as vier keer die omtrek van die saad gesaai moet word nie.

Saadpakkies dui gewoonlik die saaidiepte, afstand tussen die plante en afstand tussen die rye aan.



Baie klein saadjies word gewoonlik nie in gaatjies of rye gesaai nie. Strooi dit direk op die grondoppervlak en druk dit liggies met die hand in die grond in. Saad het net genoeg gestoorde voeding om hulle vir 'n sekere tyd te voed.

If the seed is planted too deep beneath the soil surface, the seed will use up all its stored food before reaching the soil surface, and will die.

A matchstick can be used to determine sowing depth. A matchstick is about 4 cm (or 40 mm) long. Mark the distances 10 mm, 20 mm and 30 mm on the matchstick.

Or use an old pencil and mark the depth the seed must be sown, for instance at 10 mm, 20 mm, 30 mm and 40 mm.

As dit dus te diep gesaai word, sal al die gestoorde voeding opgebruik word en die saad sal doodgaan nog voordat dit bo die grond deurbreek.

'n Vuurhoutjie is 'n eenvoudige manier om saaidiepte te bepaal. 'n Vuurhoutjie is ongeveer 4 cm (40 mm) lank. Merk die afstande 10 mm, 20 mm en 30 mm daarop en gebruik dit dan as 'n riglyn.

Jy kan ook 'n ou potlood gebruik en die saaidieptes van 10 mm, 20 mm, 30 mm en 40 mm daarop afmeet.

Sowing Distance

Take note of sowing and planting distance. At the time that you sow, the row distances will seem large enough, but when the plants grow bigger, they take up much more space.

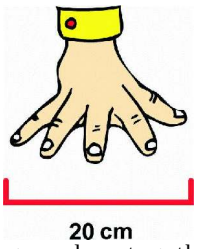
Your hands can be a valuable tool to measure the distances.

Saaiwydte

Dit is belangrik dat jy aandag gee aan saaiwydte. Teen die tyd wat jy die saadjies saai, mag die rye dalk te wyd en ver uit mekaar lyk, maar wanneer die plante groter groei, het hulle baie meer spasie nodig.

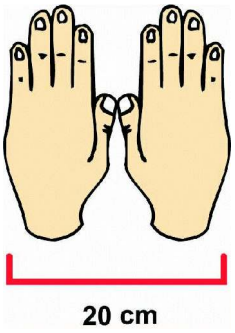
Jou hande kan baie nuttig gebruik word om saaiwydte te meet:

One stretched hand is about 20 cm wide.
As jy jou hand uitstrek, is dit omtrent 20 cm wyd.

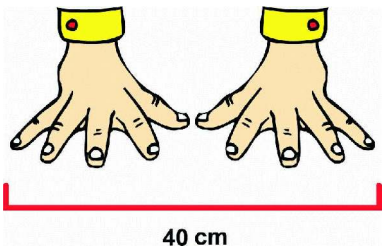


With your fingers close together, your hand will measure about 10 cm and two hands 20 cm.

Met jou vingers styf teen mekaar, sal een hand ongeveer 10 cm meet en twee hande 20 cm.

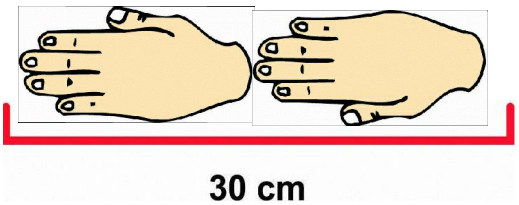


Two stretched hands will measure about 40 cm.
Twee uitgestrekte hande meet ongeveer 40 cm.



Two hands in a row will measure 30 to 40 cm.

Twee hande agtermekaar, kan 30 tot 40 cm meet.



Ingredients for the Compost Beds

Like any recipe, you'll get the best results if you use the right mixture of ingredients to make your compost. The key materials are nitrogen-rich "greens"; carbon-rich "browns"; water and air.

Green matter provides nitrogen, and acts as a source of protein for the micro-organisms that work in the soil.

Green matter includes bonemeal, coffee-grounds, eggshells, feathers, flowers, fresh grass clippings, fruit and fruit peelings, manure, tea leaves, vegetables and vegetable peelings and weeds that have not yet gone to seed.

Brown matter is a source of carbon, and provides energy for the micro-organisms in the soil.

Brown matter includes shredded coffee filters, corn cobs, corn stalks, dry grass clippings, dry leaves, egg cartons, hay, peat moss, pine and conifer needles, sawdust, shredded cardboard, newspaper and brown paper bags, straw, twigs, wood chips and wood ash.

All the above material can be worked into the compost trench-beds to feed the soil.

Bestanddele vir die Kompos-beddings

Net soos enige resep, sal jy die beste resultate bereik as jy die korrekte bestanddele vir die kompos gebruik. Die belangrikste bestanddele is stikstofryke "groen" materiaal, koolstofryke "bruin" materiaal, water en lug.

Groen materiaal verskaf stikstof aan die grond en is 'n bron van proteïen vir die mikro-organismes in die grond.

Groen materiaal sluit die volgende in: beenmeel, koffiekorrels, eierdoppe, vere, blomme, groen gras-snysels, vrugte en vrugteskille, mis, teeblare, groente en groenteskille asook onkruid wat nog nie begin saad maak het nie.

Bruin materiaal is 'n bron van koolstof en verskaf energie vir die mikro-organismes in die grond.

Bruin materiaal sluit die volgende in: fyngemaakte koffiefilters en -sakkies, mieliestronke, mieliereste, droë grassnysels, droë blare, eierhouers, strooi, veen, denne- en konifer-naalde, saagsels, gekerfte karton, koerant-papier en bruin papiersakke, gekerfte takkies en houtas.

Al die bogenoemde materiaal kan in die kompos-beddings ingewerk word om die grond te voed.

The following matter should *not* be added to a compost pile: toilet waste, pet waste (or dung), diseased animal carcasses, meat scraps, fish, dairy products, fats or oils, glossy paper such as that of magazines, insect-infested or diseased plants and weeds with mature seeds.

Material such as metals, iron, glass and plastic are *not* organic matter. They do not decompose in the ground and should therefore *not* be placed on a compost trench-bed. Do not use glossy or coloured paper as it contains chemicals.

Die volgende materiaal moet NIE in die kompos-bedding gevoeg word nie: toiletvullis, mis van troetel-diere, karkasse, vleis, vis, melkprodukte, vette of olies, glanspapier soos dié van tydskrifte, plantmateriaal wat met peste of siektes besmet is en onkruid wat reeds in saad is.

Materiaal soos metale, yster, glas en plastiek is nie organiese materiaal nie. Dit sal nie in die grond verwerk word nie en moet dus nie in die kompos-bedding geplaas word nie. Moet ook geen glans- of gekleurde tydskrifpapier in die komposbedding plaas nie omdat dit chemiese bestanddele bevat.

Example of a framed trench-bed