



Henderson County Master Gardeners Weekly News Article May 7, 2018

Have a Manageable Vegetable Garden by Lydia Holley

Henderson County Master Gardener Association Intern Susan Skommesa will present “Square Foot Gardening” on Tuesday, May 15, 5:30 p.m., Clint W. Murchison Memorial Library, 121 S. Prairieville, Athens.



If you grow vegetables, you may already know the benefits. Most people grow their own vegetables for the taste. Even scientists agree homegrown vegetables taste better. According to a study done by Kew Gardens, there are certain chemicals in vegetables that impart a pleasing flavor, and homegrown vegetables have a much higher concentration of these chemicals than those commercially farmed and purchased from a store.

That same study also showed that anti-oxidants and nutrients were higher in homegrown vegetables. One reason you may be able to provide a soil richer in nutrients than most commercial producers has to do with the smaller size of your garden.

Another reason you may wish to grow your own vegetables is variety. Want a black tomato, a white eggplant or pink popcorn? You may not be able to find them in the stores, but you can grow them.

Many people quote the amount of time required for weeding as one reason they do not grow their own vegetables. The square foot gardening method limits weeds by intensively growing plants in a small area. This gives you production while the plants shade out the weeds. Additionally, by using the square foot gardening method, the step of thinning out seedlings is not necessary, saving you both money and time.

If you are interested in growing your own vegetables but are not interested in tending a large space of traditionally planted rows, you will not want to miss this informative presentation.

For more information, call 903-675-6130, email hendersonCMGA@gmail.com or visit txmg.org/hendersonmg.