

# LIBERATION GARDENS

PLANT CARE :  
MAINTENANCE

guide





Welcome,

You are joining our ancestors in the ancient African tradition of growing food. These memories pulse through your veins and lives vibrantly in your DNA.

Remember...living in the South we went to our back AND our front yards before stepping into anyone's ole grocery store. Our ancestors have called on you to do the same. You, your family and all of your descendants will forever be changed. The knowledge and culture of agriculture has returned to your family line never again to be tainted by slavery and oppression. Join us in calling out to our ancestors that contributed to our self-sufficiency through food.

Fannie Lou Hamer  
Booker T Washington  
George Washington Carver  
Frederick McKinley Jones  
Robert Lloyd Smith  
Henry Blair

And all of our grandmamas, their mamas and their mamas too, who aren't mentioned in the history books.

Now we're ready to start growing this food sharing recipes and bartering veggies with our neighbors and family. Ayyyyyyyyyyy!!!

## Why A Home Garden?

Because you can grow fresh food to eat.

Because you want to cultivate patience.

Because you want to watch something grow.

Because you want to do something different.

To control the pesticides that go onto the food you eat.

Because you want to be more in touch with nature.

Because you want to honor your ancestors by continuing their work.

Because putting your hands in the earth is therapeutic

Because you have always wanted to be a grower.

Because you want your children to learn how to grow their own food.



# NATURAL CARE FOR YOUR GARDEN

Organic, Natural, Child & Pet Safe

## 1 LOVE, SUN & WATER

Your plants & all organisms living in and around your garden will benefit from these three things abundantly. Be sure to apply southern hospitality in your yard - SPEAK when you see them (they'll give you oxygen in return), OFFER a cool drink of WATER in this heat (before the sun rises & after the sun starts going down) & WEED your garden for good vibes!

## 2 PEST CONTROL

Crawling pests eating on your plants? SPRINKLE the Diatomaceous Earth (DE) in your garden kit on plants for non-toxic & natural alternative to cancer-causing Sevin Dust and toxic commercial sprays OR MAKE YOUR OWN toxic free, cheap pesticides at home. (RECIPES ON BACK)

## 3 SOIL HEALTH

Healthy soil = healthy, plants, deters pests and if you touch it without gloves on, scientists proved this soil manicure produces a relaxing hormone in your body. BE MINDFUL though - do a soil test first. If you have contaminants, WEAR GLOVES & clean that soil ASAP. Plant some sunflowers, mustard greens or Indian Grass to clean toxins from soil (aka Phytoremediation).

## 4 ATTRACT POLLINATORS

Plant native flowers and flowering plants that bring the bees, butterflies, and other pollinators! Did you know? 75% of all food crops grown in the USA depend on pollinators (insects, reptiles, birds and some mammals.) Honeysuckle, sunflowers, coneflowers, cosmos/hyssop, asters, black-eyed susan, yarrow, milkweed, rosemary and all!

## 5 USE WHAT YOU HAVE

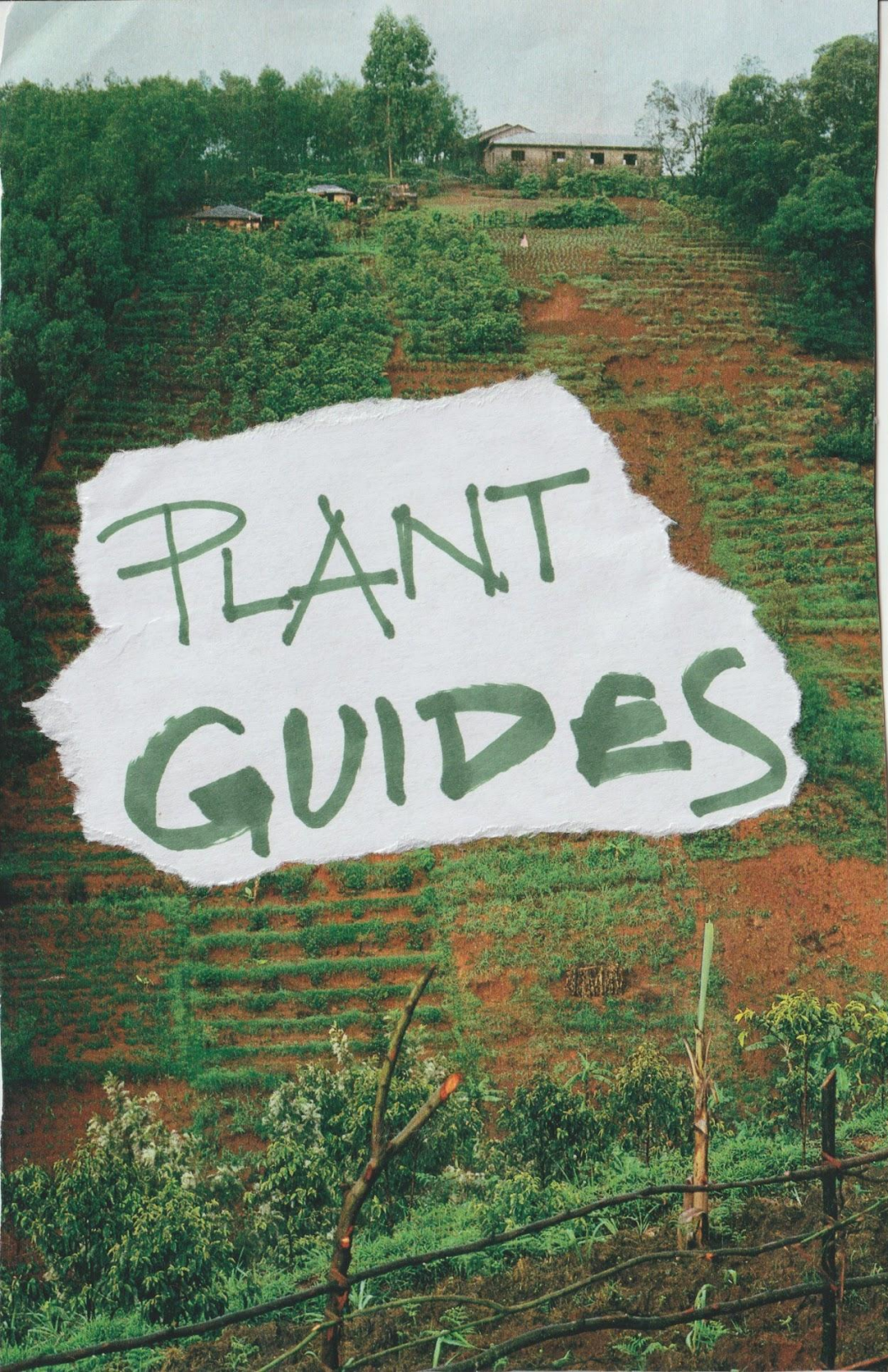
Don't trash those water/soda bottles - paint them, cut the belly or top off, punch holes, add soil + seeds and run string through them to use as hanging planters! Poke holes in the bottle cap and use as a spray bottle. Use the rocks you find in the soil to create natural barriers for plant sections.

## 6 PLANT ENOUGH TO SHARE

Sharing is caring. Plant enough to share with nature (birds, squirrels and insects WILL get their share one way or another) AND plant enough to share with family/friends.

CREATED BY SUSTAINABLE COMMUNITY SOLUTIONS FOR  
DISTRIBUTE COLLECTIVE'S LIBERATION GARDEN KITS





# PLANT GUIDES

## Pole Beans

Pole beans are part of the legume family of plants and grow well in the summer.

Plant or transplant outside

April 12-29 (2 weeks after frost)

Space pole bean seeds 12 inches apart

Water: Keep soil well watered

Planting: Pole beans need a pole or trellis  
Seedlings emerge in 10-14 days depending on the soil and weather conditions.

Mulch to keep plants weed free, do not handle or work plant when leaves are wet.

Beans are companion plants, planting vines like squash can help keep weeds down.

Harvest seeds when pods are firm and crisp with undeveloped or small seeds.





## Eggplant

Plant or transplant outside  
April (2 weeks after frost)

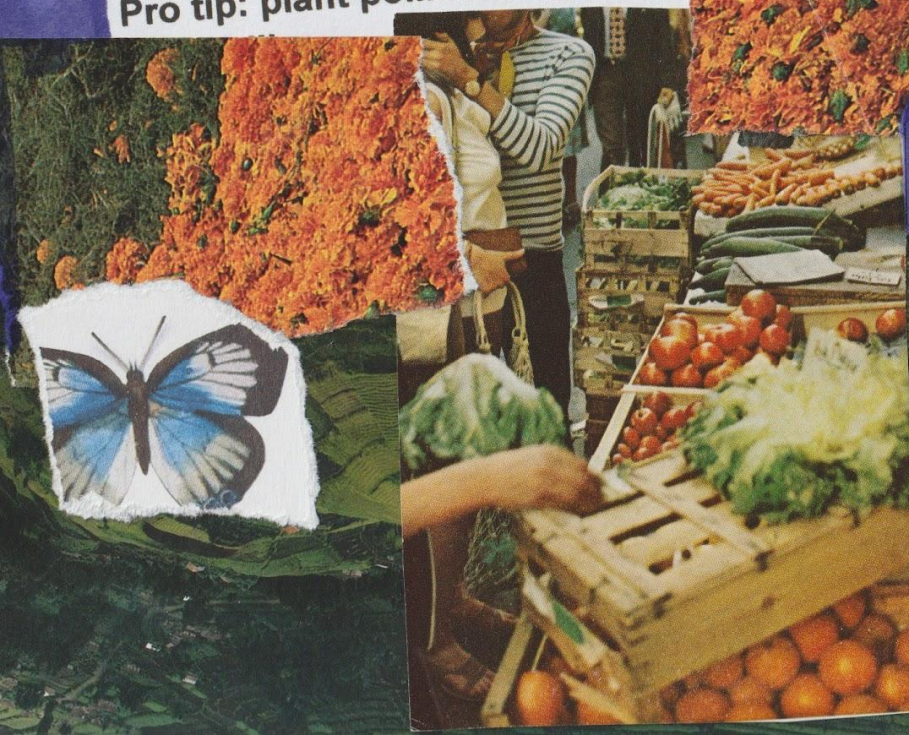
Plant 24-36 inches apart

Eggplant grow to be fairly tall, so they  
may need a stake

Can benefit from mulching at the base to  
keep in moisture

Plants can get heavy if they grow large, so  
you may need a stake.

Pro tip: plant pollinators nearby



## Onion

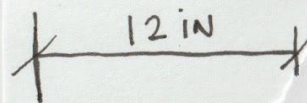
How to get your onions going!

- Start your seeds 8-10 weeks before your last frost indoors
- If you start with onion sets (onion sets, are small onion bulbs that are sold specifically for gardening)
- If you take old onions and plant them in a well drained pot, you can harvest green sprouts (not the the bulbs)

Space onion plants 6 inches apart in rows that are 12 inches apart.

FULL Sun

Fertilize soil and you can also mulch the onions when they are sprouted.  
Soil PH is 6-



# ONIONS



Tomatoes are a summer vegetable, there are different types of tomato plant

Plant or transplant outside  
April 12-29 (2 weeks after frost)

Light: Full Sun

Planting: Plant in Early Spring or Late summer, plant approx 2 to 3 ft apart

Tomatoes will need a trellis or cage to support them, no matter what variety you decide to grow. Mix in aged compost or high quality garden soil.

Soil: pH 6.2-6.8 they need a constant supply of plant nutrients, to avoid "blossom end rot", make sure the soil has enough calcium.

Cover ground with light mulch or straw to minimize weeds and pests.

Water: Regularly



## PUMPKINS



Pumpkin us a winter squash  
Plant or transplant outside:  
July

Plant in FULL SUN to light shade  
Plant with plenty of space around, about 50 to 100 square feet per hill.  
Pumpkins are big and eat quite a lot, they prefer very rich soil that is well-drained and not too soggy. Mix lots of compost and aged manure into the planting site before you sow seeds or transplant.



# CUCUMBERS



Cucumbers are a summer vine crop that are delicious and hydrating.

**PLANT:** April 12-29 (2 weeks after frost)

**Spacing** - Cucumbers need to be trellised and can be spaced 4ft-6ft apart.

Sow the seed directly into the soil, 6-8 days to germinate.

Average of 60 days to harvest  
**FULL SUN**

**Water Daily** (till ground is fully soaked)

**Soil** - Alkaline 6.8 or higher

**Food** - Cucumbers are heavy feeders  
(compost/compost tea/full rotted manure)

## Basil

Basil is a woody, warm weather herb.

Plant or transplant outside  
June/July

Transplant (do not grow directly in the ground)

Plant 12-18 inches apart

6-8 Hours of FULL Sun (Afternoon Shade)

Water daily (till ground is fully soaked)

Soil - Alkaline 6-7

Basil grows to be 6-8 inches tall.

Prune the topmost leaves to promote side shoots and an overall taller plant.





**Collard Greens are a Southern Staple and a Cool Weather Vegetable (They can also be grown in the spring as well)**

**Planting: Spring 3-4 weeks before the last frost or in late summer, plant 6 to 8 weeks toward before the first frost fall and winter harvest.**

**Plant: 18-24 inches apart**

**Light: FULL SUN**

**Soil: Well drained, with a pH of 6.5 to 6.8**

**Mulch to keep moisture in and weeds from growing**

**To enrich soil by mixing several inches of compost or rich organic matter**

**Harvest leaves when they are up to 10 inches long, dark green and still young.**

**Pick the lower leaves first.**



**COLLARD GREENS**

## **Watermelon**

**Watermelon is a summer fruit**

**Plant: Late Spring or early summer when temperature reach 70 or above**

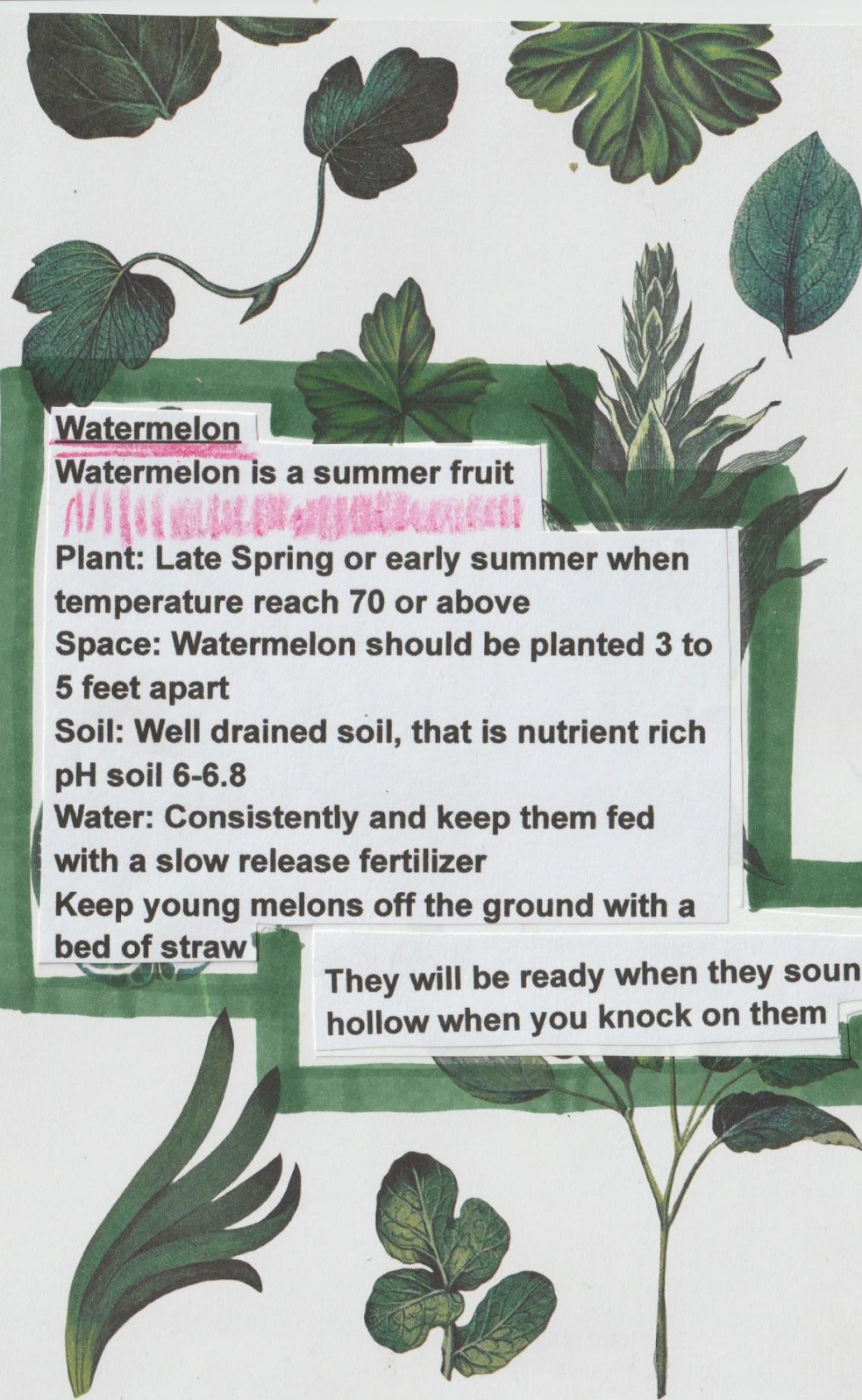
**Space: Watermelon should be planted 3 to 5 feet apart**

**Soil: Well drained soil, that is nutrient rich pH soil 6-6.8**

**Water: Consistently and keep them fed with a slow release fertilizer**

**Keep young melons off the ground with a bed of straw**

**They will be ready when they sound hollow when you knock on them**





# Zucchini

Zucchini Squash is a summer vegetable.

**Plant:** after the chance of frost has passed. Plant 2 to 3 seeds 36 inches apart, and about an inch deep.

**Light:** Full Sun

**Soil Requirements:** well drained, nutrient rich soil. Use compost of organic matter. Keep soil consistently moist throughout, mulch soil lightly. Once larger leaves develop, the shade from the leaves act as a "mulch".

For best flavor, pick when squash are small.

## Yellow Crookneck Squash

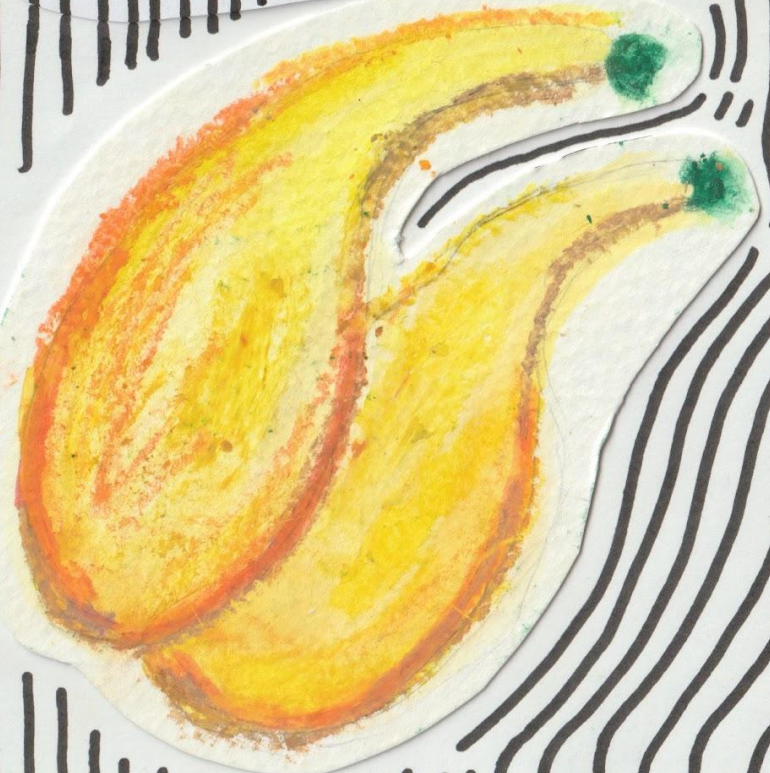
Yellow Crookneck Squash is a summer vegetable in the Squash family.

**Plant** well after the last frost

**Light:** FULL SUN

**Planting:** Space 24 to 72 inches

**Soil Requirements:** Well drained, nutrient rich soil. Use compost of organic matter. Keep soil consistently moist throughout, mulch soil lightly. Once larger leaves develop, the shade from the leaves act as a "mulch".






### Okra

Okra is a hot weather plant

Plant or transplant outside  
April 12-29 (2 weeks after frost)

Space okra plants are 10 inches apart  
Light: FULL SUN  
Soil: Well drained soil, neutral pH 6.5-7.0



Improve soil by several inches of aged  
compost or other rich organic matter  
Harvest okra pods when they are 2-4  
inches  
Remove pods that are really large, they  
stop the plants from growing

CAL WONDER



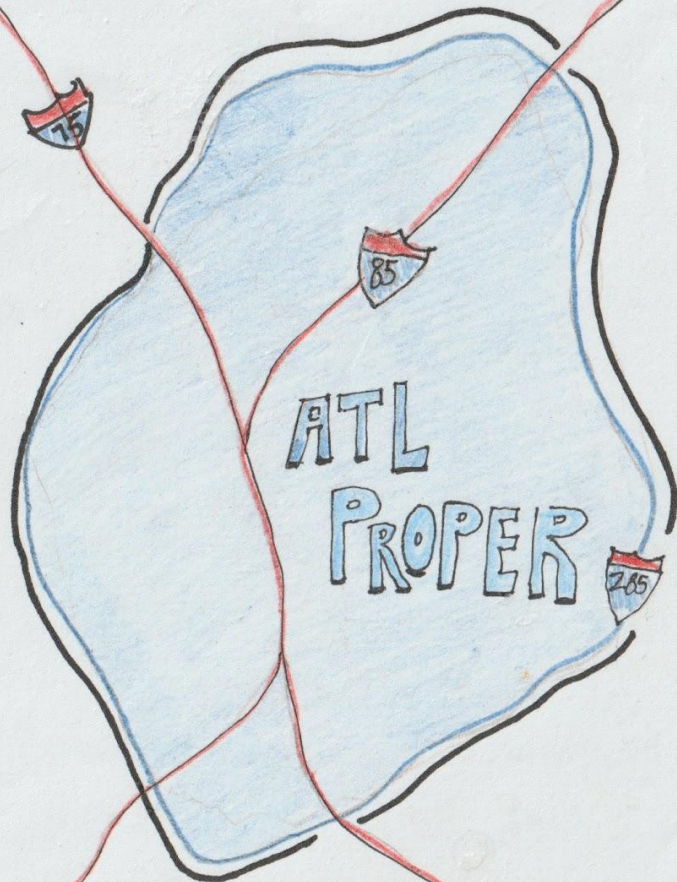
PEPPERS



### Cal Wonder Pepper

One of the most popular pepper plants  
Space pants 12-15 inches apart  
Grow to be 18-24 inches tall  
Plant in FULL SUN  
The 4 inch fruit will mature in about 75  
days  
You can harvest from early while they are  
green, but you can leave the bell pepper  
on the plant until





CLAYTON

COBB

ATLANTA

METRO

DEKALB

FULTON

COUNTIES



# AGRICULTURAL RESOURCES





# NATURAL PEST CONTROL

## Castile Soap, Cayenne & Garlic

A little bit of soap in any pest spray will help it stay on the leaves (until it rains) No liquid soap? Put a small piece of mild/fragrance-free bar soap in water overnight - Et VOILA! Liquid soap.

Squirrels & Chipmunks? Add hot ground pepper/cayenne to your pest spray. Bugs? Add garlic to your garden AND your pest spray to deter many bugs. Moles? Fix your soil! Put out a metal pinwheel or two in the ground near holes AND pour 4TB (3 parts castor oil: 1 part soap) mixed with GAL water in holes/tunnels.



## Diatomaceous Earth (DE)

Sprinkle powder in the garden & on the plants with a duster (a cup with holes poked in the bottom). Make spray for or plants with 2 cups diatomaceous earth & 1 gallon of water.

A Sample of DE is in your garden kit - Try it! You can even use the FOOD GRADE power inside your home! Sprinkle it around the base boards and in cracks and crevices, under refrigerators, cabinets, kitchen, stoves, garbage containers, sinks and window sills.

## NEEM OIL

Pesticide, fungicide and Insecticide! For insects, neem is an antifeedant, a disruptor, and smothers. NEEM oil can get rid of over 200 species of insects including mealy bugs, aphids, thrips, whiteflies, mites and Japanese beetles.

4

## BAKING SODA

Ants: All creatures have their place - ants are actually beneficial, but if you must... sprinkle baking soda when damp. In 30-min, pour a little vinegar on the ant hill.  
SLUGS: Pick them off by hand, sprinkling salt or sprinkling baking soda directly over the plants.  
RABBITS: Sprinkle baking soda lightly around flower beds.



## NO KILL ZONE

- Ladybugs: I eat aphids off your plants!  
- Bees & Butterflies: I pollinate & help your garden thrive.  
- Spiders: IM LIVING PEST CONTROL



INFO; FROM...  
DISTRIBUTE  
COLLECTIVE  
LIBERATION  
GARDENS



West End  
Farmers  
Markets



**DON'T FORGET!**  
**THE POP-UP MARKETS**  
 • WATERMELON  
 MAN ON RDA  
 -JUNE/JULY/AUGUST

Name of Market	Location	Days of the Week	Open Date	End Date
Fresh Marta Market	West End	Tues. 3-7 PM	April 13	Dec 14
	H.E. Holmes	Wed. 3-7PM	April 14	Dec 15
	Bankhead	Wed. 3-7PM	April 14	Dec. 15
	College Park	Thurs. 3-7PM	April 15	Dec. 16
	Five Points	Friday 3-7PM	April 16	Dec. 17
The Market at College Town	324 Lawton St. Sw ATL, GA	Friday 2-6 PM	April 15	Nov./ Dec.
Castleberry Farmers Market	492 Larkin St. SW Atlanta, GA	Wed. 4-6PM	April 19	Nov. / Dec
West End Farmers Market	1352 RDA SW ATL, GA 30310	Fri. 4-8 Sat. 10-2	April 19	Dec

Alumna Farmstand	1150 Alle	Thurs.4-7		
Pittsburg Yard Community Farmer and Farmers	352 University Ave. SW Atlanta, GA	Sat. 10am-2p m		



# FARMS AND GARDENS



- Gratitude Botanical Farm
- Patchwork City Farm
- Queen Haylene the Garden Queen
- Habesha Gardens
- Urban Sprouts ✓
- Truly Living Well
- Menas Farm
- Gilliams Community Garden
- Welch Street Community Garden
- The West End Community Urban Garden and Nursery



The AgLanta website is your digital food hub for all things urban agriculture from the City of Atlanta's One Atlanta Office and Department of City Planning. AgLanta.org serves as a portal to learn, share, and celebrate ways we can collectively cultivate the urban ag community in Atlanta. Keep going and growing! #AgLanta

<https://www.aglanta.org/aglanta-resources>

## METRO ATLANTA

- Semente Farm
- Atlanta Harvest
- Bread & Butter Farms
- Umvrima Collective @ Global Growers
- Grow where you are
- Miller City Farms
- Georgia Roots Urban Farm
- Kadwell Farms
- Metro Atlanta Urban Farm

# COMMUNITIES



# AGLANTA

# RESOURCES

FOOD WELL ALLIANCE  
[FOODWELLALLIANCE.ORG](http://FOODWELLALLIANCE.ORG)

A COLLABORATIVE  
NETWORK OF  
GROWERS,  
COMMUNITY AND

CITY LEADERS  
WORKING TOGETHER  
TO BUILD THRIVING  
COMMUNITY GARDENS  
AND URBAN  
FARMS

[HTTPS://WWW.AGLANTA.ORG/AGLANTA-RESOURCES](https://www.aglanta.org/aglanta-resources)

## CARVER NEIGHBORHOOD MARKET

[CARVERMARKET.COM](http://CARVERMARKET.COM)

SMALL GROCERY STORE  
THAT SUPPORTS LOCAL  
FARMERS AND BUSINESSES

## THE COME UP PROJECT

[HTTPS://WWW.FACEBOOK.COM/THECOMEUPPROJECT](https://www.facebook.com/thecomeupproject)

AN AGRIBUSINESS  
AND JOB TRAINING  
FOR FORMERLY INCARCERATED  
YOUTH.

## SAAFON

[HTTP://SAAFON.ORG](http://SAAFON.ORG)

A REGIONAL NETWORK  
FOR BLACK FARMERS  
COMMITTED TO USING  
ECOLOGICALLY SUSTAINABLE  
PRACTICES TO MANAGE  
THEIR LAND AND NATURAL  
RESOURCES



METRO-ATLANTA  
URBAN FARM  
IN COLLEGE PARK

METRO  
ATLANTA  
URBAN FARM  
BELIEVES  
EVERYONE  
DESERVES  
ACCESS TO HIGH  
QUALITY PRODUCE.

THEMETROATLANTAURBANFARM.COM

HABESHA  
INC. ORG  
HABESHA, INC  
IS A PAN AFRICAN  
ORGANIZATION THAT  
CULTIVATES LEADERSHIP  
IN YOUTH AND  
FAMILIES THROUGH  
PRACTICAL  
EXPERIENCES IN  
CULTURAL EDUCATION,  
SUSTAINABLE,  
AGRICULTURE,  
ENTREPRENEURSHIP,  
HOLISTIC HEALTH AND  
TECHNOLOGY.

EVERYONE EATS  
FOUNDATION. ORG  
EDUCATION.  
ENRICHMENT.  
EMPOWERMENT.

TRULY LIVING WELL. COM  
A CENTER FOR NATURAL URBAN  
AGRICULTURE IS COMMITTED TO  
BRINGING GOOD FOOD, HEALTH  
AND WELL BEING TO ATLANTA'S  
URBAN COMMUNITY.

WEST ATLANTA  
WATERSHED ALLIANCE

[HTTPS://WWW.WAWA-ONLINE.ORG](https://www.wawa-online.org)

IS A COMMUNITY BASED  
NON-PROFIT ORGANIZATION  
WHOSE MISSION IS TO IMPROVE  
THE QUALITY OF LIFE WITHIN  
THE WEST ATLANTA WATERSHED  
BY PROTECTING, PRESERVING AND  
RESTORING NATURAL RESOURCES.

VILLAGE MICRO FUND  
VILLAGEMICROFUND.COM

A SOCIAL IMPACT FUND  
DEDICATED TO TEACHING,  
SUPPORTING AND INVESTING  
IN BLACK OWNED BUSINESSES.  
#GETDOWNWITHTHEFUND

FOR MORE INFO  
PLEASE SEE ATLANTA  
WEBSITE



**LIBERATION  
GARDENS**



[www.liberationgarden.com](http://www.liberationgarden.com)