

# HOW TO GROW HUGE FOOD IN YOUR GARDEN



# GENERAL RECOMMENDATIONS

## Where to start

Growing huge vegetables - peppers, tomatoes, cucumbers or carrots is a dream of a novice gardener and the pride of an experienced one. There are no special secrets here, but there are many conditions, by fulfilling which, you will amaze everyone with your magical harvest of giant zucchini, pumpkins, or cabbage. Growing giant vegetables is going to require quite a lot of dedication and love, as well as skill and knowledge.



You have to start with choosing the right seeds and for that purpose, you can go online and find all sorts of seed companies that actually specialize in giant vegetables or big plants.

Usually, it is better to start your seeds inside, much earlier in the season than you would for normal seeds. You might have to start growing your giant pepper or eggplant in December in pots.

One of the most important things is soil preparation. Choose your growing place so there is plenty of the sun and moisture with a lot of room around your plants: approximately 3-5 times more than normal plants need. You have to prepare the soil well with lots of organic compost, nutrients, and minerals to get the biggest vegetables.

It is very important to mulch the soil. Mulching is a simple and effective soil-protection technology that promotes successful cultivation of plants. The mulch itself is a homogeneous material or a mixture of substances of different origin, which, due to the combination of their qualitative characteristics, are suitable for protecting the soil used for growing cultivated plants.

Support your plants well, with cages or grids. Of course, each plant has different needs, so try to get as much knowledge as you can on your particular plant of choice.

Moreover, there are organic nutrients, such as biochar, compost tea, and many others, that will help you grow and harvest amazingly giant plants.



**GROWING  
ORGANIC**



# Biochar

So what is biochar? Numerous experiments, currently being conducted in different parts of the world, show the tremendous advantages that biochar gives. By definition, it is a specially processed coal that is used in agriculture.

You can use biochar by adding it to the surface layer of the soil. It enriches poor soil and becomes an excellent fertilizer when added to bio-humus.

The use of biochar adds many positive qualities to the soil. It increases the yield, in some cases up to 30-40%. It prevents the washing out of fertilizers and provides their accumulation in its structure, in a form accessible to plants. As a result, you can significantly reduce the load on the soil (by reducing the use of mineral fertilizers).

A particularly important property of biochar is that it is a natural place of living for bacteria and mycorrhizae. In turn, they help the roots of your plants to appropriate the nutrients.

Scientific studies have shown that land fertilized with biochar remains fruitful for several decades, retaining its properties from year to year.



**The unique properties of biochar include:**

- > Increase of ground porosity
- > Plant growth accumulation
- > Availability of Ca, Mg, P in the soil
- > Retaining nutrients for the root system and storing macro and microelements.
- > Soil stabilizing
- > Increase of soil fertility

and a lot more.

## Compost “tea”

Compost "tea" is the secret ingredient of the best gardeners. Almost all world records for growing giant vegetables have been achieved using this unique fertilizer. When watering with compost "tea" plants start to grow well, increasing the green mass up to 3 times. Compost "tea" is a super-energising for your plants.

The secret to fertile soil is a large abundance of healthy microorganisms. Organic compost "tea" is teeming with beneficial probiotic bacteria. There are two types of bacteria involved in soil biocenosis - aerobic and anaerobic. Aerobic bacteria thrive in oxygen-rich soils. Anaerobic bacteria predominate in oxygen-depleted soil and water.



Aerobic bacteria are the friends of your garden. They decompose toxic substances and create beneficial products in the soil. In oxygen-depleted soils, aerobic bacteria and other beneficial microorganisms are absent. The application of chemically synthesized fertilizers, environmental pollution, and other adverse conditions exhaust the soil and destroy beneficial bacteria. Using compost tea, optimal conditions are created for the growth of anaerobic bacteria while root rot and other plant diseases appear. Commercial fertilizers contain salts that accumulate in the soil and kill beneficial bacteria. Synthetic chemical fertilizers are more profitable in the short-term, but harmful long-term. The use of organic fertilizers, and in particular, compost "tea", will give the soil long-term health.

## Compost tea can be prepared in several ways.

### *Method 1*

Place ready-made compost in a bag and tie it. Draw water into a bucket and put the bag there. Infuse "tea" for several days, stirring occasionally. When the solution becomes a shade of tea, it is ready for use.

### *Method 2*

Fill about a third of a bucket with compost, add water and mix well. Leave the compost for 3-4 days. Stir the compost solution while infusing. Strain the solution through gauze into another container.

### *Method 3*

Obtaining aerated compost "tea" practically does not differ from the two previous methods, except for the fact that during infusion the solution is subjected to enhanced aeration. Aeration is performed using a compressor.



If you cannot use the compost "tea" immediately, store it in a cool place. Ready compost "tea" is used for watering and spraying plants. The advantage of this method of feeding plants is that you do not add an additional volume of soil, as it would happen when using dry compost. For spraying, compost tea is diluted with water at a concentration of 1:10. Do not spray the foliage on a bright sunny day; the plants may burn. It is better to do this early in the morning or during sunset.

For watering plants, you can simply use the finished concentrated "tea". You will not harm them, as it can happen with concentrated chemical fertilizers. The frequency of feeding plants with compost "tea" varies from once a week to once a month.

# Mycorrhizae

Not so many gardeners know what mycorrhizae is. Mycorrhizae is a symbiosis of plants and fungus and their mutually beneficial coexistence. Spores of the fungus penetrate the roots of the plant, creating a dense network there. This increases the ability of a shrub or a tree to absorb soil moisture and nutrients.

Agronomists found that mycorrhizae has a positive effect on the growth and development of virtually any plant culture.

In addition, mycorrhizal fungi have a beneficial effect on the soil, improving its quality characteristics: the degree of porosity and fertility. At the same time, symbiosis stimulates the aeration processes (saturation of the upper layer of the soil with oxygen).

Plants in such a union are in a rather advantageous position. The main advantage of mycorrhizae is an increase of the roots' ability to absorb nutrients. Spores of fungi, penetrating into the root system of a plant, form a set of very thin filaments. These fibres easily penetrate the pores of the soil, extracting nutrients from there, and subsequently transfer them to the plant.

In addition to nutrients, non-pathogenic fungi supply their "host plant" with a kind of antibodies. It is with their help that crops become more resistant to adverse natural factors, small pests, and diseases.



**The main positive qualities of the coexistence of mycorrhizae and plant crops include:**

- > increased absorption of nutrients;
- > increased dose of moisture received by the plant;
- > increased level of resistance to diseases;
- > increased yield;
- > strengthened root system of the plant.

It is important for a novice gardener to understand that there is no universal mycorrhizae suitable for absolutely all plants. A specific type of mycorrhizal fungus is adapted for each culture.

## Other methods (basalt rock powder, Epsom salt, compost)

When preparing the soil, use compost for better results. Nothing better to get nutrient-rich organics has been invented. Organic compost can be prepared from various plant residues, wood chips, food waste, etc.

Organic compost fertilizers can significantly increase the yield and simplify care for cultivated plants.

One more fertilizer that will help you in growing huge plants is definitely basalt rock powder. Basalt powder is a natural product created by grinding basalt rock. Traditionally, it is used as a fertilizer for various crops, both fruits and vegetables. However, not everyone knows that basalt powder is also an environmentally friendly means to combat plant diseases and pests.

Basalt powder, as a fertilizer for plants, contains a number of macro- and microelements necessary for the vital activity of plants. Inclusions of silicon dioxide are especially valuable in it. Basalt powder is very versatile. It is suitable for fertilizing flowers, fruit trees, and shrubs, as well as vegetables. It can be used in the fields, in the garden, and in greenhouse conditions.



It is recommended to use basalt powder as a fertilizer of natural origin in organic farming. It perfectly complements natural organic fertilizers, such as bio-humus, manure, and compost, cooperating with the beneficial microorganisms contained in them.

In addition to all the fertilizers mentioned above, you can also use Epsom salt or magnesium sulphate. Several studies and tests have shown that it helps increase the production of vegetables, especially pepper and tomato. Dressing the soil with Epsom salt enhances the flowering of these crops. It is enough to add one teaspoon of salt to a gallon of water and spray the plants of pepper and tomato every two weeks.



To make the tomatoes sweeter, some gardeners spray tomato bushes in the evening with the following solution: two tablespoons of salt per gallon of water. Spraying is carried out every two weeks.

To enhance the health of pepper plantlets, you can add one tablespoon of salt to the soil at the base of the stem. If you grow hot peppers, keep in mind that after addition of magnesium sulphate they become even stingier.

Using this knowledge, experiment, try, put love and care into this difficult, but pleasant work of growing giant plants, and they will thank you with a healthy and tasty harvest. Bon appetite and good luck!