

# Table of Contents

INTRODUCING GROW NORTH .....	5
Transition Black Isle – Grow North .....	5
Grow North Study Gardens .....	6
Grow North Tutors .....	7
Growing in the North of Scotland .....	9
GROW NORTH TOPICS.....	12
Planning your garden .....	13
Finding a space .....	13
What tools to buy .....	13
Choosing crops .....	13
Water and compost.....	15
Choosing a Site .....	15
How Large Should the Garden Be? .....	16
Planning and Organisation .....	16
Layout / Planting systems.....	17
Preparing the growing areas .....	19
Growing in a Protected Environment.....	19
Watering your Garden.....	21
How Much Water Does My Garden Need? .....	21
Too Much Water .....	22
Time of Day to Water.....	22
How Often to Water .....	22
Watering by Stages of Growth .....	22
Conserving Moisture .....	23
Mulching.....	24
Benefits of Mulching .....	24
Types of Mulches .....	24
Mulch Materials .....	24
Where to Use Mulch .....	26
When and How Often to Mulch.....	27
How to Apply Mulch .....	27
How Deep to Mulch .....	27
Mulch Problems.....	28
Irrigation Systems & Holiday watering options .....	29
Capillary Matting / Watering .....	29
Soaker pipe.....	29
Dripper irrigation systems.....	29
Plastic Bottle Dripper spikes .....	30
Reservoir bags .....	30
Water Timer.....	30
Solar timers.....	30
Feeding your Plants & Home made Fertilisers .....	31
Wood ash .....	31
Manure.....	31
Poultry Manure Fertiliser.....	31
Organic Fertilisers.....	32
Urine.....	32
Nettle / Comfrey Liquid Manure.....	32
The Kitchen Garden in Summer.....	34

Successional sowing .....	34
Gluts from the Garden.....	34
Composting At Home .....	35
Select and prepare a site.....	36
Starting your compost heap.....	36
Use the compost .....	37
Compost Troubleshooting.....	38
Composting with Worms.....	39
About worms .....	39
How to make a home for worms.....	40
What do worms like to eat? .....	42
Harvesting Finished Vermicompost .....	42
Worm Composting Trouble Shooting.....	43
Enjoying your First Garden Produce .....	45
Harvesting your Produce .....	45
Summarised A – Z of harvesting .....	46
Harvesting Herbs .....	48
Preserving your Food – Jams, chutneys, drying and bottling.....	50
Jam.....	51
Chutney .....	52
Drying.....	53
Bottling / canning .....	54
Preserving your Food - Freezing and Storing .....	54
Freezing.....	55
Drying and cold storage .....	55
Preserving your Produce – Recipes .....	57
Berry Cordial.....	58
Tomato passata sauce .....	58
Chinese style plum sauce.....	59
Mango-style Cherry Plum style chutney.....	59
Spiced tomato and sweet corn relish.....	60
Improving your soil .....	61
Farmyard Manure .....	61
Leaf mould .....	61
Green Manures .....	61
Seaweed .....	62
How to Have the Best Producing Winter Vegetable Garden .....	63
Extend the Season .....	64
Notes on Polytunnels session with Maggie Sutherland.....	65
Notes on Fruit session with Les Bates .....	69
Focus on Apples.....	71
Good fruit varieties for growing in Black Isle .....	72
Soft fruit bushes and canes.....	74
Notes on Pests, Diseases and Disorders session with Audrey Litterick.....	76
Sustainability in Gardening .....	83
<b>GROW YOUR OWN GARDEN – MONTH BY MONTH.....</b>	<b>86</b>
Grow Your Own Garden in December & January.....	87
Jobs for December & January .....	87
Sowing in January .....	88
Planting in January .....	88
Snow, ice and frost in the Garden .....	88
Prepare the Ground.....	89

The Grow Your Own Garden in February .....	95
Sowing .....	95
Planting.....	95
Prune currants and gooseberries .....	95
Tend to autumn raspberries .....	96
Prepare the ground for asparagus .....	96
The Grow Your Own Garden in March .....	97
Making a Start with Potatoes.....	97
Sow salads.....	98
Sow early carrots .....	99
Start broad beans.....	99
Last Harvest for Leeks & Parsnips.....	99
Grow Your Own Garden in April .....	100
Grow Your Own Garden in May.....	104
The Grow Your Own Garden in June .....	108
Grow Your Own Garden in July .....	111
Crop Care in Summer .....	113
Grow Your Own Garden in August.....	115
Get green manure growing.....	115
Be on the look out for pests and diseases.....	115
Grow Your Own Garden in September.....	117
Grow Your Own Garden in October .....	119
General Jobs for October .....	119
Harvesting and Planting jobs .....	119
Tend to fruit .....	121
Plant new strawberries, including the rooted runners, into new rows. Prepare the ground using plenty of moisture-retentive compost or manure.	
Grow Your Own Garden in November .....	122
Things to do in the vegetable garden this month.....	122
Sowing and Planting.....	123
Hardwood Cuttings of Black currant and Gooseberry .....	124
Make your own Leaf mould .....	124
Pest & disease watch.....	125
Review your growing year so far .....	125
GLOSSARY .....	126
Seeds and Seed Saving.....	129
Storage and viability .....	129
Sowing and germination .....	131
Seed Saving .....	132
Growing seed.....	132
Genetics and Selection .....	133
Pollination.....	133
Isolation .....	133
Ripening and harvesting .....	134
Cleaning seeds.....	135
Drying seeds.....	135
The really easy seed saving vegetables .....	136
Cabbage Family (Brassicas) .....	138
Onion Family (Alliums) .....	139
Carrot, Celery, Celeriac, Parsnip and other roots .....	139
Cucurbits .....	141
Beetroot, Chard and Spinach.....	142

Chicory, Radicchio and Endive .....	143
Herbs.....	143
Flowers .....	144
Other sources of information.....	145