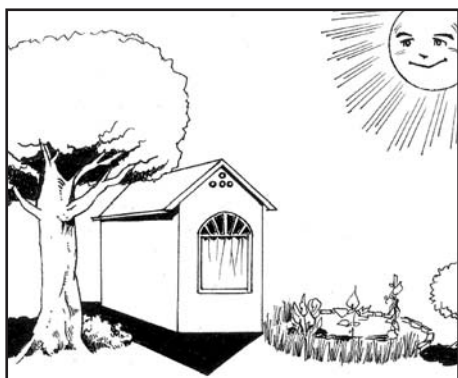


Gurih Gurih Gizi Garden



This location is Perfect!
It has morning sun, partial shade & is near the kitchen

1 Choose your location

Locations with too much sun need more care

CAREFUL!
Locations with too much shade won't work



And if you don't have a garden space you can grow your GGG plants in bamboo, pots & even old tires!

2 Get the plants! The five easy to grow GGG plants are :



merungai
(plant a clipping)



water spinach
(plant a clipping)



sweet potato leaf
(plant a clipping)



spinach
(plant seedlings)

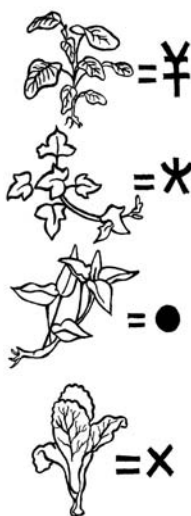


Bak Choi
(plant seedlings)

You can get all the seedlings you need for GGG from young GGG plants in your area, or use the left-overs from cooking - Also you can find most or all these plants in your local market.

3 Now you can plan your garden's layout...

Something like this...



Or Something like this...



YOU CAN ALSO ADD OTHER PLANTS TO YOUR GARDEN - FILL THE SPACE, BUT DON'T CROWD YOUR PLANTS TOO MUCH!

These are the things that you need to start ...



Location

refer back to step #4 when you choose the ideal location



Seedlings

the nice seedlings you will need to make GGG (step #2)



Compost

you need a lot enough to cover your garden w/ 5 cm all over



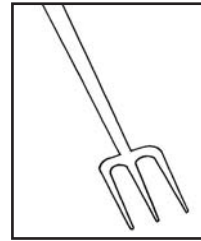
Mulch

grass clippings, dry leaves, sawdust, shred paper, straw, etc



Garden Tool

a spoon is fine or use your hands to make holes for seedlings



"Cultivator"

or some tool to break up the soil of the garden bed



Water

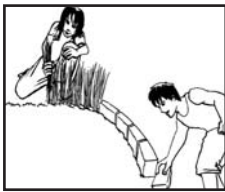
a watering can is best - if you use a hose make sure the water's not too strong

WHAT YOU DO TO PREPARE & PLANT YOUR NEW GARDEN ...

IF YOU USE A REGULAR GARDEN BED :

IF YOU ARE USING POTS & BAMBOO :

1



Create a border around your garden (keeps weeds out) as per your garden plan - you can use bricks, stones or any plants that have barrier like roots such as lemongrass

2



Once your garden's area is defined, break up the soil within the borders so it's as loose as possible. Plants need air to breathe too! Make sure you don't walk on the loose soil that you made!

3



Cover the broken up soil with about 5 cm of compost - remember you'll always need lots of compost so make sure you know how to make it at home (it's easy)!

4



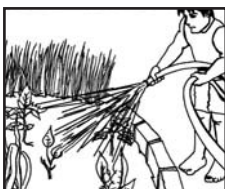
Mix the soil and compost together - you can use your hands - it feels great, and is the best way to get the soil we'll mixed without compacting it.

5



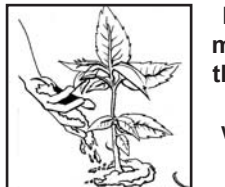
Plant your seedlings as per your planting plan, well spaced (about 15 cm apart), & if you want you can label your plants, so you can learn how they grow

6



When you're done make sure to water your garden well - & keep in mind that a couple of good soaks per week is better than a little bit often

7



If you find any exposed soil, put more compost around the base of the plants that need it - remember compost is healthy plant food, which will make your plants into healthy people food!

1



Place all your pots & hanging planters in an area where they will be sure to get the morning sun but not get burnt by too much sun all day long.

2



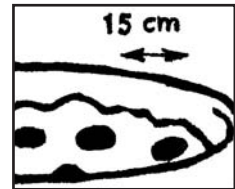
Prepare your potting mixture: you can use either of these...
1/2 soil + 1/4 compost + 1/4 sand
or if you can't find soil, use:
1/2 compost + 1/2 sand

3



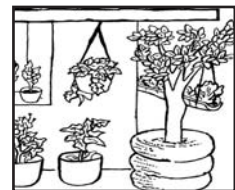
Fill all your pots with the planting mixture that you have made, don't pack it too tight! Then make small holes to put your seedlings in.

4



Plant a few of each of your seedlings per pot, about 15 cm apart, except for Merunggai which gets big so you need to plant one per big pot or about 60 cm apart.

5



Merunggai needs more space & soil for growing. One great way to plant it is in stacked old tires. We suggest using 3 tires to have a deep enough soil base.

6



Make sure to water your plants thoroughly - with plants in pots you need to water often - but don't give them too much water or you will drown them. Water about every other day.

7



You SHOULD NEVER use any kinds of chemical pesticides or fertilisers!!! With compost your plants will be very strong & will contain lots of vitamins & minerals to make you healthy.