

# **15Thousand Farmers**

*Planting a Seed to Feed Ourselves*

*Growing community through neighborhood-based, organic farming*

## **The Vision:**

15Thousand Farmers is a catalyst to help create, empower, and inspire 15,000 new, organic, neighborhood backyard farmers in Louisville, KY. How? By using simple and easy instructions, checklists and materials and ongoing support provided through local organic farmers and a website that will provide everything needed to start Easy Farms in our backyards, decks or in community gardens.

## **What is an Easy Farm?**

Everything you need to know to start growing a simple and easy food, herb and flower garden in your backyard. We'll provide everything you need to become an organic backyard farmer – diagrams, instructions and checklists for creating a 4' x 4' Easy Farm.

You'll learn what to plant and where, when to plant, how to keep the garden growing all year long, we'll supply you with instructions on how to create simple and easy compost piles in your backyard to keep the nutrients abounding in your garden and how to save seeds after the growing season to prepare for the next spring.

We will also have a website ([15thousandfarmers.com](http://15thousandfarmers.com)) where these instructions will live and be added to, a blog where you can ask questions of other neighborhood farmers about your garden and share your successes and farming tips.

We'll have short videos showing the steps to grow and continue to grow a flourishing Easy Farm throughout the Spring, Summer, Fall and Winter. And we'll have short videos of some of the 15Thousand, organic backyard/frontyard farmers all across the city.

## **What will 15,000 organic farmers mean to us here in Louisville?**

- We'll learn we can plant a seed and feed ourselves!

- And as we grow our Easy Farms, we can grow the community in our neighborhoods. We can meet our neighbors around a common interest – sharing growing secrets, trading special vegetables or herbs and seeds!
- We take back our power of choice! As we grow our own food, we begin to realize we have a choice to take charge of things we hold dear – abundant, inexpensive, delicious, nutritious organic food, sharing it with friends, saving money we usually spend at the grocery, reconnect with nature just outside our back door, making new friends in our neighborhood with a common interest, helping transform this community and the world.
- As we grow our food locally, we reduce our dependence on foreign oil as we buy less stuff that has been shipped in by truck, train or plane from distant states or countries.
- Organic farming sequesters carbon faster than any other current technology. So as we plant and grow our food, we powerfully affect climate change.
- Growing our own food in the neighborhood is fun and anyone can do it, from age three to 103!!!

### **How can you help us “grow” this movement?**

We need new, backyard/frontyard farmers and folks interested to invest their time and talent in this fabulous project.

Contact Gary Heine at [garyh@heinebroscOFFEE.com](mailto:garyh@heinebroscOFFEE.com) or [Valerie@begreen.org](mailto:Valerie@begreen.org)

Let us know how you can help.

15Thousand Farmers is a grass-roots, community movement. We need collaborators to help this movement to grow. Some of our current needs are:

- someone who can help us raise funds
- someone who can help us write a business plan
- midwives who can help this organization grow and serve this community.

Many thanks.

# What, When and Where to Plant Outdoors in Your 4 x 4 Box (top of page indicates North)

<p><b>5/15</b> Tomato transplant (1) (harvest 8/1 to 10/15)</p>	<p><b>4/1</b> Pea seeds (4) (harvest 5/15 to 6/15)</p> <p><b>8/1</b> Broccoli transplant (1) (harvest 10/1 to 11/15)</p>	<p><b>5/15</b> Tomato transplant (1) (harvest 8/1 to 10/15)</p>	<p><b>6/1</b> Cucumber or summer squash transplant(1) (cucumber harvest 7/1 to 8/15, squash harvest 6/15 to 6/30)</p> <p><b>9/1</b> Leaf lettuce seeds (4) (harvest 10/15 to 11/30)</p>
<p><b>5/15</b> Pepper transplant (1) (harvest 8/15 to 10/15)</p>	<p><b>4/1</b> Lettuce seeds (4) (harvest 5/15 to 6/15)</p> <p><b>8/1</b> Spinach seeds (9) (harvest 11/15 to 12/30)</p>	<p><b>4/1</b> Carrot seeds (16) (harvest 6/1 to 7/15)</p> <p><b>9/1</b> Leaf lettuce seeds (4) (harvest 10/15 to 11/30)</p>	<p><b>4/1</b> Radish seeds (16) (harvest 5/1 to 5/30)</p> <p><b>6/15</b> Bush Bean seeds (9) (harvest 7/15 to 8/15)</p> <p><b>9/1</b> Radish seeds (16) (harvest 9/30 to 10/30)</p>
<p><b>4/1</b> Lettuce seeds (4) (harvest 5/15 to 6/15)</p> <p><b>7/1</b> Bush Bean seeds (9) (harvest 8/1 to 9/15)</p>	<p><b>5/15</b> Bush Bean seeds (9)(harvest 7/1 to 7/30)</p> <p><b>8/1</b> Kale seeds (4) (harvest 10/1 to 11/30)</p>	<p><b>4/15</b> Swiss Chard transplants (4)(harvest 6/15 to 8/15)</p> <p><b>8/1</b> Cabbage transplant (1)(harvest 10/1 to 11/15)</p>	<p><b>6/15</b> Basil transplants (2)(harvest 7/15 to 10/1)</p> <p><b>6/15</b> Parsley transplant (2)(harvest 7/15 to 11/30)</p>
<p><b>4/1</b> Lettuce seeds (4) (harvest 5/15 to 6/15)</p> <p><b>8/1</b> Broccoli transplants (1)(harvest 10/1 to 11/30)</p>	<p><b>5/15</b> Pepper transplants (1) (harvest 8/15 to 10/15)</p> <p><b>8/1</b> Beet seeds (9) (harvest 10/1 to 11/30)</p>	<p><b>5/1</b> Bush Bean seeds (9)(harvest 7/1 to 7/31)</p> <p><b>8/1</b> Cabbage transplants (1) (harvest 10/1 to 11/15)</p>	<p><b>5/1</b> Marigold transplants (4)</p>

\* Notes: Numbers in parenthesis indicate how many seeds or plants to plant in the square.

\* Different herbs and/or flowers can be substituted for those on this plan. Different vegetables can also be substituted - eggplant and melons on the same schedule as tomatoes, cauliflower, collards and brussels sprouts on the same schedule as broccoli.

# Planting Guide

## Spring

4/1: plant pea, lettuce\*, carrot, radish, seeds

4/15: plant swiss chard transplants

## Summer

5/1: plant bush bean seeds  
plant marigold transplants

5/15: plant bush bean seeds  
transplant tomatoes and peppers

6/1: transplant cucumber or summer squash

6/15: plant bush bean  
transplant herbs

7/1: plant bush bean seeds

## Fall

8/1: plant beet, spinach, and kale seeds  
transplant cabbage and broccoli

9/1: plant radish and leaf lettuce seeds

\*Notes: If your garden has a trellis, you can plant climbing pea varieties. If your garden does not have a trellis, choose dwarf pea varieties. Summer squash and cucumbers will require a trellis and tomatoes will have to be supported by a trellis or a stake.

Spring lettuce can be either head or leaf varieties. For the fall garden, choose leaf lettuce varieties.

## **Some Resources and Cosponsors**

"Square Foot Gardening" by Mel Bartholomew – This book is a great backyard farming resource. He's simplified things greatly for new or experienced farmers.

**If you'd like a 4 ft x 4 ft cedar box to grow in, Robert Denning can build you one for \$65. It comes ready to set up in ten minutes. Kit contains 4 pieces of cedar with screws built in for easy setup. Also one piece of landscape cloth to lay in bottom of box to prevent weeds from taking over your garden. Also contains the lath set up to lay over soil to divide up your box into 16 equal squares for easy planting. If interested, call Tom Denning @ 550-6106.**

If you need garden soil to fill your box, here are three local garden supply companies that sell it and the price for one box (8 cu. ft.) of ready-to-plant-soil:

### ***The Plant Kingdom 4101 Westport Rd. 893-7333***

Four Barky Beaver Potting soils (1.5 cu. ft. each)

Two Complete Landscape Mix (1 cu. ft. each)

Total cost: \$50.82

OR

Four Basic Topsoil (1.5 cu. ft each) & Two Complete Landscape Mix (1 cu ft ea)

Total Cost: \$33.86

### ***Naturally Hortons 2228 Dundee Road 451-1548***

8 cu ft of gardening mix

Total Cost: \$87.71

### ***Fresh Start Growers' Supply 1007 E. Jefferson St. 442-7883***

9 cu ft of organic potting soil

Total Cost: \$123.07

**These local companies also sell organic seeds, compost, tools and other farming and gardening supplies.**

**We recommend you add 8 lbs of worm compost to top off soil at beginning and in middle of season. *Breaking New Grounds* worm compost is available for 15Thousand Farmers at a special \$2/lb wholesale cost at Heine Brothers' Coffee-Frankfort Ave. 2714 Frankfort Ave., Louisville, KY 40206.**

**All proceeds support this non-profit, which is growing food, farmers and jobs in Louisville's food deserts.**