

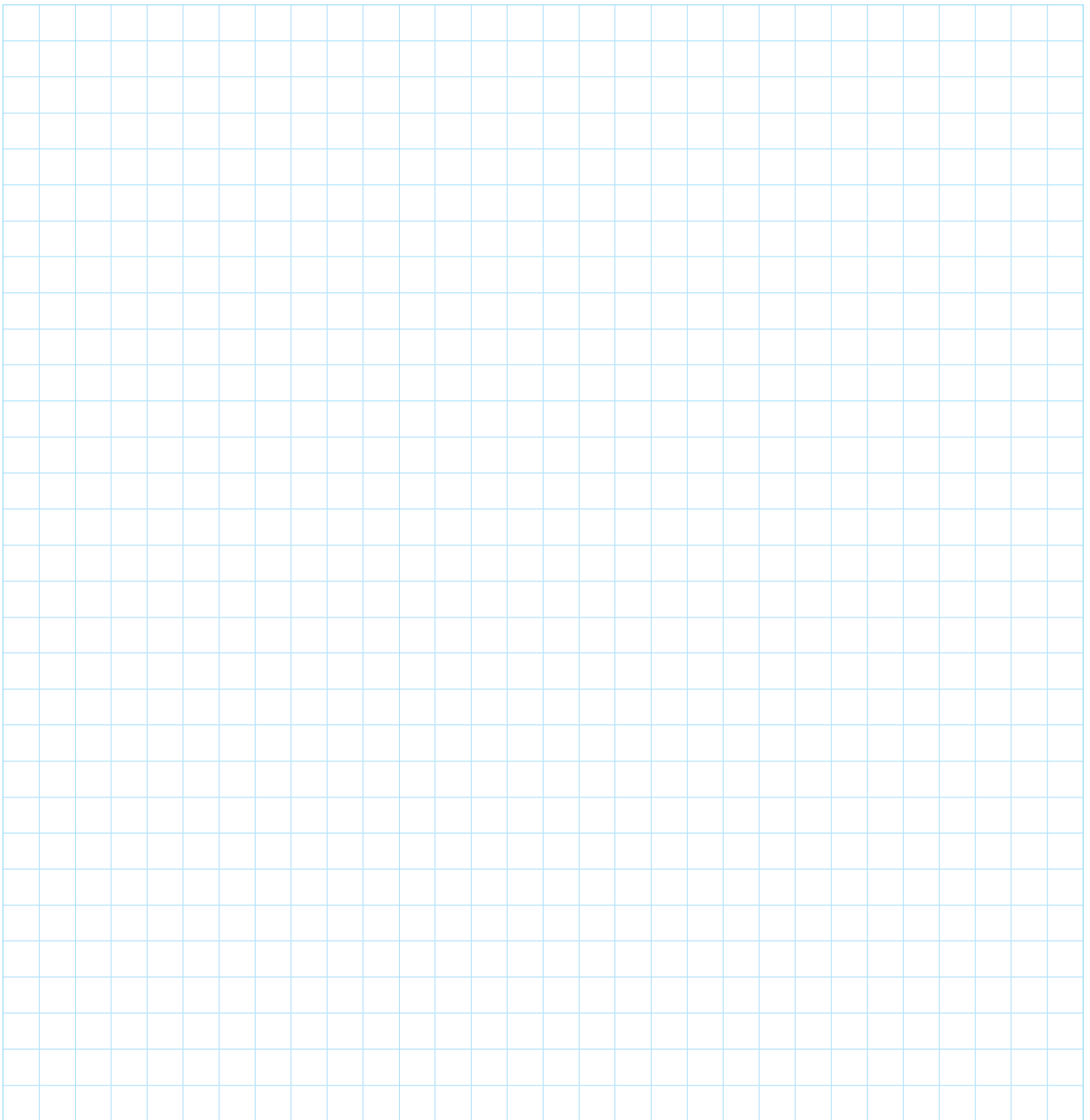
# Garden Journal

*provided courtesy of*  
**Terroir Seeds LLC**  
*Home of Underwood Gardens*

# *Planning Your Garden Plot*

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Make a rough layout of your garden using this grid. Be sure to keep the mature plant size in mind and space plants accordingly. It's easy to forget just how large those tiny seedlings can become.



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# Think About Your Soil First

The best heirloom seeds can only grow to their full potential in healthy, living fertile soil. So what exactly is healthy soil? It is much more than just dirt with some compost and fertilizers mixed in. It is truly living- host to thousands of organisms in many communities that all do different things to provide the most available nutrients and minerals to the plant roots in the soil. It is in the soil where everything begins. Everything that we need to grow and remain in good health starts with the health of the soil.

Dr. Linus Pauling, a two-time Nobel Prize winner stated, "You can trace every sickness, every disease and every ailment to a mineral deficiency." Minerals are the most basic building blocks for nutrition, both in the plants and humans. Without the proper minerals, every other part of the nutritional chain is compromised—nothing else works. Amino acids, enzymes, vitamins and other nutrients are all dependent on minerals.

This starts in the plants that we eat, and continues in our bodies. If we want the best benefits from our gardening efforts, we need to build and grow the best, most alive and healthy soil possible. Only then will we be able to grow the best gardens that will in turn give us the best taste and nutrition possible.

The health and vitality of the soil directly affects what the plant can take in, and this impacts what nutrition we receive. For example, a tomato grown in natural, healthy soil will take up 56 minerals! That same tomato can be chemically grown with as few as seven to 12 minerals, and its taste and nutrition will match. The interesting thing is that the chemically grown tomato will look good, until it is compared with the naturally grown one. Most fruits and vegetables in the supermarket are commercially grown, which means chemically grown.

The true nutrition of the plant depends entirely on the mineral content of the soil. Plants use the minerals in soil to

create vitamins and phytonutrients, or plant-created nutrients. What is frightening is that most vegetables that we eat from the supermarket are nutritionally deficient, due to the lack of minerals in the soil where they were grown. This is what industrial chemical agriculture has brought us.

Building or growing living and naturally healthy soil starts with some mindset changes. Most of these are easy for the home gardener, such as quality over quantity. Maximum yield growing is not a normal concept for the home gardener, but is forefront for the industrial producer. Eliminating chemical use that destroys the living organisms that create the soil and its nutrients is sometimes hard to accept, but all bugs are not bad in the garden. Most bugs go for weakened or nutritionally deficient plants, so they are the symptom, not the true problem. Getting rid of the bugs doesn't solve the underlying nutrient deficiency, only the appearance of the plants. When you dig into the soil and see lots of worms, pill bugs, and other little crawly things, along with some white mold, this is great! This is exactly what you want to see, as all of these factors combine to break down the compost and other matter into nutrients and minerals that can be used by the plants. When this is happening, the soil has its very own completely operational ecosystem. This is healthy soil.

There are many really good reference books on what is and how to grow healthy soil, but the premise is easy. Soil must be fed, kept away from chemicals and allowed to develop its multiple layers of living communities that enrich the soil. Encouragement of all the living things that make up the soil such as worms, pillbugs, fungi, molds, nematodes and bacteria will keep the soil vibrant and fertile. Once this process is ongoing, the production, flavor and nutrition of the garden will be amazing!

## Planting Wish List

### Flowers

### Herbs

### Vegetables

_____	_____	_____
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# Indoor Seed Planting Records

## EXAMPLE

Seed Type: Tomato                      Variety: Mortgage Lifter                      Where Purchased: Terroir Seeds  
Date Planted: March 1st                      Date Germinated: March 7  
Date Transplanted: May 15                      Total Days Indoors: 76

Seed Type:                      Variety:                      Where Purchased:  
Date Planted:                      Date Germinated:  
Date Transplanted:                      Total Days Indoors:

Seed Type:                      Variety:                      Where Purchased:  
Date Planted:                      Date Germinated:  
Date Transplanted:                      Total Days Indoors:

Seed Type:                      Variety:                      Where Purchased:  
Date Planted:                      Date Germinated:  
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Date Planted:                      Date Germinated:  
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Seed Type:                      Variety:                      Where Purchased:  
Date Planted:                      Date Germinated:  
Date Transplanted:                      Total Days Indoors:

Seed Type:                      Variety:                      Where Purchased:  
Date Planted:                      Date Germinated:  
Date Transplanted:                      Total Days Indoors:

# Indoor Seed Planting Records

Seed Type: \_\_\_\_\_ Variety: \_\_\_\_\_ Where Purchased: \_\_\_\_\_

Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date Transplanted: \_\_\_\_\_ Total Days Indoors: \_\_\_\_\_

Seed Type: \_\_\_\_\_ Variety: \_\_\_\_\_ Where Purchased: \_\_\_\_\_

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Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date Transplanted: \_\_\_\_\_ Total Days Indoors: \_\_\_\_\_



# Transplants & Planting Directly in Ground

Seed/Plant Type: \_\_\_\_\_ Variety: \_\_\_\_\_ Where Purchased: \_\_\_\_\_

Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_

Seed/Plant Type: \_\_\_\_\_ Variety: \_\_\_\_\_ Where Purchased: \_\_\_\_\_

Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_

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Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_

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Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_

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Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_

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Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_



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Other Facts to Note: \_\_\_\_\_

Seed/Plant Type: \_\_\_\_\_ Variety: \_\_\_\_\_ Where Purchased: \_\_\_\_\_

Date Planted: \_\_\_\_\_ Date Germinated: \_\_\_\_\_

Date of First Harvest: \_\_\_\_\_ Continued Until: \_\_\_\_\_

Other Facts to Note: \_\_\_\_\_



# Weather Observations

Date: \_\_\_\_\_

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# *Pests & Disease Observations*

Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



# *Pests & Disease Observations*

Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



Date: \_\_\_\_\_ Plant Type: \_\_\_\_\_

Problem: \_\_\_\_\_

Solution: \_\_\_\_\_

Did it work?: \_\_\_\_\_



*Summary: What was great...what needs improving*

Lined writing area with 20 horizontal lines for notes.

*Notes for Next Year: Do's and Dont's*

Lined writing area with 20 horizontal lines for notes.



January

February

March

April



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*May*

Lined writing area for the month of May, consisting of 20 horizontal lines.

*June*

Lined writing area for the month of June, consisting of 20 horizontal lines.

*July*

Lined writing area for the month of July, consisting of 20 horizontal lines.

*August*

Lined writing area for the month of August, consisting of 20 horizontal lines.



*September*

*October*

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# *Soil Temperatures for Seed Germination\**

Vegetable	Min. Temp	Temp Range	Optimum Temp	Max Temp	Days to Germination	Required temperatures for Outdoor Transplanting		
						Day Temp	Night Temp	Time (weeks)
Asparagus	50°	60°-85°	75°	95°	21-30	70°-80°	65°-70°	8-10
Bean	60°	60°-85°	80°	95°	7-14			
Bean, Lima	60°	65°-85°	85°	85°	10-14			
Beet	40°	50°-85°	85°	95°	7-14			
Broccoli			70°		5-7	60°-70°	50°-60°	5-7
Brussels Sprouts			70°		5-10	60°-70°	50°-60°	5-7
Cabbage	40°	45°-85°	85°	100°	7-10	60°-70°	50°-60°	5-7
Carrot	40°	45°-85°	80°	95°	10-21			
Cauliflower	40°	45°-85°	80°	100°	3-10	60°-70°	50°-60°	5-7
Celery	40°	60°-70°	70°	85°	14-21	65°-75°	60°-65°	10-12
Chard, Swiss	50°	50°-85°	85°	95°	7-14			
Corn	50°	60°-95°	95°	105°	7-10	70°-75°	60°-65°	3-4
Cucumber	60°	75°-95°	95°	105°	7-10	70°-75°	60°-65°	3-4
Eggplant	60°	40°-80°	85°	95°	7-12	70°-80°	65°-70°	6-8
Lettuce	35°	40°-80°	75°	85°	7-14	70°-80°	50°-55°	5-7
Muskmelon	60°	75°-95°	90°	100°	7-10	70°-75°	60°-65°	3-4
Okra	60°	70°-95°	95°	105°	8-12			
Onion	35°	50°-95°	75°	95°	10-14	60°-65°	55°-60°	10-12
Parsley	40°	50°-85°	75°	90°	10-21			
Parsnip	35°	50°-70°	65°	85°	14-21			
Pea	40°	40°-75°	75°	85°	8-10			
Pepper	60°	65°-95°	85°	95°	14-21	65°-75°	60°-65°	6-8
Pumpkin	60°	70°-90°	95°	100°	7-10			
Radish	40°	45°-90°	95°	05°	3-7			
Spinach	35°	45°-75°	70°	85°	7-10			
Squash	60°	70°-95°	95°	100°	9-12	70°-75°	60°-65°	3-4
Tomato	59°	60°-85°	85°	95°	5-14	70°-75°	65°-75°	5-7
Turnip	40°	60°-105°	85°	105°	6-7			
Watermelon	60°	70°-95°	95°	105°	7-10	70°-80°	65°-70°	3-4

\* All temperatures are °F.



## From Our Garden to Yours

**T**erroir Seeds, home of Underwood Gardens, is a family-owned and operated business focused on providing the highest quality seed, the best personal service and making a positive impact in the community.

Underwood Gardens was one of the first signers of the safe seed pledge. We pledge that we do not knowingly buy or sell genetically engineered seeds. Underwood Gardens promotes seed saving. This keeps the genetic diversity of the plants that sustain us alive and healthy.

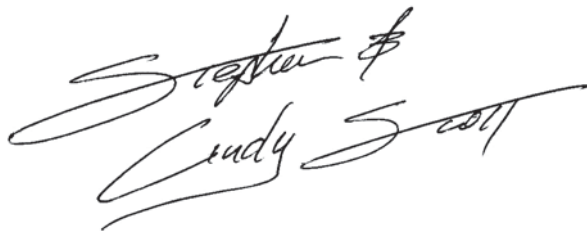
Our focus is heirloom and open-pollinated varieties of vegetables, flowers and herbs; we do not sell hybrids. We have a network of growers who are passionate about the seeds they grow for us. We partner with growers who understand the importance of genetic purity, identifying and correcting genetic drift and continuing to select for the best possible qualities in the plants that have made them heirlooms to begin with.

We hope you enjoy this garden journal from Terroir Seeds LLC. This journal is a gift to our customers as a small token of our appreciation for your supporting Terroir Seeds and preserving our genetic heritage by growing heirlooms. Heirlooms are ideally suited for the home gardener and small-scale grower, providing flavor, color, adaptability and diversity that hybrids just cannot match.

We thank you for supporting our efforts to bring the best seeds to you, our programs and helping to preserve our common genetic heritage by growing heirlooms.

For the most up-to-date information about Terroir Seeds LLC, visit [www.UnderwoodGardens.com](http://www.UnderwoodGardens.com) or call 888-878-5247.

We look forward to assisting you with your growing adventures!






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Home of Underwood Gardens

**Finest**  
Heirloom  
Vegetable,  
Flower and  
Herb Seeds

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-  Fast shipping
-  Personal service

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for our monthly e-Newsletter,  
which is packed with good  
practical gardening and soil  
information

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