

PLANT A DOOR

From July 2008 to December 2008 we embark on an initiative to plant door size vegetable gardens, our objective was to help develop the Social Skills of the Youth that we had started on Touch-Rugby with.

On exhibition we collected R 30 000, and with my wife and the youth we planted 600 door size vegetable gardens in Soweto, providing a bag of compost and seed to every garden.

Today we do not celebrate the success, rather what we learnt from the exercise, planting vegetable does not provide life-skills, rather, life-skills need to be developed in order to establish a sustainable vegetable garden.





The experience that we gained during this exercise has developed us as South Africans, and over the past four years, we have learnt just how much we need to do.

Off this base, eight months back we started looking to how we empower our rural communities through Agriculture. After months of discussions, Mr. George Mhinga and Mr. Kitchener Mabasa, this Moringa-Land issue has been born.

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2010 scf, t/a 'Plant a Door'™

059-832 NPO

082 565 2520

SOIL PREPARATION / Planting

Mark off the Door, 1.2 m wide and 2.6 m long;

Water the area and leave overnight.

Where we have good 'top soil', remove and place in side. Dig out and remove the first 300 mm to 300 mm deep.

Continue digging out the next 300 mm to depth of 300 mm and turn into previous removed area. Replace first dig at end.

Rake door level, remove stones, slightly raised and make edge of door slightly higher to retain water, water.

1 Remove the 2 long strings from green pack, marked with red on one side, and black on the other. Peg them along the Door, ensuring that the first red mark along the string, and the last black mark along the string, are even and 200mm inside the extremities of the door

2 Using the short, unmarked string, pull it across the door, from first red mark on the one side to the first red on the other side

3 Scratch a line approx 75mm on either side of the line, marking for the application of compost.

4 Dig 3 litres of compost into the marked area. Use 2 lt bottle

5 Continue for all colour marks, noting that the green, for carrots, and black for the beet

are combined and we use 5 litres of compost.

6 When you have composted, draw a **V** only 20mm deep along the centre planting line; & water very lightly.

7 Sprinkle 1 & 1/2 tablespoon 2-3-2 (16) Talborne along the composted area of each planting line.

8 **Planting: Seed pack for 3 x 4 month plantings:**

Cabbage: The seed pack, marked with the Red sticker, is that cabbage, using string with the Red mark, pull across from the one side to the other

along the V, positioning the red marks inside the 200 mm of the outer areas of the composted zone

Plant 2 seeds, on either side of the 3 red marks, seed only just covered under the surface of the V.

Cover lightly with soil, and firm down. Repeat for the second row of cabbages. Total cabbages, 12 seeds to be thinned to 6 cabbages.

Spinach: for the 4 rows of spinach, follow the instruction for the cabbage, planting 2 seeds at the 5 blue marks, using string with blue marks

Beet-root: for the 2 rows of Beet, follow the instruction for the cabbage, planting 2 seeds at the 9 black marks, using string with black marks

Carrots: Using half of the allocated seed per 1 planting, sprinkle the seed carefully along the each of the 2 V's, beware the wind, cover.

9 Water carefully using the bottle sprinkler, keep the door moist without over watering, feel the soil, don't over water.

10 When the plants have germinated and formed healthy plants, remove the weaker plant where 2 seeds have been planted.

Use the weaker plants in other open garden space, feed and water

11 For the carrots, thin out, leaving approx 15 carrots spaced out on the row, 50 to 75mm. When established, leave carrots and beet to dry for a few days, letting the greens wilt completely for the day, then water the next day, this gives the root the stimulation to grow.

12 Water carefully using the bottle sprinkler, keep the door moist without over watering, feel the soil, don't over water.

13 Remove all weeds, give the plants all your love and attention, and brag to your neighbours with your crop. Cedric de la Harpe.

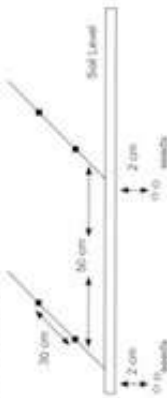




Vegepak

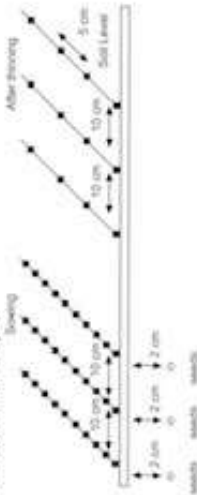
How to sow in four easy steps

CABBAGE (Days to Harvest: 120 Days)



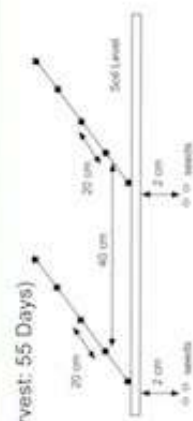
STEP 1 Place 2 seeds from the packet marked with a **RED** sticker at the bottom of the furrow along the rows marked with the same colour on Pages 4 - 5 at the spacing indicated above i.e. 30 cm between the seeds and 2 cm deep, using the enclosed marker.

CARROT (Days to Harvest: 100 Days)



STEP 1 Sprinkle seeds from the packet marked with a **BLUE** sticker in a fine line at the bottom of the furrows along the rows marked with the same colour on Pages 4 - 5, and 2 cm deep, using the enclosed marker.

SWISS CHARD (Days to Harvest: 55 Days)

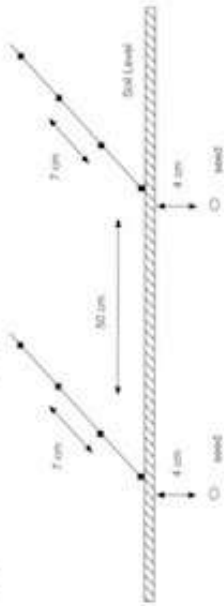


STEP 1 Place 2 seeds from the seed packet marked with a **GREEN** sticker at the bottom of the furrow along the row marked with the same colour on Pages 4 - 5 at the spacing indicated above, i.e. 20 cm between the seeds and 2 cm deep, using the enclosed marker.



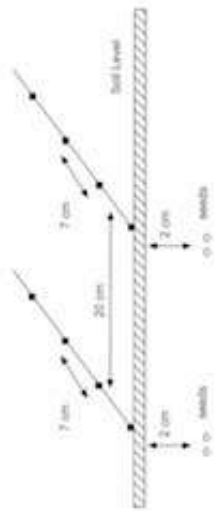
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BEANS (Days to Harvest: 55 Days)



STEP 1 Place 1 seed from the seed packet marked with a **YELLOW** sticker at the bottom of the furrow along the row marked with the same colour on Pages 4 - 5 at the spacing indicated above, i.e. 7 cm between the seeds and 4 cm deep, using the enclosed marker.

BEET (Days to Harvest: 90 Days)



STEP 1 Place 2 seeds from the seed packets marked with the **BROWN** sticker at the bottom of the furrow along the row marked with the same colour on Pages 4 - 5 at the spacing indicated above, i.e. 7 cm between the seeds and 2 cm deep, using the enclosed marker.

STEP 2 For **Cabbage**, **Carrot**, **Swiss Chard**, **Beet** and **Beans**, fill the furrow and firm down.

STEP 3 Water the garden well. **STEP 4** After 3 - 4 weeks thin out to one seedling every spacing as indicated above and on Page 6.







We used all the knowledge and interactions that we were having with the youth to identify the need to address particular skills.

We discovered just the curriculum that we needed, ***Tackling the Tough Skills***, by Rosalind Trotta, through the Outreach & Extension, University of Missouri, Lincoln University.

We immediately started to give the youth the modified curriculum, and through the first ten groups we continued to learn about the lack of social skills, what we considered the reasons, and how we should remedy the problems.

3 years of very conflict direction of development took place between the period July 2009 and July 2012, when we decided that we would take all our experience and mold all our initiatives into driving towards Economic Freedom for the people.

