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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Garden Soil Preparation**

**By David Selman, [Tracker-Outdoors.com](http://Tracker-Outdoors.com)**

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Different types of plants each require varying degrees of soil acidity or pH. Some plants are very sensitive to soil pH levels. Some garden plants will prefer acid soils while others prefer an alkaline soil. The acidity or alkalinity of soil is measured by pH (potential Hydrogen ions). pH is a measure of the amount of lime (calcium) contained in your soil, and the type of soil that you have. Soils in moist climates tend to be acid and those in dry climates are alkaline. A soil with a pH lower than 7.0 is an acid soil and one with a pH higher than 7.0 is alkaline. The soil must be adjusted to suit the plant which will occupy that area if it is not already within that plants requirement range. Testing Your Soil pH Many garden centers will pH test a soil sample for you, or you can buy an inexpensive pH test kit at a nursery, or hardware stores.

These test kits generally consist of a test tube, some testing solution and a color chart. You put a sample of your soil in the tube, add a few drops of test solution, shake it up and leave it for an hour or so to settle. The solution in the tube changes color according to the pH of your soil. Compare the color of the sample with the color chart that came with the kit. Matching colors will tell you the pH of your sample. Quality pH test kits will have a chart to help interpret the test result. Adjusting Your Soil pH Levels

Once you have determined the pH you can make any needed adjustments to the soil. Materials to adjust your soil pH levels are available at your local garden center. Raising The Soil pH To Make It More Alkaline

It is generally easier to make soils more alkaline than it is to make them more acid. Because different soil types react in different ways to the application of lime you will have to add more lime to clay soils and peaty soils than you will in sandy soils to achieve the same result.

To increase your pH by 1.0 point and make your soil more alkaline:

Add 4 ounces of hydrated lime per square yard in sandy soils

Add 8 ounces of hydrated lime per square yard in loamy soils

Add 12 ounces of hydrated lime per square yard in clay soils

Add 25 ounces of hydrated lime per square yard in peaty soils

Correction of an overly acid soil should be considered a long term project, rather than trying to accomplish it in one gardening season. It is easier to test your soil each year and make your

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adjustments gradually. The addition of hardwood ash, bone meal, crushed marble, or crushed oyster shells will also help to raise soil pH levels.

### Lowering The Soil pH

#### To Make It More Acid

If your soil needs to be more acidic, sulfur may be used to lower the pH if it is available.

To reduce the soil pH by 1.0 point:

Mix in 1.2 oz of ground rock sulphur per square yard if the soil is sandy.

Mix in 3.6 oz per square yard for all other soils.

The sulphur should be thoroughly mixed into the soil before planting. Sawdust, composted leaves, wood chips, cottonseed meal, leaf mold and especially peat moss, will lower the soil pH.

#### More Soil pH Tips

Always read and follow the manufactures recommendations when using chemical products.

Use appropriate protection such as a dust mask, and gloves.

The best way to adjust pH is gradually, over several seasons.

Lime should be applied only when tests show it to be necessary.

If the soil is excessively alkaline, you may find that you are better off to build a raised bed using topsoil purchased from a nursery.

Article by Tracker Outdoors

[www.tracker-outdoors.com](http://www.tracker-outdoors.com)

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## Planting A Vegetable Garden

By Jena Luthovski

Planting a vegetable garden at home can be fun, economical, and educational, but it can also be quite frustrating if you don't do some planning and preparation. Here are some ideas to get you started, check with your local Cooperative Extension for more tips.

First you should plan out your garden. One thing you will want to consider for a home vegetable garden is sunlight. Vegetable crops need a lot of sun, about six hours of full sunlight a day. For convenience, placing your garden near your water source, and near your house are good ideas as well, if possible. Draw a chart of your garden and plan out what crops will go where. If this is your first try at vegetable gardening, it is a good idea to start small so you can see how much time and work it will require. Plant crops that your family really likes in quantities that will be manageable to grow and use.

If you want good crops, you need good soil. Preparing your garden bed is the next step to a successful garden. Some preparation in the fall, like tilling, or loosening up the soil, will make it easier to get ready in the spring and will allow you to start some plants out earlier. For optimal results, have your soil tested to see if it is acidic, what nutrients it has, etc. This will help you decide how and how much to fertilize your garden. If you don't want to have your soil tested, ask the local gardening or seed store about local conditions. They should be able to give you a good idea of what is typical in your area.

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When you fertilize, pay close attention to recommended amounts and ratios of fertilizer to soil or size of your garden bed. Too much fertilizer will burn and kill your plants.

Now you can lay out your garden. Use stakes and string to create straight rows so you will know where your seeds are before they come up. Put up wire hoops or trellises for tomatoes, beans, and other plants that climb. Make soil mounds for tender vine crops like cucumbers and pumpkins. Whether you are planting seeds or plants that you have purchased or started indoors, make sure that you leave enough space between plants so they can get adequate sunlight, and not be competing with their neighbors for water and soil nutrients.

With a little forethought, you can end up with an enjoyable hobby that feeds your family, too!

Jena Luthowski writes about

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