THE FACTS OF Square Foot Gardening

Square Foot Gardening is a method of intensive gardening. SFG is gaining popularity because it makes gardening easier and results in high productivity compared with the space used. SFG allows vegetables and flowers to be planted very close together in raised beds.

The advantages to SFG are:

- The soil stays friable (easily crumbled) because you never walk in the squares.
- You can harvest many more vegetables because you’re planting in blocks instead of rows.
- The squares are much easier to water because you aren’t wasting water between rows. The same holds true for fertilizer.
- You have less weeding to do because the garden has no rows between plants and every square foot is dedicated to vegetables.
- Pest control is easier.
- You rotate crops by square instead of location.
- The squares are more aesthetic and require far less work.
- You don’t need to till each spring.
- You can build trellises at the north ends of the squares to grow vining plants such as peas, beans and squash vertically, which saves even more space.
- This type of garden warms faster and drains better than traditional gardens.

To construct a square foot garden that is slightly above grade, obtain non-rotting wood (cedar or pressure-treated wood free of arsenic) that measures 4 feet by 12 inches by 2 inches and form a square. Then add the soil and add the divisions.

Fun Arugula Fact
In Italy, raw arugula frequently is added to pizzas as they come out of the oven.

Fun Spinach Fact
Spinach is believed to have originated in Persia (now Iran) and has been grown for more than 2,000 years.

Information was authored by Ron Smith, Ph.D., former NDSU Extension Horticulturist and “From Garden to Table; Leafy Greens!” www.ag.ndsu.edu/extension