



COURSE OUTLINE

ORGANIC VEGETABLE GARDENING

GENERAL NOTES

When and how can I access this course?

- Modules will be made available on a weekly basis.
- You can find the modules in your Course Hub, access them by the weekly email link we send you, or by clicking the Lesson links on this page.
- If the link isn't working, it's because the Module is not yet available to you yet - good things take time!
- Once a module has arrived, you have lifetime access to all its lessons.

Equipment & Materials

- You do **not** need to source any equipment or materials immediately. We want you to listen, learn and feel confident to make a plan that suits you and your needs.
- This course covers everything you need to know to plan and implement an amazing veggie

garden, but it's not something to rush: In many modules, we'll introduce a range of approaches or solutions. Each student will be able to make informed decisions about the best option for them - in terms of site, climate zone, personal budget, available time, level of DIY skills, access to materials etc.

For example, we're not going to ask you to go and source all the equipment & materials required to create a tomato trellis: we're going to teach you how to decide if you need one, what the minimum requirements are for a tomato trellis to do its job, and empower you with ideas of how to make it. You can then source the equipment and materials to create your tomato trellis if you need one, at the right time for you, from materials that work for you.

GETTING STARTED

DOWNLOADS

🔗 Lesson 1: Welcome & meet your teacher

You'll meet Nick Ritar and Kirsten Bradley from Milkwood, and your fabulous course presenter Hannah Moloney, and why she's the best veggie growing teacher for you.

🔗 Lesson 2: About this course & permaculture

This is where you take a quick peek at the tools of permaculture and organic principles and learn how they might apply to your veggie growing adventure.

🔗 Lesson 3: How this course works

You'll go on a tour of this Organic Vegetable Gardening Course, check out the platform, and special features, and find out what you can expect from Milkwood and this course.

1. Introduction to Permaculture

1. Veggie Garden Planner



MODULE 1: DESIGNING YOUR GARDEN

🔗 Lesson 1: We start with design

Here you'll launch into the key stages of the veggie garden design process, and find out how to apply the permaculture concept of zones in garden design.

1. Veggie Garden Planner (repeat)

🔗 Lesson 2: People - who is this garden for?

Now you'll look at the 'people' part of this veggie garden design process. Who are you designing this veggie garden for, and what are their needs, now and into the future? Learn how to fine tune a Goal Statement to capture design ideas that make your heart sing.

🔗 Lesson 3: Place - what does the landscape tell you?

In this lesson you'll start with a simple Base Map then learn how to analyse your site, adding these details to a Summary Map to build a rich picture of your place.

1. How to make a simple Base Map
2. How to make a Summary Map

🔗 Lesson 4: Initial concept design - what will go where?

This is where you take all the 'people' and 'place' data from your Summary Map, apply it to your veggie growing space, and work towards an initial concept design - your Bubble Diagram.

1. How to make a Bubble Diagram

EXTRA MODULE: DRAWING A DETAILED GARDEN DESIGN

🔗 Lesson 1: Drawing a Detailed Garden Design

This lesson is all about showing you how to bring your Bubble Diagram to life as a 'to scale' Detailed Garden Design. This handy skill will also help you realistically assess what fits where and what quantities of materials you'll need.

1. Choose a scale (metric)
2. Choose a scale (US)
3. How to make a To-Scale Base Map
 - Trace an existing plan
 - Measure your site directly with the offset method
 - Print and trace an online map
 - Project and trace an online map
4. Trilateration
5. How to turn your To-Scale Base Map into a Detailed Garden Design



MODULE 2: KNOWING YOUR SOIL & ESTABLISHING YOUR GARDEN

DOWNLOADS

Lesson 1: What is soil?

This lesson gets you acquainted with the delicate balance of nutrients, structure and the wonderful food web of life essential to healthy, living soils and a bountiful veggie patch.

Lesson 2: Getting to know YOUR soil

Here we set you up with some simple soil tests to identify your soil type, and if your soil isn't great for veggie growing, we'll suggest some strategies to balance things back out.

1. Soil sampling & testing
 - How to take a soil sample
 - How to jar test
 - How to ribbon test
 - How to pH test
2. Soil solutions

Lesson 3: In-ground beds

Raised or in-ground beds, which ones are right for you? To help you decide, we cover three simple in-ground approaches to growing veggies.

1. 'Weed & Plant' garden beds
2. 'Sheet Mulch' garden beds
3. 'Double Dig' garden beds

Lesson 4: Raised beds

Maybe your garden and situation is better suited to raised garden beds? Discover various approaches to making, filling and maintaining beds raised above your original soil level.

1. Raised garden beds

Lesson 5: No-dig gardening

Learn about setting up a no-dig, aka lasagne garden, a highly fertile method which can suit even the most challenging veggie growing site.

1. No-dig garden beds

Lesson 6: Plan your garden bed layout

Once you've decided what type of garden beds you'd like, make a plan for your garden bed layout.

1. How to plan your Bed Layout

Guest - Pema on wicking beds

With almost no topsoil, compromised sun, lots of clay and lots of rock, guest gardener Pema has gone in and got creative! Learn how she made the most out of a tough site with repurposed IBC wicking beds.



MODULE 3: PLANNING: WHAT TO GROW WHEN & WHERE

DOWNLOADS

[Lesson 1: Working with your seasons & climate zone](#)

Here you'll learn about climate zones, microclimates and seasons. Marrying up the veggies that thrive in your area, to the perfect spot in your garden, grown in the ideal season is a recipe for a great harvest.

[Lesson 2: Annuals vs perennials](#)

In this lesson, you'll learn about annuals and perennials, and how they impact planning in your garden. Knowing about plant lifecycles can help you plan exactly where you'll put them in your garden and how long they'll be in the ground.

[Lesson 3: Crop planning](#)

Discover a range of crop-planning methods, from grouping plant families to crop rotations. Start thinking about the first season of veggies you'll plant in your garden beds. Exciting!

1. Crop rotation
2. How to plan your planting
3. Vegetable Plant Families poster

[Lesson 4: Other planting considerations](#)

This lesson equips you with two optional planning guides: succession and companion planting.

[Guest - Gardening in transition with Farhat, SabarGul & Hajare](#)

Here we visit a community garden that was set up for new migrants to connect with their new home through food.



MODULE 4: PLANTING YOUR VEGGIE GARDEN

DOWNLOADS

🔗 Lesson 1: Sourcing seeds vs seedlings

Now that you're ready to get planting, should you plant seeds or seedlings? We'll teach you how to choose the best seedlings or seeds for your veggie patch.

🔗 Lesson 2: Planting seedlings

In this lesson, we'll look at how to prepare your seedlings for life outdoors, then plant and care for them.

1. Planting your veggie garden
 - How to transplant seedlings
 - How to direct sow seeds

🔗 Lesson 3: Planting direct-sow seeds

You'll learn which crops to direct sow, how to direct sow seeds, and how to care for them. You'll also discover a bit about growing potatoes, yams and garlic.

🔗 Lesson 4: Weed management

Here you'll learn the many ways to get on top of weeds in your veggie patch. We'll encourage you to take a moment to listen to these "plants out of place".

🔗 Guest - Grant on caring for plants as they grow

We'll visit Grant's hugely abundant garden, with its accessible garden beds and pathways. He'll share with us the great ways he gets the most out of his patch, year-round.

EXTRA MODULE: RAISING SEEDLINGS

🔗 Lesson 1: Raising seedlings

This lesson shows you how to successfully raise seedlings and we'll troubleshoot the most common seedling raising issues.

1. How to raise your own seedlings
2. Growing great tomato seedlings



MODULE 5: INFRASTRUCTURE FOR GROWING VEGGIES

DOWNLOADS

[Lesson 1: Watering your veggies](#)

Here we look at the crucial issue of water. How much do your precious veggies need and how do you get water to them in ways that best suit your situation?

1. Passive water management

[Lesson 2: Structures that support your plants](#)

If you're planning on planting climbing plants, or are up against pests or extreme weather, you may need to put in some plant support structures. This lesson gives you a few options to consider.

1. Support structures

[Lesson 3: Hot season solutions](#)

In this lesson, you'll come to understand strategies for dealing with dry spells which include mulching and shading, but also building beds and soils that hold water.

[Lesson 4: Cold climate solutions](#)

Here you'll learn about ways to protect your tender crops from cold weather and how to extend your growing seasons.

[Guest - Tanya on infrastructure and planning for abundance](#)

You'll be inspired by Tanya's knack for repurposing materials and generous spirit.



MODULE 6: FEEDING YOUR SOIL	DOWNLOADS
🔗 Lesson 1: Soil fertility & liquid fertilisers In this lesson you'll find out how and why you need to feed your soils, and learn about simple liquid fertilisers you can make at home.	1. Feeding your soil • Liquid fertilisers • Cold compost • Carbon- & nitrogen-rich materials • Worm farms • Green manure
🔗 Lesson 2: Cold composting Watch this lesson to learn about cold composting; a fantastic low-effort way to turn kitchen scraps and plant waste into veggie garden gold.	1. Feeding your soil (repeat)
🔗 Lesson 3: Worm farms If you want to make an ongoing, relatively fast, soil builder and incredibly rich soil feeder for your veggie patch, you can't go past a worm farm!	
🔗 Lesson 4: Green manures If your soils are in need of a little love, why not give them a rest from cropping and grow a green manure instead?	
🔗 Guest - Sulyn on building soil health and compost tea Seasoned grower Sulyn takes you through her compost tea set-up, showing you how to achieve a sweet-smelling brew to kick-start your garden soil fertility.	
EXTRA MODULE: HOT COMPOSTING	
🔗 Lesson 1: Hot composting In this lesson we'll explore how hot composting works so you can decide if it's the right option for you.	1. Hot composting



MODULE 7: COMMON PESTS & DISEASES FOR VEGGIE GROWERS

DOWNLOADS

[Lesson 1: Building a resilient veggie garden](#)

In this lesson, you'll learn about pest and disease prevention, bringing diversity back to your garden, and health back to your soils.

[Lesson 2: Diseases, pests & wildlife](#)

This lesson covers the conditions needed for diseases and pests to flourish in your patch and what you can do about them. You'll also learn about key wildlife behaviours and strategies to keep these destructors out of your veggie patch.

1. Beneficial insects guide
2. Managing common pests, diseases & wildlife

[Guest - Viv on small space growing and disease management](#)

In this guest interview we'll see how Viv makes the very best use of a small space, where she's packed in everything from raised veggie beds, herbs, berry patches, a hot house, small orchard and a native garden.

EXTRA MODULE: CHICKENS - YOUR VEGGIE GARDEN'S BEST FRIEND

[Lesson 1: Chickens - your veggie garden's best friend](#)

Here you'll learn great ways to boost fertility in your garden using the services of your garden's best friend: chickens. Discover the ins and outs of deep litter systems, chicken tractors and how to best process chicken poo before it goes into your garden.

1. The Milkwood Chicken eBook



MODULE 8: HARVESTING YOUR VEGGIES

DOWNLOADS

[Lesson 1: Harvesting your veggies](#)

Nick and Kirsten join Hannah to share their favourite harvesting tips, and teach you a few options for your garden bed at the end of the season. We review your gardening journey so far, and explore veggie adventures into the future.

1. How to put your beds to sleep

[Lesson 2: Where to from here](#)

In this final lesson we bid you farewell and good luck! Plus share some parting Extra resources to send you on your way.

EXTRA MODULE: PRESERVING YOUR HARVEST

[Lesson 1: Preserving your harvest](#)

Preserving is a fantastic way of making the most of the bounty you'll soon be harvesting from your veggie patch. In this lesson from the Permaculture Living Course, Kirsten is going to show you some of her favourite ways to preserve a bumper harvest.

1. Tomatoes in the kitchen

[Guest - Urban Nanna on growing in pots & preserving spring onions](#)

Our guest gardener Anna will whip up something super tasty. Because after all the hard and dirty work, you deserve a few scrumptious rewards!

EXTRA MODULE: SEED SAVING

[Lesson 1: Seed saving](#)

Harvesting seed from your garden, ready to plant next year is one of the great joys of organic gardening. In this lesson, Kirsten shares with you her secrets of how to save seeds, from the Permaculture Living Course.

1. Saving tomato seeds

[Guest - Heather & Kate on seed saving & community](#)

Meet our special guests from the Cygnet Seed Library, and learn how sharing the abundance of seed builds community resilience and connection.

