

Crop rotation

Four Crop Rotation is a growing technique which allows different crops to be grown without damaging the soil or building up the chance of pest and disease. Each year the plots should be moved to avoid the build-up of pests and diseases as well as to add nutrients to the soil.

Example of a crop rotation schedule:

Year One:

- In preparation plot should have manure dug into the soil.
- Crop: Potatoes

Year Two:

- In preparation plot should have compost dug into the soil
- Crop: Peas and beans

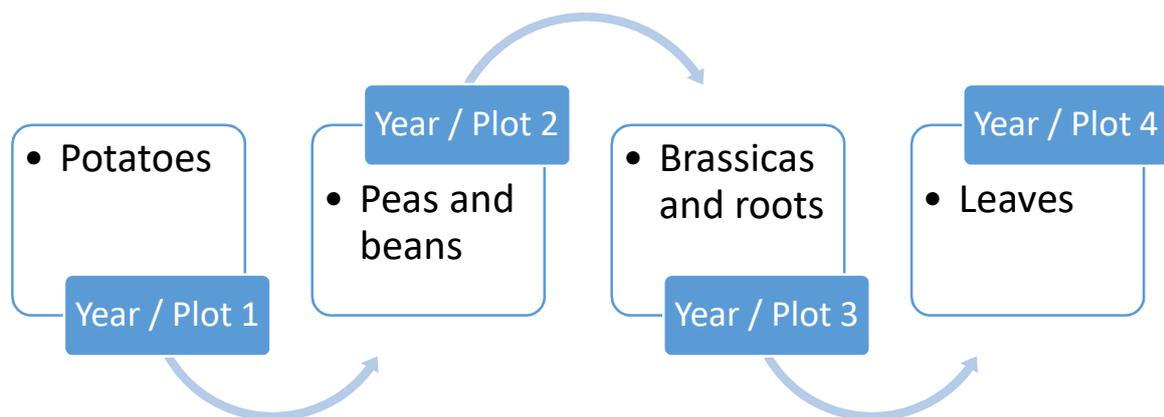
Year Three:

- In preparation lime should be applied to the soil.
- Crop: Brassicas and roots

Year Four:

- In preparation compost should be dug into soil
- Crops: Leaves

Brassicas are plants whose leaves, flowers, stems, and roots are cooked and eaten. Some of the most common brassicas include broccoli, Brussels sprouts, cabbage, cauliflower, swedes, and turnips. They are known to for their disease-fighting substances. Like all veggies, they're low in calories, fat, and sodium. They're also a good source of fibre, and contain a variety of other essential vitamins and minerals.



Answers to crop rotation activity:

Have separate pumpkin patch with pumpkins, squashes and courgettes; put strawberries and tomatoes together; have orchard area with fruit trees and bushes; edible flowers and herbs can be mixed in to all or kept separate.

Crop rotation activity

Can you sort out the vegetables into the correct plot to suit the ideal crop rotation? What doesn't fit in and how could you solve this problem?

Plot 1

Plot 2

Plot 3

Plot 4

What else will you be growing in your garden?

<p>Broad beans</p> 	<p>Carrots</p> 	<p>Potatoes</p> 	<p>Pumpkins</p> 
<p>Peas</p> 	<p>Garlic</p> 	<p>Brussel sprouts</p> 	<p>Squashes</p> 
<p>Beetroots</p> 	<p>Onions</p> 	<p>Cauliflower</p> 	<p>Courgettes</p> 
<p>Radishes</p> 	<p>Leeks</p> 	<p>Cabbage</p> 	<p>Tomatoes</p> 
<p>Swiss Chard</p> 	<p>Lettuce</p> 	<p>Horseradish</p> 	