

## An Exciting Time

„When we started growing our plants at Finca Alkimia“, Pina says, „it was indeed as life began anew. It began for us a still exciting time because nature and plants have their own rhythm, which must be observed. This gives us pleasure to this day, even if there are some clear steps and flexible response to follow. Here we would like to share with you what is helpful and necessary for your food and remedies from your own garden.“

*“Life begins the day you start a garden.“*

*Chinese Proverb*

## Which vegetables to grow when, when to harvest?

Generally speaking, harvesting occurs in most cases four to five months after sowing, for lettuce and green leaves after about two months. It all depends on the plant, temperatures and weather. Here are some timings for sowing: green beans - January/February | peas - January / February/March | peppers - February/ March | tomatoes - March/April | abergines - March/ April | broccoli + cauliflower - May/June | zucchini - April/May/June | kale - July/August | spinach - May/ June/July | pumpkin - July/August | onions - August/ September.

## How to start with seeding?

If you want to sow your own seeds, you have several options. One popular method is sowing seeds in egg cartons. It's perfect for storing odds and ends in the closet. And it's perfect for gardening. There are a lot of good reasons to grow your garden this way. You can get starter cups for free when you buy eggs.

# Finca Alkimia Tips

By George Poedtke

Our stories deal with nature,  
gardening, own healthy food  
- and tips how to get it.

## TIP ONE

### The right planting time

Plus, egg cartons are biodegradable, so you can plant your egg carton seedlings right in the ground when the time comes. Poke holes in the bottoms of the egg cups so water can drain away faster. Water the seedlings every day to keep them moist and place them in a warm, sunny area (without too much heat).

#### Doing it relaxed - and with attention

Even when things go differently than planned, we cultivate our finca in a relaxed attitude. We take nature as it is - that means adapting to weather conditions and observing daily who needs what, e.g. more space, water, nutrients.

Of course it is right to respect the seasonality to achieve suitable results, but it is also a pleasure to experiment from time to time. For example, we have such a warm autumn, so we try to sow tomatoes again. Is unusual, but we want to see what comes out and if we can make the most of it. As I said, everything is a process. If your garden is thriving naturally, you'll be fine.

# Food Gardening

Experience how easy and cheap cultivating can be  
From Seed to Your Table

## ReCultivación Práctico

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