

Gardening Articles for week ending 10th January 2015

Written by Wally Richards.

A NEW CALENDAR YEAR

Welcome back to another year of gardening.

It is not the beginning of a new gardening year in fact we are now just over halfway through the current gardening year.

The gardening year ended at the winter solstice 21st June 2014 with the new gardening year started on 22nd June 2014 (the day after the shortest day)

Sunlight is one of the most important aspects of plant growth, the more day light hours the more growth.

The more hours of direct sunlight the better the growth. Cloud, and haze reduces the amount of direct sunlight that our plants receive and slows their growth. Too shaded from direct sunlight causes plants to stretch towards the light source which can lead to weakness and diseases.

Our spring and beginning of summer was a disaster weather wise, too little direct sunlight and a wide range of temperature variations.

It is the first time ever that it took me three attempts to establish cucumbers in a glasshouse.

Many gardeners complained of seeds not germinating and very poor growth from heat loving plants.

Take corn for instance it needs about 960 hours of direct sunlight which equates to about 8 hours a day for 120 days. It also needs higher temperatures with an average daily temperature of 23 degrees or higher.

Looking at the maize crops planted in the Manawatu many have only grown between half a metre to a metre at this time. (1st January) when they should have been up to 1.6 to 1.8metres tall.

The reason is two fold, during spring the temperatures were too low with cold winds and murky, cloudy skies.

The weather controllers did a poor job for crops and gardening.

The previous season my sweetcorn suffered the same only growing about a metre tall before maturing making for a poor harvest.

This year I did not even think about planting corn till just after Christmas day so that the crop should do very well with a late harvest.

Strawberries have not fared as well as they should have but now the weather has settled and temperatures are higher they are responding and producing better.

You may not be aware that on December 20, 2013, the 68th UN General Assembly recognized December 5th, 2014 as World Soil Day and 2015 as the International Year of Soils. The official recognition of these events will emphasize the importance of soils beyond the soil science community.

This is a very important because the arable soils of the planet are quickly disappearing as a result of the stupid science of chemical fertilisers, chemical recovery sprays and herbicides especially glyphosate. (Roundup etc)

These methods referred to as 'conventional' have killed the soil food web and turned fertile soils into inert material that is prone to erosion through water and dust when dry and the wind blows.

This inert 'soil' will only produce crops or grass when feed massive amounts of fertilisers a bit like hydroponics without water. The produce and grass grown in this manner lack nutritional value and provide little or no health benefits to the animals and humans that feed on them.

I received a snippet from the Internet which I would like to share with you; I do not know how accurate it is but I think its close to the truth.

Entitled 'The Risk of Being Diagnosed with Cancer'

in 1900 it was 1 in 30 by 1980 it was up to 1 in 5. In 1990 you had 1 in 4 chances and five years later in 1995 chances up to 1 in 3.

In 2000 they say the chances are 1 in 2 or in other words a 50% chance of being diagnosed with cancer in your life time.

It was then stated 'We are doing something fundamentally wrong! Lets start with your plate'

I would add to that your food garden and your soil.

(Latest news is 'Cancer is just bad luck'; rubbish! If that was the case then bad luck has increased over the years. Ridiculous; a supposed scientific analysis such as this just keeps the money takers getting your dollars by keeping you in the dark and hiding the real causes.)

Let food be thy Medicine and Medicine be thy Food.

Just by the way, I have been asked to pose for a calendar (in my garden, I am not a Fireman!) and the inscription for that month is the quote, Let Food be try Medicine.

If you treat your soil right by using natural things such as; garden lime, animal manures especially chicken manure, sheep pellets, gypsum, Rok Solid, compost (not made from green waste) dolomite, BioPhos, OrganiBor, Fruit and Flower Power, Neem Granules, Mycorrcin, MBL etc you will build up the humus in the soil along with the soil life and the earth worm populations and the crops you grow will be brimming with healthy nutritional value.

Supplements such as Wheat Grass Juice, Virgin Coconut Oil, MSM, turmeric, cayenne pepper

sprinkled on your food or placed into gelatine capsules are all natural, and greatly beneficial to your well being.

I have recently turned 69 and I don't think I have ever been as healthy (since I was very much younger) as I am now. (I am totally medication free, sorry pharmaceutical companies)

I have talked to other gardeners of a similar age and many much older who have made a conscious effort to protect their well being; they grow whatever they are able to grow in the natural way and their health benefits from their efforts.

What has changed since 1900 when you had a 1 in 30 chance of getting the Big C?

Lots of things have changed, a number of which do not make for good health but in my view number one is the loss over the years of real nutritional food, in fact if we are to believe scientists who report a whopping great big 80% loss. Realise that the food you buy in the supermarket has only about 20% of goodness that your body needs to be healthy. Plus it will contain a whole range of chemicals that you do not need. If processed overseas there is a good chance it will possibly contain GMO's.

When we add to the conventional food chain all the hundreds (I am not joking) of different chemicals used in growing and processing food we have food that is certainly not improving health statics but making some companies a lot of money.

It's a New Year and a great time to take more attention to your health, the health of your children and your grand children. Get some real goodness into your body and beat the system that appears to be wanting you sick and dead before your natural time.

Your life, your dollar, your health, your garden.

I do not want anyone to say they cannot grow a bit of good food as I can easily show you how, even if you live in a 40 storey apartment with only a small balcony.

Watch this weekly column and I will over the next few weeks give you the benefit of 69 years of growing healthy stuff.