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INFO SHEET: SQUARE FOOT GARDENING METHOD FOR OASIS PROGRAM PARTICIPANTS

This Info Sheet introduces the Square Foot Gardening (SFG) method and the SFG Foundation, and it describes how the SFG method is applicable to individuals participating in the Oasis Jumpstart Program.

The Square Foot Gardening (SFG) Method

The Square Foot Gardening (SFG) method saves gardeners time, effort, tools, space and water. By utilizing small parcels of land with simple soil management techniques, both land and water requirements are minimized. These techniques also require less time and effort than traditional farming methods, in part due to enhanced weed management and simple crop rotation practices. When compared to single row gardening, the SFG method is estimated to cost 50% less, use 20% of the space, 10% of the water, 5% of the seeds, and 2% of the work. Additional benefits are: virtually no weeds, no digging or rototilling, and no heavy tools are necessary.

The Square Foot Gardening Foundation

Mel Bartholomew founded the Square Foot Gardening Foundation, a 501(c)3 nonprofit, in 1996 to pursue the mission of solving world hunger by teaching people around the globe how to grow nutritious produce with limited resources, expertise, time, and effort.

The SFG Method for Oasis Participants

Getting access to fresh, nutritious food can be a serious challenge in certain communities in the United States. The SFG method empowers you with the knowledge you need to grow fresh, organic, nutritious food right outside your door. Gardening in your yard, on your roof, or perhaps at your local community center can serve as an excellent, low-cost, easily accessible source of fresh produce. Consuming whole, plant-based foods is one of the best ways to improve your health so growing your own food only further empowers you to be in control of your health. We highly recommend you take advantage of the Square Foot Gardening workshop that is offered after the initial Jumpstart for yourself, your family, and your community.



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