

HEALTHY RAISED BED GARDENS

healthy soil is the foundation to a healthy garden



Use Dr Earth Natural & Organic Fertilizers that are OMRI certified & Non-GMO, or a similar high quality organic fertilizer for the best results in your raised bed garden.

Healthy soil is key to a successful garden. Be sure to invest in high quality organic planting media, such as Dr. Earth premium natural & organic soils.

HEALTHY RAISED BED FERTILIZER & SOIL RATIOS

RAISED BED DIMENSIONS			NUMBER OF 1.5 CUBIC FT . SOIL BAGS NEEDED	PRE-PLANT FERTILIZER BLENDED INTO SOIL	IN-SEASON FERTILIZATION EVERY 2 MONTHS
LENGTH	WIDTH	HEIGHT			
6" TALL RAISED BED					
3	4	6	4	1.2 cups	Apply 0.5 cup per 5 sq feet. Spread evenly over the soil around the plants and cultivate into the top 1/2 inch of soil
3	6	6	6	1.8 cups	
3	8	6	8	2.4 cups	
4	4	6	6	1.6 cups	
4	6	6	8	2.4 cups	
4	8	6	11	3.2 cups	
12" TALL RAISED BED					
3	4	12	8	1.2 cups	Apply 0.5 cup per 5 sq feet. Spread evenly over the soil around the plants and cultivate into the top 1/2 inch of soil
3	6	12	12	1.8 cups	
3	8	12	16	2.4 cups	
4	4	12	11	1.6 cups	
4	6	12	16	2.4 cups	
4	8	12	22	3.2 cups	



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DR. EARTH'S 100 ORGANIC
PLANT FIELD GUIDE

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GARDENING GUIDE



Raised garden beds are ideal for growing a large variety of vegetables & herbs in a small area.

Raised Beds make gardening easier:

- To control weeds, insects & diseases.
- They are your controlled environment to grow organically.
- Allow you to plant earlier in the spring and extend the growing season into the fall.
- To protect your plants with row cover, mulch or temporary covers to name a few.



Supplement your diet growing your favorite veggies & herbs knowing that they are free of toxic pesticides and herbicides. The Dr. Earth Field Guide lists 101 organic herbs and vegetables you can grow in your raised bed. It also features the health benefits of each the plants. An excerpt from the field guide: *"Brewed Tea from chamomile flowers is calming. Some say chamomile helps reduce nervousness, minor insomnia and aids digestion and upset stomachs."*

Use the field guide to select plants that will help to remedy that which ails you.

Raised garden beds typically produce up to twice as many vegetables as in-ground gardens per sq. ft.

FREE GIFT!

100 Organic Plants You Can Grow & Eat For Health and Well-Being

Helping you to understand the nutritional quality and health benefits of the top 100 most common fruits, vegetables and herbs with tips on how to grow and care for your organic plants. Included with many of our plants are recipes for healthy eating.

- ♥ **Health Power**
- ↑ **Vitamin & Mineral Content**
- + **Disease Prevention**
- 🌱 **How to Grow**
- 🚫 **Insect Control**
- ✓ **Tips**

Each page takes you through a plants benefits, care and tips for growing and includes a recipe to try out. Just click on the link on the lower left of this page to access this invaluable information for free or go to <https://drearth.com/magazines/gardening-guides/>.



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