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## LESSON #3

**Purpose:** To emphasize the principle that meaningful scripture study must be a regular part of our lives; to give ideas for obtaining containers for food storage; and to teach the basics of gardening as part of provident living.

### Teacher Preparation:

- (1) Prepare copies of handouts for each student:
    - Henry B. Eyring, "A Discussion on Scripture Study," *Ensign*, July 2005, p. 22.
    - Marion G. Romney: "Welfare and the latter days," C.R., April 5, 1975, p. 165
    - "The Time To Labor Is Now" by Spencer W. Kimball, *Ensign*, November, 1975, p. 4.
    - "Cost Comparisons" by Kathie Shepherd
    - "Home Gardening," Lesson 16, "Duties and Blessings of the Priesthood," Part B, *Home and Family Relations*, p. 139
    - Basic gardening instructions, from [www.providentliving.org](http://www.providentliving.org)
    - Planting guide for Tooele County/fertilizing guide
  - (2) Prepare a word strip of the statement, "Intelligence is a function of progressive repentance."
  - (3) If desired, obtain a missionary edition of the Book of Mormon and a set of gel pens of various colors.
  - (4) In the alternative, prepare to demonstrate to the class the system of scripture study that you have found effective in your own life.
  - (5) If desired, obtain a copy of Gene R. Cook's *Searching the Scriptures* or a similar book or publication to show to the class.
  - (6) Obtain a mylar storage bag, a #10 can/lid, a plastic bucket, and a plastic bin.
  - (7) Obtain one or two gardening books for demonstration.
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## **Suggestions for Lesson:**

### **Introduction:**

Explain that intelligence has been defined as being is a function of progressive repentance. As we strive continuously to repent of shortcomings and solve problems in our lives, asking God in our prayers for His grace to help us in our efforts, we will be strengthened in our abilities and guided to those aspects of the commandments where we may need to expend greater time and effort.

Most often that guidance comes through promptings received as a direct result of scripture study, accompanied by humble prayer. This lesson discusses helps for making effective scripture study a part of our lives.

### **Spiritual:**

Explain that daily scripture study is the method by which we fill our person wells, building the resources from which we draw as needed, and by which we measure our performance and receiving promptings as to the need for repentance.

Read 2 Nep. 32:3-5.

Point out the dual promise: that Christ's words will *tell us* all things that we should do, and the Holy Ghost will *show us* all things that we should do. We have two verbs concerning all the things that we should do.

How do these two verses correlate with each other? (Possible answers might include the explanation that the Holy Ghost will call to our minds the words of Christ that we will need during different circumstances in our lives, *if* we have paid the price of immersing ourselves in the scriptures.)

Ask the class members to relate their experiences with scripture study.

After receiving the comments of class members, explain that many members of the Church express frustration with their attempts to study the scriptures, as they do not understand the words they're reading and/or they have trouble retaining the passages in memory for more than a few minutes.

Explain that there are many helps available to Church members to aid them in scripture study.

- The stake holds Institute classes every Thursday evening for the purpose of studying the Standard Works in depth.

- The present edition of the Standard Works contain a Topical Guide, a Bible Dictionary, extensive footnotes for cross referencing, maps and a gazetteer, a concordance for the three books of LDS scripture, and headnotes and introductory pages.

Relate the following experience:

One sister was striving to be obedient to the counsel to read the Book of Mormon daily, but was feeling that her study was ineffective and not really giving her any benefit. She decided to make this problem a subject of prayer, and asked the Lord fervently what she could do to make her scripture study more meaningful. She received an immediate reminder of a principle of music pedagogy—that color on a page keeps the student’s eyes focused on the page, so that he can concentrate better and learn the music more readily.

With this principle in mind, she purchased a package of gel pens, of several different colors, and an inexpensive, missionary edition of the Book of Mormon. To keep her eyes focused on the page, she lined through every word with a transparent yellow gel marker that would not bleed through the paper. Additionally, to keep her *mind* focused on the words, after reading a couple of verses, she returned to the top of the passage and underlined the words with different colors, using a color coding system that seemed appropriate to her.

With this dual reading of every verse, and being forced by the color coding to categorize the purpose of each phrase, sentence, or verse, she soon was rewarded by the realization that she was retaining the meaning, and because of her obedience to the counsel, she felt the Lord blessed her with insights into how the scriptures applied in her own life.

Emphasize that the type of system a person uses is not what is important; this is only a demonstration of what may come when you pray about how to make scripture study more meaningful for *you*.

Alternatively, the teacher may wish to show his own scriptures and explain to the class the methods of scripture study that have been effective to him personally.

Explain that there are many articles in the *Ensign* and books published by Church members which provide ideas for making scripture reading rewarding and strengthening our knowledge and understanding.

The teacher may wish to show Gene R. Cook’s *Searching the Scriptures* or another similar book as an example of a helpful publication to teach one *how* to study the scriptures.

[The July 2005 *Ensign* was devoted to scripture study; for future lessons pass out Elder Eyring’s talk and perhaps a couple of others from that issue.]

**Review:** Highlight the shopping method in “Your Shopping Budget.” Benefits: no stress over “what can I fix for dinner tonight”; all ingredients have been purchased and

are on hand; because of family activities causing an occasional meal to be missed at home, gradually a store of the foods you normally eat will be built up, creating a reserve.

Ask the group how they are coming on tracking their expenditures. Remind them that this needs to be very detailed (every dime) and accurate, for the purpose of seeing where the money is presently going, determining what expenditures are necessary and maybe which ones could be cut back or eliminated, hoping to find areas to free up present money for the purposes of debt elimination and building a reserve.

Review “use it up, wear it out, make it do, or do without.” What thoughts have you had concerning this during the past week? The purpose of the placard is to help us think twice in the way we handle our belongings, left-overs, used clothing, etc.—a constant reminder to keep provident living in mind.

### **Food Storage:**

Containers in which to store food may be equally as expensive as the food itself. Pass out and read highlights from the “Cost comparison” sheet about containers-- using larger containers for items that don’t really need to be canned for storage, just protected from moisture and insects. Point out that many containers can be adapted to food storage, such as canning jars, empty #10 cans for sugar, large plastic containers, Shasta syrup jugs in boxes, Coke or Pepsi 55-gallon drums, 5-gallon containers from restaurants, bakeries, and cafeterias.

Containers cost about as much as the food you want to store, so keep your eyes open for lower-cost alternatives. Caution: plastic containers must be food-grade--don’t use laundry soap containers because of the possibility of chemicals leaching into your food (although they do make good 72-hour-kit containers). Any container that previously stored a food ingredient for commercial use is acceptable for food-storage purposes, although you probably want to be careful with pickle buckets. If you can still smell the previous occupant, the smell will permeate any food you keep in that bucket!

**Men’s Role:** It’s my experience that most families do not get serious about food storage until both husband and wife are in agreement about its necessity. Read 1 Tim. 5:8 - providing for our own is a gospel requirement/commandment. The sheer lifting of heavy commodities requires men’s muscles. The building of suitable storage spaces (shelves, pallets) is what we generally consider men’s work. Earning the income that pays for commodities is the brethren’s responsibility.

Canning is hard work, especially if you’re new to it and having to constantly refer to cookbooks or guides during the process. If a husband and wife learn to do it together, it won’t be such a chore, both will grow in knowledge and sharing together, he’ll appreciate more the work she performs, she’ll appreciate his willingness to work *with* her. Above all, he needs to be appreciative of the end products—eat everything placed before him, encourage her, encourage the children to be grateful for these efforts.

**Gardening:** Marion G. Romney: “We will see the day when we will live on what we produce.” C.R., April 5, 1975, p. 165.

Hand out Spencer W. Kimball, “The Time To Labor Is Now” (*Ensign*, November 1975, p. 4): “Urge you to grow gardens” - Gardens are a lot of hard work, at least initially requiring men’s muscles, but should become a family affair in the maintenance thereof.

There are many resources available for learning how to garden, and one of the major benefits is its value in teaching children how to work, and where food comes from. Few endeavors are as rewarding--feeling back-breaking labor but seeing the results so soon is wonderful positive feedback. And eating your first tomato of the season out of your own garden provides the best-tasting produce of the year!

As examples of resources, hand out and review (if time) *Home and Family Relations*, Lesson 16, “Gardens.” Hand out the “gardening basics” from [www.providentliving.org](http://www.providentliving.org). These have minimal information, but are enough to get you started. The best resource is to find someone more experienced and pick his brain. [Show the “Master Gardener manual,” only available to those who sign up for the two-year course.] It’s the ultimate guide for Utah gardeners, and not available for sale, but the Extension Service has much information available online, and you’ll find that most gardeners are very happy to share their hobby (especially if you pull a few weeds with them as you’re talking). This is a good time to point out that none of us is so self-sufficient that we can’t learn from our neighbors: we all have different interests, strengths, hobbies, and knowledge--together we make a complete community. Don’t be too proud to ask questions, and if you’re the one being asked the questions, take the time to pass on your knowledge--consider it part of your legacy to the world.

**Assignment:** (1) Remember to continue your expenditure tracking--the day of reckoning is coming!

(2) Find some area (even if just a large pot) in which to garden and begin growing a tomato plant this week. All gardens are late this year because of our wet weather, so it’s not too late to get started if you haven’t started.

(3) Read all handouts.

(4) Make it a goal as a couple to implement daily individual and couple scripture reading, and discuss how to involve your children in family scripture reading on a regular basis.

## **A Discussion on Scripture Study**

Elder Henry B. Eyring of the Quorum of the Twelve Apostles shares thoughts and insights about the importance of scripture study in individual spiritual growth.

*Ensign*, July 2005, 22

This interview was conducted by LaRene Porter Gaunt, Church Magazines.

### **How has scripture study benefited you personally?**

*Elder Eyring:* Throughout my life, the scriptures have been a way for God to reveal things to me that are personal and helpful. When I was a little boy, I was given a small Bible. If I remember correctly, it was only the New Testament. For some reason, I was drawn to 1 Corinthians 13, which is about charity. Somehow, even in my childhood, I knew that for me that chapter was about the family I would have someday. Years later, before I was married, I received a patriarchal blessing. In that blessing, the patriarch described the feeling that would be in the home I would someday have. He described exactly what I had felt years before when I read 1 Corinthians 13.

The scriptures were one of the ways God spoke to me—even when I was a child—about my needs, my situation, and my life. They still are. Since our needs change over a lifetime, God has different things to tell us at different times.

Sometimes I go to the scriptures for doctrine. Sometimes I go to the scriptures for instruction. I go with a question, and the question usually is “What would God have me do?” or “What would He have me feel?” Invariably I find new ideas, thoughts I have never had before, and I receive inspiration and instruction and answers to my questions.

### **Why should we read the Book of Mormon on an ongoing basis?**

*Elder Eyring:* The Book of Mormon is another testament of Jesus Christ, and we learn about Him in its pages. We know that it has great power. It has the power to change lives. It has the power to convert. If you read it with an open heart, you will know that it is the word of God and that it is true.

Through the Book of Mormon the Lord can also teach us about being with and serving people. This book reveals the will of the Lord for family life in a way that the other scriptures don't even approach. I believe that is largely because of its interesting structure. It's about families; it's about people's relationships. It starts with families, it ends with families, and we come to love these families.

Another reason to study it regularly, for me at least, is that I can pick up the Book of Mormon, open to any page, read, and the Holy Ghost bears personal witness to me that it is the word of God. I know the Lord is speaking. I know the Book of Mormon is what it claims to be.

## **What have you done to make your own scripture study meaningful?**

*Elder Eyring:* When I came into the Quorum of the Twelve Apostles, Elder Richard G. Scott suggested I buy an inexpensive set of scriptures and mark the insights and revelations I would gain in my new calling. So I did. But I went a little further.

I asked Heavenly Father what He would have me do as an Apostle. I wrote down what I felt His answers were. I typed, color coded, and pasted those answers in the front of my scriptures. For example, the first one was “I am to be a witness that Christ is the Son of God.” Then I read my scriptures looking for ideas that taught me how to witness that Christ is the Son of God. Every time I came to something, I marked it in blue. Soon I developed my own topical guide around what I thought the Lord wanted me to do. I have learned much through this process.

Going to the scriptures to learn what to do makes all the difference. The Lord can teach us. When we come to a crisis in our life, such as losing a child or spouse, we should go looking in the scriptures for specific help. We will find answers in the scriptures. The Lord seemed to anticipate all of our problems and all of our needs, and He put help in the scriptures for us—if only we seek it.

## **How can Latter-day Saints make scripture study a priority?**

*Elder Eyring:* The only way you can be sure that a busy schedule doesn’t crowd out scripture study is to establish a regular time to study the scriptures. I have found that the beginning of the day and the end of the day are mine. Those are times I can usually control. So my pattern since I was a boy has been to read my scriptures at the beginning and end of the day. I read the Book of Mormon many times before I was 18 because of that pattern.

When I am in situations where I break out of the pattern, it’s hard on me. Once you get used to regular scripture study, you miss it if you don’t have it. It’s like food—you have to have it. I know that I need the scriptures like I need food. I don’t miss a regular meal, and I don’t miss regular scripture study.

## **What role do fasting and prayer play in scripture study?**

*Elder Eyring:* We need to approach a fast by asking to be taught; we should be humble and eager like a child. That’s how we fast if we do it right. If we just miss meals, it’s not the same.

Likewise, we need to go to the scriptures humbly and eagerly, as we do when we fast. When I go to the scriptures asking to be taught, then adding fasting helps tremendously.

For instance, just before general conference, I fast to find out what the Lord wants me to speak about. I can’t prepare a conference talk until I know what He wants. Fasting helps me focus on the one thing the Lord needs me to know. That same focus carries over as I read the scriptures. Fasting and prayer work together with scripture study, making it easier for the Lord to teach us.

## **How can parents help their children love the scriptures?**

*Elder Eyring:* All of us have had various experiences and success with family scripture study, particularly as our children become teenagers. When they're little, gathering them around and reading the scriptures together is easier. As they get a little older, it can sometimes be harder to do. I know many families are very successful in getting their family up at some very early hour and they read the scriptures and then they read at night. But there are many patterns.

For me at least, and I think my six children would agree, scripture study works well only if your children know you love the scriptures and they also know as individuals that you love them. Then whatever pattern you have will work. If scripture study is forced for either them or you, if your children feel pushed, or if you don't really love the scriptures yourself, then scripture study doesn't have as much power.

It's important to read the scriptures together in a way that lets your children know you include them because you love them. However, reading together may break down during the teenage years. Teens may say, "I'd rather read on my own." My encouragement to families in that situation is to see that as victory, not defeat. Your child may be saying, "I'm getting something when I'm alone that I don't get when we're all here together." Take that as a wonderful sign that scripture study is beginning to take hold in your teen's heart. The main purpose is to fall in love with the scriptures and feast upon them, whether we are alone or together.

You have to be realistic. Let teens know you love them. Make sure they know you love the scriptures. However, if they want to go to their rooms and read, let them. They'll find their own pattern and fall in love with the scriptures.

I'm blessed with a wife who absolutely loves the scriptures. If I ask her, "What would you like to do?" she says, "Oh, read me the scriptures." I think our children have sensed that it wasn't a duty for us to read the scriptures—it was a pleasure.

## **How can seminary help young people learn to love the scriptures?**

*Elder Eyring:* I served as Commissioner of Church Education for a number of years, so I've had a chance to see that there are three powerful things seminary can do. First, it puts young people together who share the same values. Youth like to be with others who share their faith and who love the scriptures. Second, it puts youth together with a teacher who has a testimony, and they can feel the fire of it when it is borne. Third, seminary gets young people into the scriptures.

Seminary teachers have tried all sorts of methods—scripture chases, assignments, and scripture mastery. Success varies from student to student, but when seminary works, you find a teacher who has a testimony and who loves the young people.

## **Why is it important for us as teachers in our wards and branches to teach using the approved curriculum?**

*Elder Eyring:* Church curriculum is scripture based, so a teacher who follows the curriculum will be taking the students to the scriptures. The greatest teachers I have known introduce a scripture during class discussion that speaks to the need or the interest of the student who has just spoken. There is tremendous power in doing that. The moment a young person actually sees a teacher using the scriptures to clarify and to help in a very personal way—oh my, that is a great moment.

I taught with a wonderful professor at Ricks College (now Brigham Young University—Idaho). I would turn to him and say, “How do you know where those scriptures are?” I wanted to be like him in the sense of having scriptures at my fingertips. I could do that with a few scriptures, but he could do it with many. It is a great blessing for a teacher to have the Lord draw out of his or her memory the very scripture that will help a student.

Remember that a short scripture can be more powerful than a lengthy one. It can respond directly to the question or interest of someone in the room. That’s powerful because it teaches students by example. It says, “Someday when you have a problem, the answer will be in the scriptures.”

## **What is the role of the Holy Ghost in scripture study?**

*Elder Eyring:* The Holy Ghost confirms to us the word of God when we read it. That confirmation, repeated often, strengthens our faith. And it is by faith that we overcome obstacles and resist temptation.

I’ve taught deacons. I’ve been an assistant Scoutmaster. I found that if the boys began to get restless, I would, just for a moment, read a scripture or two. There is a peaceful effect in a classroom when you read the word of God. The words of the scriptures themselves bring the Holy Ghost. And you can feel the difference. So I would say to a teacher, if you’re having a little trouble with unruliness in the classroom, find a way to read a scripture or to have one of the students read a scripture. It has a calming effect because it invites the Spirit.

## **What can we look forward to as we consistently study the scriptures?**

*Elder Eyring:* In time, if you truly begin to feast upon the scriptures, you will find that they become a part of you. I remember that with Elder Bruce R. McConkie (1915–85) of the Quorum of the Twelve Apostles, who was as familiar with the scriptures as anyone I know. I would sometimes listen to him and say to myself, “Now is he quoting the scriptures, or are those his own words?”

President Gordon B. Hinckley is the same way. His ordinary speech is scriptural prose, and even in his pleasant, easy moments, that prose is a part of him. I think he has a great literary gift, in part because of his knowledge of the scriptures. I was with him just the other day when he very

casually pulled a scripture into the conversation and it fit perfectly. Obviously the scriptures are in him; they're part of him.

We all can have the dream of someday having the word of God be so much a part of us that the Lord can draw upon it and we can learn to think as He does. And in the process we can come unto Him.

*Gospel topics:* Holy Ghost, fasting, prayer, scripture study, teaching  
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**President Marion G. Romney**  
Second Counselor in the First Presidency

WELFARE SERVICES SESSION  
Saturday, April 5, 1975

(C.R., Page 165)

**“Welfare and the latter days**

“I do not want to be a calamity howler. I don’t know in detail what’s going to happen in the future. I know what the prophets have predicted. But I tell you that the welfare program, organized to enable us to take care of our own needs, has not yet performed the function that it was set up to perform. We will see the day when we will live on what we produce. [Emphasis added.]

“We’re living in the latter days. We’re living in the days the prophets have told about from the time of Enoch to the present day. We are living in the era just preceding the second advent of the Lord Jesus Christ. We are told to so prepare and live that we can be, as was referred to or intimated by one of the speakers here today, independent of every other creature beneath the celestial kingdom. That is what we are to do.

“This welfare program was set up under inspiration in the days of President Grant. It was thoroughly analyzed and taught by his great counselor, J. Reuben Clark, Jr. It is in basic principle the same as the United Order. When we get so we can live it, we will be ready for the United Order. You brethren know that we will have to have a people ready for that order in order to receive the Savior when he comes.

“I know from my own experience and the witnesses by the thousands that I have received of the Spirit that this is the Lord’s work. It is to prepare us. If you’ll think of the most sacred place you have ever been, you’ll remember that the final thing that we are to do is to be able and willing to consecrate all that we have to the building up of the kingdom of God, to care for our fellow men. When we do this we’ll be ready for the coming of the Messiah.

“The Lord bless you, brothers and sisters, that you may listen and that you may implement the things that have been taught us here this morning, and live under the guidance of the Spirit day by day. That is possible when we get the connection made between us and the Spirit, and then walk under its guidance. I bless you that we may do so, in the name of Jesus Christ, our Redeemer. Amen.”

## **The Time to Labor Is Now**

President Spencer W. Kimball

*Ensign*, Nov. 1975, 4

We welcome you to this general conference, whether in the building or on the air. We convey to you our best wishes and our affection.

Today we announce to you the appointment of four new General Authorities to assist in the carrying forth of the work of the Lord, especially in the missionary area. Elder Gene R. Cook of Bountiful, Utah, formerly executive secretary of the First Council of the Seventy will become a member of the First Council of the Seventy. The First Quorum of the Seventy will be gradually organized, eventually with seventy members, the presidency of which will be made up of the seven members. Three Brethren this day will be added to the First Quorum of the Seventy. They are Charles A. Didier, a native of Belgium, now of Frankfurt, Germany, a seventy; William Rawsel Bradford of San Antonio, Texas, now president of the Chile Santiago Mission, a seventy; Elder George Patrick Lee of Towaoc, Colorado, and Shiprock, New Mexico, a seventy, now serving as president of the Arizona Holbrook Mission. These four men will assume and carry out the responsibilities of General Authorities. These four General Authorities will be presented with the other General Authorities for your vote a little later in the conference.

In February and March of this year, we held area conferences in Sao Paulo, Brazil, and Buenos Aires, Argentina. Then in August we held conferences in Taiwan, Hong Kong, the Philippine Islands, Korea, and Japan. The 114,000 estimated people in the five years of these area conferences could not possibly have come to Salt Lake to general conference, so we are taking the conferences to them.

We announced to the people of South America that a temple would be built in Sao Paulo for the people of those countries. And then when we were in Asia we announced also the building of a temple in Tokyo for the people of the Orient. We feel that this is a mark of progress. When these two temples are built and dedicated, it will greatly reduce the distance and time and cost for the people in those two general areas to go to the temple for their sacred ordinances.

People came to these conferences from long distances, by automobile, bus, train, airplane, and by boat. Many sacrifices were made that they might enjoy the conference. One sister wrote, from whom we quote:

“The last session is so special. President Kimball said goodbye to the people. He waved his hand, and the congregation sang ‘Till We Meet Again.’ My companion and I were hugging each other in tears.

“I’m so blessed to be a member of the Church.”

Another sister wrote:

“It’s all over now! What? The area conference! I wish they could stay longer here,” she said. “Believe it or not it has been raining cats and dogs, but the sun shone brightly just before the

prophet's plane landed at the airport. There was a typhoon forecast, but it didn't come until after the Brethren had left the country. I walked with Sister Kimball. I told her I could hardly believe I was walking with her. Know what she said? Well, she told me she is no different than I am. That she washed clothes, washed the dishes, and cooks food, plants vegetables, and does all the same things that I do."

"The area conference was truly wonderful," a third letter said, "a wonderful experience to all the Filipino Mormons here. I cried when the President first entered the hall and the congregation started to sing 'We Thank Thee, O God, for a Prophet.'

"We live not far from Manila. We just planned traveling home every night after the conference. Well, last Monday the conference ended at almost 10:00 P.M. We were really flying to reach home before the curfew bell at 12:00. We were still having our journey when our back tire got flat, so we had to stop. Lucky we stopped, because a Filipino constabulary told us that we're not supposed to travel any more tonight. So we stayed in the gasoline station until 4:00 A.M. till the curfew was off. We went back to Manila again the following day for the balance of the conference."

To see 1,200 young people all in costume, singing the song "Carry On," made us wonder if they weren't the ones who composed it, they sang it so well.

As we were honored to visit the political leaders of those countries, we explained to them that our missionaries not only brought into their country American dollars but became ambassadors for the country where they served. They develop a great loyalty and love for the country, and they teach the new members to be loyal and upright and full of integrity. We have about 62,000 members in the Orient.

In this and other sessions of the conference, the General Authorities will be speaking on many subjects, so I will confine my address to a few points to which I wish to call your attention.

In previous times we have urged you to plant gardens and trees. We congratulate you on the number of gardens this year. Everywhere we drive, from city to city, we see gardens that were not there before. Rows of corn, red tomato plants, carrots, onions, radishes, squash, and other plants. We congratulate you! We see ward gardens and community gardens and neighborhood gardens. We are sure that you have reduced, to some extent, the high cost of living by having these fresh vegetables from your own gardens.

We had a message from one Japanese brother who said, "Now I have planted a garden here in Japan, and my potatoes are doing well."

The Lord said, as he planted a garden in Eden,  
"... all things which I prepared for the use of man; and man saw that it was good for food."  
(Moses 3:8-9.)

“And I, the Lord God, took the man, and put him into the Garden of Eden, to dress it, and to keep it.” (Moses 3:15.)

In our own dispensation the Lord spoke:

“The fulness of the earth is yours, the beasts of the field and the fowls of the air, ...

“Yea, and the herb, and the good things which come of the earth, whether for food or for raiment, or for houses, or for barns, or for orchards, or for gardens, or for vineyards;

“Yea, all things which come of the earth ... are made for the benefit and the use of man, both to please the eye and to gladden the heart;

“Yea, for food and for raiment, for taste and for smell.” D&C 59:16–19.)

A letter from a little girl said, “I am helping my daddy plant a garden, and my little brother is cleaning the yard.”

The Bicentennial project of the *Deseret News* and the Utah State Institute of Fine Arts, also encouraged by our Utah governor, Calvin L. Rampton, was to plant a million trees for a million people. We hope you will give this serious thought. The trees can beautify and bless, and the fruit trees can help in your living requirements.

A letter came from a rural area addressed to me. It said, “Following your advice, we appraised our lot and became ashamed of it. It was a pioneer rural home with the usual barn, chicken house, and sheds. The outside fence was broken.

“We tore down the old barn; we straightened up and painted the fence; we whitewashed the other outside buildings; and we dug up the barn area and planted a garden, and what a delightful one it was! Thank you.”

When an administrator in Africa rode out to inspect land that had been devastated in a storm, he came to a place where giant cedars had been uprooted and destroyed. He said to his official in charge, “You will have to plant some cedars here.” The official replied, “It takes 2,000 years to grow cedars of the size these were. They don’t even bear cones until they’re 50 years old.”

“Then,” said the administrator, “we must plant them at once.” And this is the admonition to you.

“Let everyone sweep in front of his own door,” said Goethe, “and the whole world will be clean.”

We mention another matter of importance. We note that in our Christian world in many places we still have business establishments open for business on the sacred Sabbath. We are sure the cure of this lies in ourselves, the buying public. Certainly the stores and business houses would not remain open if we, the people, failed to purchase from them. Will you all please reconsider

this matter. Take it to your home evenings and discuss it with your children. It would be wonderful if every family determined that henceforth no Sabbath purchase would be made.

The Lord Jesus Christ said with, I think, some sadness, “Why call ye me, Lord, Lord, and do not the things which I say?” (Luke 6:46.)

Then we have the scripture from Ezekiel: “They sit before thee as my people, and they hear thy words, but they will not do them.” (Ezek. 33:31.)

When we love the Lord, why do we still break his laws? We implore you, then, earnestly, to discontinue the purchase of things on the Sabbath day.

We are continuing in the missionary work also. This year we have an increase of thousands of missionaries, running up to near 21,000, who are out preaching the gospel—the largest group ever in the world.

Perhaps the most pleasing note is the new dimension wherein we have some thousands of local missionaries in South America, Europe, the Orient, the South Seas, and elsewhere. They please us mightily by their devotion and their efficiency. The local ones proselyte without language training, and they proselyte without visas generally, and they know their own culture. And we are using local leaders in communities throughout the world. We are finding them to be loyal, effective, and devoted leaders.

We continue to be concerned with the rising divorce rate. Every divorce means saddened lives, broken vows, neglected and deprived children, and broken homes. We decry divorce and feel that there are relatively few divorces which are justifiable. Great care should be taken in forming marriage alliances; then both parties should do their utmost to keep these marriages happy ones. This can be done.

Selfishness and other sins are responsible for most divorces. The apostle Paul knew the answer. He said for men to love their wives and wives to love their husbands. For two people to work out their marriage together, they need a carefully worked out budget, made by both husband and wife, and then careful adherence to the same. Many marriages are defeated in the marketplace when unscheduled purchases are made. Remember that marriage is a partnership and is not likely to be successful otherwise. There should be joint planning and joint disciplining of the family. Too many civil marriages are broken. We are grateful that the temple marriages are nearer in line.

Then we feel that the Lord must have stood in sadness again when he said, “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

“Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?

“And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.” (Matt. 7:21–23.)

Family stability is fairly well measured by the divorce rate in the community.

We are, for many other important reasons, urging our young people to consider their marriages seriously and to go into the holy temple for this sacred ordinance.

We decry abortions and ask our people to refrain from this serious transgression. We have stated the following regarding this sin:

“The Church [vigorously] opposes abortion and counsels its members not to submit to or perform an abortion. . . .

“Abortion must be considered one of the most revolting and sinful practices in this day, when we are witnessing the frightening evidence of permissiveness leading to sexual immorality.

“Members of the Church guilty of being parties to the sin of abortion must be subjected to the disciplinary action of the councils of the Church as circumstances warrant. The Lord stated in the 59th section, ‘Thou shalt not steal; neither commit adultery, nor kill, nor do anything like unto it.’ ” (*Ensign*, Mar. 1973, p. 64.)

A magazine writer recently penned this: “Morality in public life has plunged to the lowest level, the lowest level in history.”

As we witness the growing wave of violence and sex, we are dismayed by the efforts of so many to bring into our living rooms vivid portrayals of such conduct. But at the same time we are encouraged by the expressed desire of executives of television networks to reserve at least a portion of the early evening hours for entertainment when parents may watch with their children without embarrassment. It is a beginning which we earnestly hope will be enlarged. God bless their righteous efforts that our precious families may be protected from this evil.

It has been a satisfaction to us to assist somewhat in the placement of the Vietnamese people who came from their homeland to locate here. We personally met the first refugees, and as we saw them in their new surroundings in a foreign world, we remembered our own people of the schooner days and the handcart days as they came into this new land, bringing relatively little or nothing with them. We have several hundred Vietnamese brothers and sisters who are building a new life among us. Some are members; some are not. We have located them without the money that the government offered, but our compensation has been that mentioned by the Savior:

“Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.” (Matt. 25:40.)

We are grateful to the priesthood and Relief Society sisters and other workers who have assisted in finding food, clothing, and shelter for these good people.

One basic field of integrity is in the crossing of national boundaries without paying proper customs dues. Sometimes people rationalize. There are those who would hesitate to take from a neighbor or steal from a merchant but have so completely geared their thinking that it has come to be all right with them to avoid customs and fail to make proper report of purchases. We decry this and urge our people to be honest in every field and in all that they do. We decry any exception to this rule and hope that our people will be punctiliously honorable and honest in all these customs obligations and other dealings also.

We cannot close this general statement without reiterating our stand on morals. God is the same yesterday, today, and forever. He has never intended that we should change or update with our vision the moral issues which he established long ago. Sin is still sin and always will be. We stand for a life of cleanliness. From childhood through youth and to the grave, we proclaim the wickedness of sexual life of any kind before marriage, and we proclaim that every one in marriage should hold himself or herself to the covenants that were made.

In other words, as we have frequently said, there should be total chastity of men and women before marriage and total fidelity in marriage. The fact that so-called sex revolutionists would change the order and change the status is repugnant to us. We abhor, with all our power, pornography, permissiveness, and the so-called freedom of the sexes, and we fear that those who have supported, taught, and encouraged the permissiveness that brings about this immoral behavior will someday come to a sad reckoning with Him who has established the standards.

Again we repeat the stirring words of the Savior: “Why call ye me, Lord, Lord, and do not the things which I say?” (Luke 6:46.)

And then again he said, “Say nothing but repentance unto this generation.” (D&C 6:9.)

“And I will bring distress upon men,” he says, “that they shall walk like blind men, because they have sinned against the Lord: and their blood shall be poured out as dust. . . .

“Neither their silver nor their gold shall be able to deliver them in the day of the Lord’s wrath; but the whole land shall be devoured by the fire of his jealousy: for he shall make even a speedy riddance of all that dwell in the land.” (Zeph. 1:17–18.)

We continue to warn the people and plead with them, for we are watchmen upon the towers, and in our hands we have a trumpet which we must blow loudly and sound the alarm.

Isaiah said, “For the nation and kingdom that will not serve thee shall perish; yea, those nations shall be utterly wasted.” (Isa. 60:12.)

As we enter into these sessions of this conference, may we invoke the blessings of the Lord upon all the Brethren who will be speaking and upon all you who will be listening, that your hearts

may be touched and your testimony may ring in your hearts. Blessed is the nation whose God is the Lord. I invoke the blessings of heaven upon you in the name of Jesus Christ. Amen.

*Gospel topics:* abortion, family, loyalty, missionary work, morality, work

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## COST COMPARISONS

Knowing and taking advantage of the sales patterns for grocery stores can result in considerable savings, both for a normal grocery budget (provident living) and for food storage. For example, three times each year (California strawberry time, the end of April-first part of May; Fall fruit canning season, end of August-first half of September; and the case lot sales) sugar goes on sale for about \$7 per 25-lb. bag. If you plan your grocery/food storage budget to include these sale cycles, you can save considerably:

The Church's dry-pack canneries have sugar (as of Spring 2003) at \$0.38/lb. [25 lbs. at \$0.38/lb = \$9.50 per 25-lb. bag (which is definitely cheaper than the normal commercial price, but more expensive than the sale price)].

If you dry-pack the sugar in #10 cans, the cost for that 25 lbs. increases:

$$25 \text{ lbs.} / 6.1 \text{ lbs/can} = 4.098 \text{ lbs/can} \times \$3.00/\text{can} = \$12.295 \text{ (storage price for 25 lbs.)}$$

A large Sterilyte storage box will hold three 25-lb. bags, two laying down flat and one standing on its side beside the others.

1 Sterilyte container = \$3.99

75 lbs. sugar on sale at 6.99 = \$20.97

Total storage cost for 75 lbs. = \$24.96 (+ tax [abt. \$1.62])

The Church cannery cost for storing those 75 lbs. would be \$36.89.

$$(75 \text{ lbs.} / 6.1 \text{ lbs/can} = 12.295 \text{ lbs/can} \times \$3.00/\text{can} = \$36.885 \text{ total storage cost for 75 lbs.})$$

By keeping the sugar in its original bag, but providing minimal protection against insects, moisture, and rodents, you save over \$10 per each 75 pounds. The 300 pounds required for a 5-person family thus costs about \$100. I store my flour this same way, buying it at the case-lot sales for \$2.99/25-lbs. rather than the \$4.25 charged by the cannery. You save the price of the cans, plus this leaves the Church's supplies available for humanitarian distribution.

This is an example of provident living. By planning ahead, and reserving a portion of your grocery budget to be used for special buys, you can have significant savings. You'll shop less frequently, and every time you can eliminate a trip to the grocery store you save on the impulse shopping that we all fall victim to--again, more savings for your budget.

One way to motivate yourself to plan this way is to reward yourself: Every time you've done an incredibly smart thing that has saved your family a few bucks, put the savings into a special account (or the cookie jar); it will add up quickly, and you can then take this amount for a special purchase or even a treat. Or if things are tight, use those savings as the wherewithal to buy your food-storage items or to build an emergency reserve.

I've shopped like this for so long now--going to the sales on Wednesdays (the day after the grocery ads come out)--that I basically only go to the grocery store to buy milk, eggs, fresh produce, and the good buy for the week. This means that sometimes when a couple of weeks go by without a sales item that interests me, I'm in the store less than once a month. The grocery money can then be applied to paying down a debt, or can be saved toward a family need.

And the feeling of independence is nice, too!

# Home Gardening Lesson 16

31112, Duties and Blessings of the Priesthood, Part B, Home and Family Relations,  
16: Home Gardening, 139

The purpose of this lesson is to help us improve our skills in growing family gardens.

## **Introduction**

President Spencer W. Kimball said: “We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments or condominiums can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden . . . neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities” (in Conference Report, Apr. 1976, 170–71; or *Ensign*, May 1976, 124).

## **The Rewards of Home Gardening**

There are many good reasons to have gardens:

### *Family Unity*

Families who work together in a home garden build family unity because they share a common purpose. President Kimball said: “We hope you are making this [gardening project] a family affair, with everyone, even the little ones, assigned to something. There is so much to learn and harvest from your garden, far more than just a crop itself” (in Conference Report, Apr. 1978, 120; or *Ensign*, May 1978, 79).

### *Appreciation of Work*

A home garden helps children learn the value of work. After they have helped the family plant a garden and care for it, they will enjoy seeing the results that come from their hard work.

### *Self-Sufficiency*

Growing a garden helps us develop confidence as we become better prepared to take care of our own needs. We know that if problems come we can meet them because we have preserved fruit, grown a garden, and planted fruit trees and berry bushes. An added blessing is knowing that we can also help others in need.

### *Instruction and Pleasure*

A garden reminds us of the beauties of this world our Heavenly Father created for us, and it can give us hours of instruction and pleasure as we witness the miracle of growth. President Spencer W. Kimball said that gardening will “remind us all of the law of the harvest. . . . We do reap what we sow. Even if the plot of soil you cultivate, plant, and harvest is a small one, it brings human

nature closer to nature as was the case in the beginning with our first parents” (in Conference Report, Apr. 1976, 117; or *Ensign*, May 1978, 77–78).

### *Health*

The Lord loves us and wants us to be healthy. Growing and eating our own fresh vegetables and fruits will help us maintain good health. Also, food we get from our gardens is usually fresher and better tasting than the food we buy.

### *Reduced Expenses*

Home gardening can reduce the cost of living. Eating the food we grow ourselves enables us to save the money we would have spent on food grown by others.

- What else can we learn from planting and harvesting a garden?

## **Beginning with a Plan**

Before we actually plant our gardens, we must make the following decisions:

### *Where Do We Plant?*

- Show visuals 16-a, “A home garden can produce many kinds of food”; 16-b, “Gardens can be planted almost anywhere”; and 16-c, “Vegetables and fruits can be grown in pots if land is unavailable.”

A garden deserves the best location possible because it will become a valuable piece of land. A sunny location that receives at least six hours of sunlight each day is best for a garden plot.

The garden should be easily accessible from the home. It should not be so steep that the water will wash away the soil and seeds. If the garden must be on a steep slope, the furrows, or trenches in the earth, should run *across* the slope, not up and down.

Soil is also important. If it is too sandy, it cannot hold water. If it is too full of clay, the water puddles on top and penetrates slowly. We can solve either problem by adding the opposite kind of soil and by adding compost. If there is not enough rainfall in the area, water for irrigation will be needed.

Those who live in apartments face special problems because of space limitations. These people can garden in pots and planters or borrow or rent land. This is what two families in Germany did in order to have a garden. Writing of their experience to President Spencer W. Kimball, they said:

“We are two families in the Frankfurt Mission, and we [are writing to] tell you about our garden.

“It was not very easy to find a piece of land in a large city like Frankfurt—it is a tiny garden—and when we rented it, it looked like a wilderness, with a broken fence, a broken cottage, and wild grass all over. It did not discourage us.

“First we made a new fence, repaired the cottage, and [dug] the whole garden. In the springtime we planted vegetables and the neighbours told us that [they] would not grow. There is a little stream where we can go on our bikes [carrying cans with us], and this way we carry our water. We prayed to the Lord that he would bless our garden. The Lord did answer our prayers. Every kind of vegetable came. It is so wonderful to see the plants grow” (quoted by Spencer W. Kimball, in Conference Report, Oct. 1976, 5; or *Ensign*, Nov. 1976, 5).

### *What Do We Plant?*

A second decision we will have to make is what to plant. Some garden plots have plenty of space; others have only a little. If space is limited we must choose crops that grow upward on stakes or fencing, like berry vines, pole beans, or tomatoes. We can also conserve space by planting seeds that bear heavily, like squash and tomatoes, rather than planting seeds that produce only one fruit or root apiece, like radishes.

Although we may need to preserve space, we should choose foods that will give our family members the nutrients they need. We should also plant only those foods they like and will eat. Legumes such as lentils, soybeans, peas, and nuts; fruits and leafy vegetables; root vegetables; and grains provide a variety of nutrients from different food groups. Of course, in making our selections we should only choose foods that grow well in our climate and soil.

- Display a poster listing the specific fruits, vegetables, legumes, and grains that grow in your area, or refer to the information on the chalkboard. You may want to discuss which of these crops produce the most food in the least amount of space.

We should draw a map of our gardens as we are planning our crops so we can alternate the foods each year. If the same plants are grown in the same spot year after year, their quality will deteriorate.

- Show visual 16-d, “A sample garden layout.”

### *When Do We Plant?*

Another decision we must make is when to plant. Different foods grow best under different conditions. Some crops grow better in a dry season, whereas others prefer a wet season. Some crops grow best in cooler weather, like beets, cabbage, carrots, lettuce, onions, peas, and spinach. Others grow best in warmer weather, like beans, corn, melons, squash, and tomatoes. We must know when to plant the crops that grow best in our area.

- Display a poster listing the planting times for specific crops in your area, or refer to the information on the chalkboard.

## **Preparing the Garden Site**

Four to six weeks before planting time, clear the garden site of weeds, stumps, stones, trash, and twigs, and loosen the soil with a shovel or hoe so that water can penetrate easily. The soil will be right for planting if it is crumbly but not in clods.

Most soil can be improved. Compost, which is well-rotted plant and animal waste, will improve the texture of both sandy and clay soil. Compost also helps produce more and better crops because it adds nutrients to the soil. Properly prepared compost, however, cannot be made and added to the soil in the same day. Making compost often takes four to six months. Because of this, some people make a compost heap every year and add it to their garden the following year.

Making compost is not difficult. First, locate a spot for the compost. This may be a pit, an open area away from drinking water, or a three-sided corral made of wood or wire fencing on top of the ground. Next, spread a six-inch layer of organic refuse such as grass clippings, leaves, chopped corn cobs, straw, vegetable or fruit peelings, or leftover vegetable foods over the spot, being careful to keep cans, metal objects, bones, fat, or other material that does not decompose quickly out of the heap. To this layer add livestock or poultry waste (manure) or commercial fertilizer. Waste from cows, chickens, sheep, goats, horses, and pigs makes good compost. Never use waste from humans or carnivorous animals; these waste materials contaminate the soil.

· Show visual 16-e, “The compost heap.”

Finish the compost heap by covering the layer of refuse with a two-inch layer of soil. Then indent the top of the heap to form a basin that will collect water. As you collect more refuse, cover each six-inch layer of refuse with two inches of soil. Moisten each layer when you add it to the heap.

Always keep the heap moist but not wet, and turn it with a pitchfork every week or so to let air into the center. The heap will decompose most rapidly if the center is “cooking” at about 160° F. If the compost heap is not hot in the center, add more nitrogen in the form of cottonseed meal or blood meal, or use a nitrogen fertilizer, if available. When the heap has lost its odor, the compost is ready to be added to the soil.

· Invite a few class members to describe how they make compost.

## **Planting the Garden**

In areas where the growing season is short, you can start a garden indoors in potting soil. If you start your garden outdoors, plant the seeds in straight rows so you can distinguish young vegetables from weeds.

Plant rows of the same crop such as corn every week for several successive weeks so that the crop does not mature all at once. Seeds vary in size, so they cannot be planted to the same depth. Normally seeds should be planted no deeper than three times their diameter. Space the seeds far enough apart from each other in each row so that as they sprout and grow the plants have room

to mature to their full size. Tap the soil firmly over the seeds, and leave enough room between the rows of seeds to allow the soil to be loosened around the plants while they are growing.

After the seeds are planted, keep the ground moist. If the ground dries out, the seeds will not sprout.

## **Tending the Garden**

All of your planning, preparing, and planting will have little benefit if you do not care for the garden afterward. Such care includes the following:

### *Water*

Water the garden heavily at least once a week where there is not enough rainfall. The soil should be wet seven inches deep just after watering. To prevent the ground from becoming baked, try not to water during the hottest part of the day.

### *Cultivate*

Weeds rob water and nutrients from plants. Pull weeds out by hand, or dig them out with a hoe. After your plants have sprouted, a thick mulch may prevent weeds from growing, but you must still loosen the soil each week. Using the hoe, pull the mulch to one side, loosen the soil, and then replace the mulch.

### *Mulch*

When the plants get several inches high, remove any remaining weeds, and place sawdust, shredded newspapers, grass, leaves, or straw two or three inches high around the plants and between the rows. This mulch prevents the soil from drying out or getting too warm. Many people who use mulch find they weed less often.

### *Control Insect Damage*

Insects damage plants and can even ruin entire crops. You can remove insects by hand, wash them off, or kill them with insecticide. If you use an insecticide, you must wash the food before eating it.

### *Harvest the Crops*

· Show visual 16-f, “A good harvest is the result of good gardening.”

Fruits and vegetables picked just before they are cooked, eaten, or preserved will taste best and have the highest nutrition. Some crops such as cucumbers produce better if you harvest them often. They should not be allowed to become overripe, wilted, or dried out. Harvest leafy vegetables when they are young and tender.

· How can we motivate ourselves to care for a garden after we have planned, prepared, and planted it?

## **Conclusion**

We can show that we love and trust the Lord by doing what His prophets ask us. One thing they have asked us to do is to plant a garden. If we each plan, prepare, and care for a garden, keeping it orderly and producing well, we will be blessed.

### *Challenge*

Work cooperatively with your family members to plant and care for a garden.

## **Additional Scripture**

· Doctrine and Covenants - D&C 59:16–20 (God gave us the good things of the earth)

Scan in:  
(Sample Garden Layout from this lesson manual)

From [www.providentliving.org](http://www.providentliving.org):

**Acquiring Seeds**

It is best to obtain good quality seed from local merchants rather than saving seed from your garden. Seed can be stored for up to a year in a cool, dry, dark place. The first year you may want to purchase enough seed for two years. The next year, use the year-old seed, and store the new seed that you purchase.

**Selecting a Garden Site**

Although many urban gardeners have little choice, selecting a garden site is extremely important. An area exposed to full or near-full sunlight with deep, well-drained, fertile soil is ideal. The location should be near a water outlet and free of competition from existing shrubs or trees. By planting in full sunlight and in good soil, as well as by properly selecting crops, you can turn almost any site into a highly productive garden.

**Selecting Crops**

As a home gardener, one of your first major tasks is deciding which vegetables to grow. Table 1 lists crops suitable for small and large gardens. Raise vegetables which return a good portion of nutritious food for the time and space required. Vine crops such as watermelon, cantaloupe, winter squash, and cucumbers require large amounts of space, unless you plant them near a fence or trellis. Plant according to family needs, and resist over-planting any particular vegetable, although surpluses may be preserved.

Table 1. Home Garden Vegetables			
Small Garden Vegetables		Large Garden Vegetables	
Beets squash sEggplant peas Garlic	Green beans arsley sSpinach	Onions P Radishe Tomatoes	Cantaloupes erCollards Mustard Okra
Broccoli Bush Cabbage Carrot English peas	Lettuce Onions Peppers Spinach	Cauliflow Cucumbers Okra	Potatoes Pumpkins n peas Sweet corn Sweet potatoes Watermelons

If your garden is not in an area receiving full or near-full sunlight, try leafy crops such as leaf lettuce, mustard, and parsley. Table 2 lists vegetable crops which do well in full sunlight and those that tolerate partial shade.

Table 2. Light Requirements of Common Plants
--

Require Bright Sunlight		
Beans iflower	Broccoli Cantaloupe Caul Cucumbers	Eggplant Okra Onions Peas Peppers
Potatoes	Pumpkins	Squash Tomatoes Watermelons
Tolerate Partial Shade		
Beets sprouts	Brussels Cabbage Carrots	Collards Kale Lettuce Mustard
Parsley	Radishes	Spinach Turnips

### Planning Your Garden

A gardener needs a plan, just as an architect does. Careful planning lessens gardening work and increases returns on labor.

Long-term crops require a long growing period. Plant them where they will not interfere with care and harvesting of short-term crops. Plant tall-growing crops where they will not shade or interfere with growth of smaller crops. Plant vegetables such as okra, staked tomatoes, pole beans, and sweet corn on the garden's north side to avoid shading lower-growing crops such as radishes, leaf lettuce, onions, and bush beans. Group crops according to the rate of maturity. The table below shows the relative maturity rate of various vegetable crops. By grouping vegetables according to maturity rate, one crop can be planted to take the place of another as soon as it is removed. When you remove an old crop, replace it with an unrelated crop. For example, replace early beans with beets, bush squash, or bell peppers. Crop rotation helps prevent diseases and insect buildup.

Maturity Rate		
Quick (30–60 Days)		
Beets Bush beans Leaf lettuce	Mustard Radishes Spinach	Summer squash Turnips Turnip greens
Moderate (60–80 Days)		
Broccoli cabbage Carrots Cucumbers	Green onions Kohlrabi Bush lima beans Okra	Parsley Peppers Cherry tomatoes

<b>Slow (80 Days or More)</b>		
Brussels sprouts Bulb onions Cabbage Cantaloupe	Cauliflower Eggplant Garlic Irish potatoes	Pumpkins Sweet potatoes Tomatoes Watermelon

### **Deciding When to Plant**

Usually home gardens can be planted 10 days to 2 weeks earlier than commercial fields because of the protection offered by existing buildings, trees, and shrubs. Proper planting time is important if maximum quality and production are expected. Planting time varies widely by area, so consult with your county extension agent or with experienced growers in your area to determine when to plant your garden

### **Preparing the Soil**

Many garden sites do not have the deep, well-drained, fertile soil that is ideal for vegetable growing. These soils must be altered to provide good drainage and aeration. Adding organic matter or sand can help prepare heavy clay soils for planting.

Apply 1 to 2 inches of good sand and 2 to 3 inches of organic matter to the garden site surface, and turn it under in late winter or early spring to improve the soil's physical quality. Work on the soil's physical condition over a couple of seasons rather than trying to develop desirable soil in a season or two. Make periodic additions of organic matter in the form of composted materials, peanut hulls, rice hulls, grass clippings, or other organic matter. Turn the soil to a depth of 8 to 10 inches—the deeper the better. Gypsum improves soil structure and drainage. Add gypsum at the rate of 6 to 8 pounds per 100 square feet where the soil is a tight, heavy clay. Make sure the organic matter or sand you add to the garden site is free of soil pests.

Never work wet garden soil. Soils containing a high degree of organic matter can be worked at a higher moisture content than heavy clay soils. To determine if the soil is suitable for working, squeeze together a small handful of soil. If it sticks together in a ball and does not readily crumble under slight pressure by the thumb and finger, it is too wet for working.

Seeds germinate more readily in well-prepared soil than in coarse, lumpy soil. Thorough preparation greatly reduces the work of planting and caring for the crop. It is possible, however, to overdo preparation of some soils. An ideal soil for planting is granular, not powdery fine.

### **Fertilizing the Soil**

Proper fertilization is another important key to successful vegetable gardening. The amount of fertilizer needed depends upon soil type and crops. All soils vary, from deep blow sands to fertile, well-drained soils to heavy, dark clays underlaid by layers of rock. Crops grown on sandy soils usually respond to liberal amounts of potassium, whereas crops grown on clay soils do not.

Heavy clay soils can be fertilized considerably more heavily at planting than can sandy soils. Heavy clay soils and those high in organic matter can safely absorb and store fertilizer at three to four times the rate of sandy soils. Poor, thin, sandy soils, which need fertilizer the most, unfortunately cannot be fed as heavily and still maintain plant safety. The solution is to feed poor, thin soils more often and in lighter doses.

In general, if your garden is located on deep, sandy soil, apply a complete pre-plant fertilizer such as 5-10-10 or 6-12-12 at the rate of 1 to 2 pounds per 100 square feet. If your garden consists of a soil type with a high percentage of clay, a fertilizer such as 10-20-10 or 12-24-12 at 1 to 2 pounds per 100 square feet should be suitable.

Apply the fertilizer a few days before planting. Spade the garden plot, spread the fertilizer by hand or with a fertilizer distributor, and then work the soil one or two times to properly mix the fertilizer with the soil. After the fertilizer is well mixed with the soil, bed the garden into rows in preparation for planting.

On alkaline soils, apply 1-20-0 (superphosphate) directly beneath the intended seed row or plant row before planting. Apply the superphosphate 2 to 4 inches beneath the seed or roots of the plant at the rate of 1 to 2 pounds per 100 linear feet of row. Take care to avoid banding nitrogen material directly beneath the row. Death of the seed or severe burning of the plants could result.

Apply additional nitrogen as a furrow or sidedress application (in a row alongside the row of plants) later in the season. For most soils, 2 pounds of 21-0-0 (ammonium sulfate) per 100 linear feet of row, applied in the furrow and watered in, is adequate. Apply at first fruit set for crops such as tomatoes, peppers, and squash. Sidedress leafy crops such as cabbage and lettuce when they develop several sets of first leaves after germination.

### **Planting**

Plant your garden as early as possible in the spring and fall so the vegetables will grow and mature during ideal conditions.

Transplanting vegetable crops wherever possible allows earlier harvesting and extends the productive period of many crops. Where transplanting is not practical or convenient, seed directly.

### **Seeding**

A general rule of thumb for planting is to cover the seed 2 to 3 times its widest measurement. This is especially true for big-seeded crops such as green beans, sweet corn, cucumbers, cantaloupes, and watermelons. For smaller-seeded crops such as carrots, lettuce, or onions, an average planting depth of  $\frac{1}{4}$  to  $\frac{1}{2}$  inch is usually adequate. Plant the seeds fairly close together, then when the plants emerge, thin them out to recommended spacing.

Do not allow the soil to over-dry or crust during germination, but do not over-water. Table 1 shows how long it takes certain plants to emerge when they have been properly planted.

Beans	5–10 days	Onion	7–10 days
Beets	7–10 days	Peas	6–10 days
Broccoli	5–10 days	Parsley	15–21 days
Cabbage	5–10 days	Peppers	9–14 days
Carrots	12–18 days	Radishes	3–6 days
Cauliflower	5–10 days	Spinach	7–12 days
Corn	5–8 days	Squash	4–6 days
Cucumbers	6–10 days	Tomatoes	6–12 days
Eggplant	6–10 days	Turnips	4–8 days
Lettuce	6–8 days	Watermelons	6–8 days
Okra	7–10 days		

### **Transplanting**

Avoid transplanting too deep or too shallow, especially if plants are in containers such as peat pots. Deep planting often causes developed roots to abort, and planting too shallow exposes containers to the surface and dries out the roots. Some crops are easily transplanted bare-root while others are best transplanted in containers (see Table 2). When transplanting plants such as tomatoes or peppers, use a starter solution. You can purchase starter solutions at local nurseries, or you can make some at home by mixing 2 to 3 cups of fertilizer (such as 10-20-10) in 5 gallons of water. Use less fertilizer on light, sandy soils. Apply 1 to 2 pints of starter solution, depending upon plant size, into each transplant hole before planting. This prevents the plants from drying out and provides adequate sources of fertilizer for young, growing plants.

Easily Transplanted		
BeetsBroccoliCabbage	CauliflowerChardLettuce	OnionTomatoes
Require Care		
CarrotsCelery	EggplantOkra	PeppersSpinach
Very Difficult without Using Containers		
BeansCantaloupeCorn	CucumbersPeasSquash	TurnipsWatermelons

### Watering

Apply enough water to penetrate the soil to a depth of at least 6 inches. For best production, most gardens require a moisture supply equivalent to 1 inch of rain a week during the growing season. Light, sandy soils generally require more frequent watering than heavier dark soils. If you use sprinklers, water in the morning to allow plant foliage to dry before night. This practice helps prevent foliage diseases, since humidity and cool temperatures encourage disease development on most vegetable crops.

The use of drip irrigation to supply water also helps prevent disease. Additionally, this system of irrigation is the most efficient use of water available and is ideally suited for use with mulches.

### Controlling Weeds

A long-handled hoe is the best tool for control of undesirable plants in vegetable gardens. Chemical weed control is usually ineffective because it doesn't kill all of the weeds, and it will likely kill vegetable crops in small gardens. Cultivate and hoe shallowly to avoid injury to vegetable roots lying near the soil surface. Control weeds in the seedling stage to prevent them from seeding and spreading. The use of mulch is also an effective means of weed control.

### Mulching

Mulching will increase yields, conserve moisture, prevent weed growth, regulate soil temperature, and decrease losses caused by ground rot of many vegetable crops. Organic mulches can be made of straw, leaves, grass, bark, compost, sawdust, or peat moss. Organic mulches mixed into the soil will improve the soil condition, aeration, and drainage. The amount of organic mulch to use depends on the type, but 1 to 2 inches of organic material applied to the garden surface around growing plants is usually adequate.

When you turn organic mulches under for subsequent crops, add additional fertilizer at the rate of about 1 pound per 100 square feet to help soil organisms break down the additional organic matter.

### Preventing Pests and Disease

Diseases and insects are a great concern to gardeners. Long growing seasons with relatively mild winters encourage large insect populations. Avoid spraying when possible, but use chemicals if necessary. Exercise care when deciding which chemicals to apply. Spray only those crops which are listed on the chemical's container. When used according to the manufacturer's directions, chemicals pose no threat to the home gardener. Wear gloves, and do not expose skin to garden chemicals if possible.

Disease control sprays can prevent diseases, but they can't eradicate them. Cool, damp conditions are conducive to foliage diseases. Carefully watch your garden for symptoms of diseases. Use only approved fungicides. (Your county extension agent can provide more specific information on common diseases and approved fungicides in your area.)

### Harvesting

To get the most enjoyment out of your home vegetable garden, harvest vegetables when they are mature. A vegetable's full flavor develops only at peak maturity, resulting in the excellent taste of vine-ripened tomatoes, tender green beans, and crisp, flavorful lettuce. For maximum flavor and nutritional content, harvest the crop the day it is to be eaten or preserved.

### Correcting Common Garden Problems

Symptoms	Possible Causes	Corrective Measures
Plants stunted in growth; sickly, yellow color.	Infertile soil or abnormal soil pH.	Use fertilizer and correct pH according to soil test. Use 2 to 3 pounds of complete fertilizer per 100 square feet in absence of soil test.
	Plants growing in compacted, poorly-drained soil.	Modify soil with organic matter or coarse sand.
	Insect or disease damage.	Use a regular spray or dust program.
	Iron deficiency.	Apply iron to soil or foliage.
Plants stunted in growth; sickly, purplish color.	Low temperature.	Plant at the proper time for the plant type and your area. Don't use light-colored mulch too early in the season.
	Low available phosphate.	Apply sufficient phosphate at planting.

Holes in leaves; leaves yellowish and drooping or distorted in shape.	Damage by insects.	Use recommended insecticides at regular intervals.
Plant leaves with spots; dead, dried areas; or powdery or rusty areas.	Plant disease.	Use resistant varieties, remove diseased plants when they are noticed, and use a regular spray program.
Plants wilt even though sufficient water is present.	Soluble salts too high or root system damage.	Have soil tested by county extension agent. Use soil insecticides, fungicides, and resistant varieties.
	Poor drainage and aeration.	Use organic matter or sand in soil.
	Insect or nematode damages.	Use recommended varieties and soil insecticides or nematocides.
Plants tall, spindly, and unproductive.	Excessive shade.	Relocate to sunny area. Keep down weeds.
	Excessive nitrogen.	Reduce applications of nitrogen.
Blossom drop (tomatoes).	Hot, dry periods.	Use mulch and water. Plant heat-tolerant varieties.
	Minor element deficiencies.	Use fertilizer containing zinc, iron, and manganese.
Failure to set fruit (vine crops).	Poor pollination.	Avoid spraying when bees are present.
Leathery, dry, brown blemish on the blossom end of tomatoes, peppers, and watermelons.	Blossom end rot.	Maintain a uniform soil moisture supply. Avoid overwatering and excessive nitrogen.

