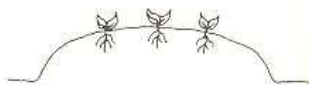


GARDEN CYCLE TRACKING

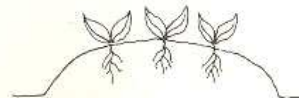
Planting by the Phases of the Moon



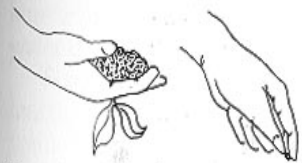
Plant short and extra long germinating seeds in flats/ beds.



Balanced increase in rate of root and leaf growth.



Increased leaf growth rate.



Transplant short and extra long seeds into beds. Plant long germinating seeds in flats/beds.



Increased root growth rate



Balanced decrease in rate of root and leaf growth (resting period).

Graphics from *How To Grow More Vegetables* by John Jeavons

KEY

- New Moon
- First Quarter
- Full Moon
- Last Quarter



At the Energy Garden, tracking the growth and development of the land is a priority. One way that we do

this is by planting and harvesting according to moon cycles, recommended by biodynamic agriculture Rudolf Steiner, father of Biodynamic agriculture noticed an increase in yields by working with the influence of lunar gravity on seeds and growing cycles.

We also use farm calendars to track the seasons, planting dates, and harvests. See ENERGYFARMS.NET for our interactive tracking systems.