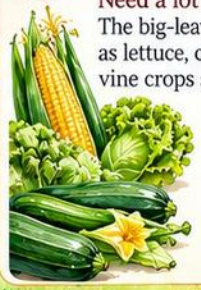
The Four-Square Rotation

A Simple Way to Keep Your Garden Healthy and Productive

1 Heavy Feeders

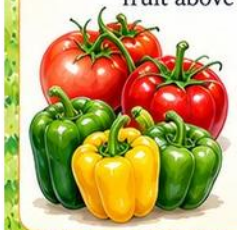
Need a lot of nitrogen. The big-leaved plants such as lettuce, corn, and the vine crops such as squash.



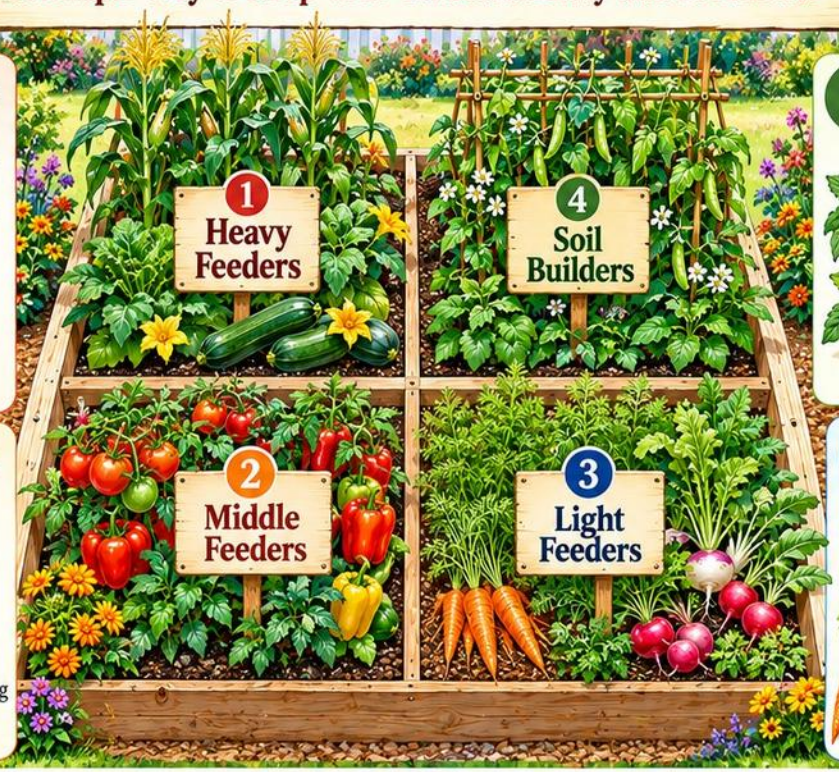
- Lettuce
- Corn
- Squash
- Cucumbers
- Melons

2 Middle Feeders

Mid-sized plants with fruit above ground.



- Tomatoes
- Peppers
- Eggplant
- Tomatillos
- Other fruiting vegetables



4 Soil Builders

Leave more nitrogen than they take.



- Peas
- Beans
- Clover (cover crop)
- Other legumes

3 Light Feeders

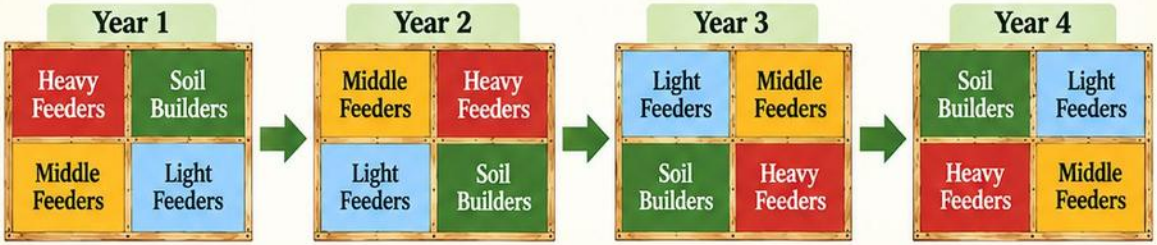
Root crops. They like potash.



- Carrots
- Turnips
- Radishes
- Beets
- Parsnips
- Other root crops

How the Rotation Works

Each year, move each group one square counter-clockwise.



Benefits

- Cuts pest and disease build-up.
- Keeps soil in balance.
- Uses the extra nitrogen from the soil builders.
- Easy to remember — just move each group one square.
- Healthy soil and productive harvests year after year!

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