HOW TO GROW A BAG GARDEN

1. Moisten compost or sawdust or growing medium with water.

2. Fill a 80kg empty maize-meal bag with the growing medium and compact lightly.

3. Use a measuring tape and marker to measure where the plants will be inserted.

4. The bag should be supported and kept upright to allow uniform water distribution during watering.

5. Water the contents of the bag before transplanting to avoid water stress or transplanting shock to the seedlings.

6. Use a sharp blade to cut openings in the bag for planting holes.

7. Transplant the seedlings. Push the seedling root plug into the seedling hole in the maize-meal bag.

8. Complete nutrient solution can be applied weekly to supply plants with nutrition.

9. Plants can be watered every second day. 60 - 90 litres of water can be added weekly to a 80 kg maize-meal bag. Make sure that the growing medium does not dry out. Water the plants from the top of the bag to ensure that the water drains downwards to benefit the lower plants.

10. Use a measuring tape and marker to measure where the plants will be inserted.

11. Leafy vegetables such as spinach, Swiss chard, mustard spinach, kale, rape, lettuce and beetroot perform well in this system.

12. Advantages of the Bag System:

- It conserves water since there is only a little amount of water draining out of the bag.
- It suppresses weeds, no weed control is needed.
- Plant leaves are free from soil particles because the plant leaves face upwards.
- There is a high yield per unit area, compared to growing on a flat area.
- It requires less spacing (80kg bag/m²).

13. Harvest outer matured leaves.

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