

HOT BEDS

How to grow early crops using age-old techniques

Jack First

- How to grow vegetables that can be harvested two months earlier than those grown outside
- Plants are incredibly healthy, due to very few pests and diseases
- Maximum yields gained from a small space, due to continuous planting after harvesting
- Author runs courses, gives talks and writes articles

Hot beds are nothing new – they were used by the Victorians and even by the Romans. By reviving and modernising this ancient vegetable-growing method, Jack First produces healthy plants that crop at least two months earlier than conventionally grown vegetables, even in his native Yorkshire.

This practical, illustrated guide has everything you need to understand about how to utilise this highly productive, low-cost, year-round, eco-friendly gardening technique. Straightforward explanations, diagrams and examples show how the natural process of decay can be harnessed to enable out-of-season growing without using energy from fossil fuels or elaborate equipment.

With some stable manure (there are also alternative options), an easy-to-construct frame and a small space to build your bed, you can revolutionise your vegetable growing and be harvesting salads in March and potatoes early in April.



Jack First is a qualified and experienced horticulturalist who has pioneered, developed and fully tested the hot-bed methods covered in this book. He works with volunteers on a large plot in Keighley and is the sole supplier to his local food cooperative of out-of-season greens, new potatoes and salads.



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Contents:

- Hot beds are nothing new
- How hot beds work
- The advantages of hot beds
- Preparing for the hot bed
- Building the hot bed
- Planning and sowing the crops, including calendar
- What to grow, and varieties
- Management of your hot bed
- Case studies
- Hot water from organic matter

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