

EXHIBIT F: *THE DEEP BED METHOD*, EXCERPT FROM JOHN SEYMOUR'S SELF SUFFICIENT GARDENER, PG 9-10

THE DEEP BED METHOD

“UNLESS YOU HAVE A VERY LARGE AREA OF LAND AT YOUR DISPOSAL, THE KEY TO SUCCESS AS A **SELF-SUFFICIENT GARDENER** IS TO BE ABLE TO GROW A LOT IN A SMALL SPACE. OF THE NEW TECHNIQUES FOR GROWING MORE VEGETABLES IN SMALLER AREAS, THE MOST IMPORTANT IN MY VIEW IS WHAT I CALL THE **DEEP BED METHOD**, WHICH IS BEING DEVELOPED IN CALIFORNIA BY SEVERAL AMERICANS, SEVERAL CHINESE IMMIGRANTS AND AN **ENGLISHMAN CALLED ALAN CHADWICK**. THE METHOD IS **DERIVED FROM AGE-OLD TECHNIQUES** THAT HAVE BEEN PRACTICED IN **FRANCE AND CHINA**, BUT WHICH HAVE NEVER BEEN WIDELY ADOPTED IN THE WEST.

THE ESSENCE OF THE METHOD IS TO DIG DEEPLY AND THEN NEVER TREAD ON THE **BED**. THIS MEANS YOUR PLANTS ARE GROWING IN VERY LOOSE, DEEPLY DUG SOIL; THEIR ROOTS WILL GO DOWN INSTEAD OF SIDWAYS. YOU THEREFORE GET BIGGER PLANTS, AND CAN GROW THEM CLOSER TOGETHER.

A **DEEP BED** SHOULD **PRODUCE ABOUT FOUR TIMES THE YIELD** BY WEIGHT THAT A CONVENTIONAL BED WILL PRODUCE. A **DEEP BED** OF 100 SQUARE FEET (9 SQ M) CAN **PRODUCE FROM 200 TO 400 LBS.** (90 - 180 KG) OF VEGETABLES A YEAR. ACCORDING TO THE **US DEPARTMENT OF AGRICULTURE'S** STATISTICS THE AVERAGE AMERICAN EATS 322 (**145** KG) OF VEGETABLES A YEAR. THUS ONE TINY BED JUST PACE OUT 20 FEET BY **5** FEET (6 X **1.5** M) ON THE FLOOR TO GET AN IDEA OF THE SIZE OF IT CAN KEEP ONE ADULT IN VEGETABLES.”

(NOTE: 1 ACRE OR 43,200 SQUARE FEET CAN ACCOMODATE 200 DEEP BEDS OF 100 SF AREA; I.E. 1 ACRE INSTALLED WITH DEEP BEDS CAN PRODUCE VEGETABLES FOR 200 ADULTS ANNUALLY.)

“FROM WHAT I HAVE SEEN OF **DEEP BED GARDENS** AND FROM MY FIRST HAND EXPERIENCE ON MY OWN LAND, I CAN SAY THAT THE CLAIMS MADE FOR THIS METHOD ARE BY NO MEANS EXAGGERATED. I THINK IT HIGHLY LIKELY THAT MORE AND MORE SERIOUS VEGETABLE GARDENERS WILL ADOPT THIS METHOD. IF YOUR AIM IS TO GROW AS MANY VEGETABLES AS YOU CAN IN THE SPACE AVAILABLE TO YOU, THEN I URGE YOU TO STUDY THE TECHNIQUE AND TRY IT.”

(EMPHASIS ADDED)