Contents

Introduction: A Few Words About		Identify Plant Requirements	58
My Background	1	Diagnosing Problems	59
What Is the Market Gardener Method?	4	Nutrient Deficiencies	61
Preface: Healthy Soil, Healthy Vegetables	8	WORK AND IMPROVE YOUR SOIL	66
The Living Soil	9	Prepare Your Soil	68
		Tillage	69
WHAT IS A LIVING SOIL?	14	Bio-Tillage	72
		Organize Your Garden Plots	74
What Are Soils Made Up Of?	16	· ·	
Soil Layers	17	Protect Your Soil	78
Soil Evolution	19	Organic Mulch	79
Soil Composition	21	Occultation (Tarping)	83
Soil Mineral Content	22	Solarization	86
Particle Size	23	Feed and Improve Your Soil	88
Texture	26	Cover Crops	89
Soil Colloids	27	Compost	94
The Texture Triangle	28	Crop Rotation	100
Soil Organic Matter	30		
Soil Biodiversity	31	Acknowledgments	104
Humus: Stabilized Organic Matter	36	About New Society Publishers	104
UNDERSTANDING YOUR SOIL	40		
Field Tests and At-Home Experiments	42		
Estimate Soil Fertility	43		
Determine Soil Texture	45		
Analyze Particle Size Distribution	48		
Assess Soil Structure	50		
Measure Soil Biological Activity	52		
Test Soil pH	54		
Lab Tests	56		