

## **Greenhouse Container Vegetable Production at Four Town Farm**

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The goal of this presentation is to offer a complete overview of how and why we grow vegetables in containers at Four Town Farm. The talk will be geared towards farmers from a farmer in hopes of providing a realistic, achievable approach to becoming successful at growing your own vegetables in containers. Many talks that are not done by farmers are often times bogged down with charts, graphs, confusing vernacular, expensive equipment, and a lack of usable information for the average farmer. The nice attribute about this seminar is that I am a farmer, just like you. My slides and information are aimed at supplying you with easy to understand and attainable methods on how YOU can be profitable growing vegetables in containers. I will provide a thorough overview of container growing, including what vegetables we grow, container types, media, nutrition, and much more.

The presentation will have a section on pest & disease management, with a focus on using beneficials to control pests. Using beneficial insects to control pests is an excellent alternative to conventional spray methods, especially when dealing with vegetables under cover. However, I know from experience that breaking the ice with beneficials can be overwhelming, confusing and frustrating. I will have plenty of pictures and simple instructions for implementing beneficials into your IPM.

Timing is a crucial factor when dealing with container vegetables in the spring and fall, so I'll briefly touch on dates for seeding of different vegetables to insure your success. Since there is a wide array of irrigation methods available for containers, I'll discuss the different styles we use so you can make the best decision for your application. I'll briefly overview high tunnel design and setting up your high tunnel/greenhouse for maximum efficiency of labor and transitioning from one season to the next.

Finally, one of the most often overlooked topics is the how to of actually raising and maintaining your vegetables. I'll provide an overview of the our growing techniques, including variety selection, pruning, trellising & lowering, leaf removal, equipment selection, nutritional deficiency identification, fertigation, etc.