Urban Farming for the Local Market

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Heritage Cottage Urban Nano Farm

- Teaching/research opportunity
- Demonstrate urban vegetable garden
- Small footprint garden harvest potential
  - Crops
  - Growing strategy
  - Water usage
  - Fertilization
  - Pest control
  - Scheduling
Heritage Cottage Urban Nano Farm

- UNF
  - 0.074 acres

- Containers
  - EarthBoxes
  - Increase planting density
  - Increased management

- 12 months market sales
  - OS Fresh Market
140828 Microfarming: Growing for Farmer’s Markets
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Who’s Going to Buy Your Product?

- Fresh or Farmers Market
- Restaurant
- Other outlet ????
Ocean Springs Fresh Market

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Succession Planting

- Maximize production
- Planning 2 or 3 crops ahead
Seasonal Crop Succession

March Stir fry Greens
Seasonal Crop Succession

May
Basil varieties
Seasonal Crop Succession

November Lettuce
What are you going to Grow?

- What everyone else isn’t
- Create niche/demand
Head Lettuce
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Kale/Greens
Baby Leaf Lettuce
October 22

November 12

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Heirloom Tomatoes
Yields

- Two crops/year
- 2011
  - 1000 lbs (spring/fall)
- 2012
  - 600 lbs (spring/fall)
- 2013
  - 300 lbs (spring only)
- 2014
  - 400 lbs (spring)
Angora Super Sweet
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Black Sea
Black Ethiopian
Eggplant
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Peppers
Specialty Crops
Edible Flowers
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Microgreen Crop Species
What are Microgreens

- Edible greens grown 1 to 3 leaf stage
- Intense flavors
- Colorful
- High value crop
Pac Choi
Rainbow Chard
Hong Vit Radish
Red Beets
Scallions
Microgreens are Good for You (and Your Customers)
Assessment of Vitamin and Carotenoid Concentrations of Emerging Food Products: Edible Microgreens

- Vitamin C
  - 20 – 147mg/100g FW
- Vitamin E
  - 5 – 87mg/100g FW
- β-carotene
- Lutein
- Zeaxanthin
- Violaxanthin
Growing Techniques
Kinkoh Choi 2d

140828 Microfarming: Growing for Farmer’s Markets
Kinkoh Choi 10d
Market Customers

- Get to know
- Educate
- Pay attention to all market visitors
Any Questions

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