

# GREENCOVER

## MILPA Garden

Green Cover Milpa Garden mix is a great way to get fresh produce with minimal amounts of labor. The Milpa technique originated in Central America where the Mayans used a mixture of corn, squash, and beans to improve the soil and grow food. At Green Cover Seed we went beyond the three sisters and compiled a mix of over 40 different seeds. This is an excellent way to utilize a small portion of land to produce food without going through the hassle of tillage, weeding, and hours of planning. If you want a fun mix to grow food for your family, community or even local food pantry, this is the mix for you! Milpa provides habitat for beneficial and pollinator insects and wildlife, helps build and cycle soil nutrients, improves the microbial diversity of the soil and improves soil health.



## 42 SPECIES

### LEGUMES

Cowpeas  
Mung Beans  
Spring Peas  
Hubam Clover  
Crimson Clover

### BRASSICAS AND GREENS

Collards  
Nitro Radish  
Turnips  
Arugula  
Beet Cylindra  
Swiss Chard White Cloud

### VINE CROPS

Early Pacific Straightneck Squash  
Zucchini Round Squash  
Black Beauty Squash  
Spaghetti Winter Squash  
Butternut Winter Squash  
Buttercup Winter Squash  
Table Queen Winter Squash  
National Pickler Cucumber  
Beit Alpha Cucumber  
Lemon Cucumber  
Hales Best Jumbo Melon  
Sugar Baby Watermelon  
Micky Lee Watermelon

### Pie Pumpkins

Mini Mix Pumpkins  
Gourd Blend

### OTHER

Chia  
Buckwheat  
Mammoth Sunflowers  
Black Oil Sunflowers  
Flax  
Okra  
Popcorn  
Flower Mix

(Sweet Alyssum, Borage, Cornflower,  
Garland Daisy, Marigold, Four O Clock  
Flowers, Baby's Breath, Calendula)

## PLANTING TIPS

- Plant when soil temperatures reach 65 degrees
- Plant 3/4" to 1" deep when drilling
- If using a grain drill, consider setting the rate to half of your intended target and plant the plot twice - each pass at an angle to the other. This not only ensures you do not over plant or under plant (you can adjust your drill setting after pass #1) but also gets your rows closer together to help with weed suppression
- Broadcasting is not recommended due to large seeds in the mix. If you have to broadcast, increase the seeding rate by 40% and get as much seed to soil contact as possible. Mulch to cover if possible.

## CARING & WEED CONTROL TIPS

- If possible irrigate as needed if rainfall is not sufficient.
- If you have lots of deer in your area you may consider putting up an electric fence to keep them out.
- Likely, a few weeds will come up naturally in your Garden. Here are a few tips to deal with them:
  - Having as much residue cover on the surface of your plot before planting will be the best thing you can do.
  - Some people will grow rye or oats and then roll it down and then drill the Milpa into that.
  - Drilling in narrow rows will help
  - Consider getting community groups to help with some of the weeding - make it a fun group activity
  - Pull weeds early and after a rain or watering - they will come out far easier.
  - Don't get overwhelmed - it is not the end of the world if you have some weeds come up with your Milpa mix - even the best farmers have weeds in their fields!

## HARVESTING TIPS

HARVEST WINDOWS				
30-45 days	45-60 days	60-75 days	75-90 days	90+ days
Greens (1st Harvest)	Greens	Greens	Greens	Turnips
	Straightneck Squash	Straightneck Squash	Turnips	Radish
	Round Zucchini Squash	Round Zucchini Squash	Radish	Spaghetti Squash
	Black Beauty Zucchini Squash	Black Beauty Zucchini Squash	Straightneck Squash	Winter Butternut Squash
	National Pickler Cucumber	National Pickler Cucumber	Round Zucchini Squash	Winter Buttercup Squash
	Beit Alpha Cucumber	Beit Alpha Cucumber	Black Beauty Zucchini Squash	Winter Table Queen Acorn Squash
	Lemon Cucumber	Lemon Cucumber	National Pickler Cucumber	Hales Best Melons
	Okra	Beets	Beit Alpha Cucumber	Sugar Baby Watermelon
		Okra	Lemon Cucumber	MickyLee Watermelon
			Winter Butternut Squash	Pie Pumpkins
			Winter Table Queen Acorn Squash	Mini Mix Pumpkins
			Hales Best Melons	Gourds
			Sugar Baby Watermelon	Popcorn
			MickyLee Watermelon	Sunflowers
			Okra	



## DONATING

- Make sure you have a place to take your Milpa Garden produce before you plant it. Your local food bank, church, Salvation Army, homeless shelter, or women's shelter are good places to start.
- Utilize your Milpa garden to educate others about soil health, diversity, fresh food, and home cooking
- Consider reaching out to community groups like 4-H clubs, FFA chapters, church groups, civic organizations, etc... to assist in the harvesting and gleaning process
- Donate as much produce as possible to food banks, homeless shelters, or other worthy groups
- Consider providing recipe cards with ideas on how to use the produce. Many folks have either forgotten or have never learned how to prepare fresh greens, cucumbers, okra, squash and pumpkins.

## QUESTIONS?

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