

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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