RULE ONE OF SUCCESSFUL, SUSTAINABLE FARMING

Rotate your crops every season!

Why rotate your crops?

1. Because you are smarter than the bugs! If you change the menu every season, last year’s bugs will always starve this year while your new crops grow.
2. Because different plants need different nutrients. If you grow the same crops every year, you will exhaust your soil.

So rotate your crops every planting season. This means, every season, choose a crop from different family than the crop you planted this season. Never plant from the same family in the same field one season to the next. Ideally, leave three seasons between crops from the same family in the same field.

FAMILIES of COMMON CROPS for ROTATION

Grass family (Gramineae):
- Rice, corn, sugar cane, oats, wheat, and other cereal crops.

Cabbage family (Cruciferae):
- Bok choy, Chinese cabbage and other Asian greens, broccoli, Brussels sprouts, cabbage, cauliflower, collard, kale, kohlrabi, mustard, radish, turnip.

Legume family (Leguminosae):
- All beans, pulses and peas (long bean, mung bean), peanuts
- Cover crops such as kudzo, Brazil nut, alfalfa, clovers, and vetch.
- Perennials legume shrubs - rensonii, flemingia.
- Trees- kha farang, phak krathin, flame tree.

Allium family (Alliaceae):
- Garlic, leeks, onion, shallots

Daisy family (Compositae):
- Chamomile, chicory, dandelion, endive, globe artichoke, Jerusalem artichoke, lettuce, salsify, sunflowers

Carrot or Parsley family (Umbelliferae):
- Carrots, celery, celeriac, coriander, caraway, dill, fennel, parsley, parsnips

Beet family (Chenopodiaceae):
- Beet, spinach, Swiss chard, lamb's quarters

Gourd family (Cucurbitaceae):
- Cantaloupe, cucumber, gourd, calabash, honeydew, luffa, pumpkin, squash, watermelon

Potato family (Solanaceae):
- Potatoes, Tomatoes, Aubergines, Peppers