

## The A, B, C's of Growing with the Moon Phases

<https://www.farmersalmanac.com/why-garden-by-the-moon-20824>

<https://www.organicgardener.com.au/blogs/biodynamic-gardening-cosmos>

<https://www.smithsonianmag.com/smart-news/plants-move-moon-just-oceans-do-tides-180956311/>

The word **lunar** refers to the moon. Over the course of a 29½ –day lunar cycle, When the Moon appears to be getting bigger, it's '**waxing**' and when it looks like it's getting smaller it's '**waning**'. When the moon is fully facing the sun, it's a Full Moon, and we see that beautiful round ball in the sky at night. As the Moon moves around the Earth, the face pointing towards us gradually becomes hidden from the Sun until we can hardly see it, this is a New Moon.

In a waxing, the moon light increases towards a full moon. During this time, **sap** is drawn up. **Sap is a fluid, mostly water with dissolved sugars and minerals that circulates in the vascular system (the stems and roots of the plant that takes food throughout the plant.** This is the best time for sowing and transplanting flowering annuals, biennials, grains and melons, and any short lived plant that you want to harvest its leaves, seed, flowers or fruits, because sap flow produces new growth more quickly.

With a waning moon, when the light is decreasing as the moon changes from a full to a new moon, the sap flow is drawn down. This focuses the energy towards the roots, which is more suited to root crops and perennials, plants that live longer than two years.

### **First quarter moon cycle**

(New moon to half full)

All above ground crops should be planted when the Moon is waxing, growing in illumination. During the New Moon is the best time to sow or transplant leafy annuals such as lettuce, spinach, cabbage, and celery.

### **Second quarter moon cycle**

(Half full to full moon)

This is a great time to plant all things with seeds inside of them, like tomatoes, pumpkin, beans, peppers, and squash.

### **Third quarter moon cycle**

(Full moon to half full)

Things that grow underground or plants that are perennials, like potatoes, garlic beets, and onions.

### **Fourth quarter moon cycle**

(Half full to new moon)

Do not plant.