

Fall Soil Moisture Monitoring Guide

Soil moisture in fall can be deceptive—cooler air temperatures don't always mean your soil is holding enough water. This guide provides quick methods to assess soil moisture, a watering checklist, crop-specific needs, and a space for spiritual reflection.

Soil Moisture Check Methods

👉 **Finger Test:** Insert your finger 2–4 inches into the soil. If it feels dry or dusty, water is needed. If it's cool and holds together slightly, it's likely good.

📏 **Soil Moisture Meter:** Insert at root depth and follow the reading. Great for consistent checks, especially in raised beds.

🌱 **Trowel Sample:** Dig a small wedge and observe the moisture at different depths.

Watering Checklist

- ☐ Check moisture in multiple areas of each bed.
- ☐ Water early in the day to reduce evaporation and disease risk.
- ☐ Avoid watering if the soil feels damp below the surface.
- ☐ Water deeply and less frequently to encourage deep roots.
- ☐ Add mulch to help retain soil moisture and regulate temperature.
- ☐ Adjust for weather—wind and sun can dry soil faster than you expect.

Crop-Specific Moisture Notes

🌿 **Leafy Greens:** Prefer consistent topsoil moisture; shallow roots dry quickly.

🥕 **Root Crops:** Need deeper watering to prevent forking and cracking.

🥦 **Brassicas:** Moderate, steady moisture keeps heads from splitting.

🌿 **Herbs:** Water sparingly; overwatering can reduce flavor intensity.



Reflection

Just as soil needs careful tending even when it appears fine on the surface, our inner lives require attention and hydration from God's Word, presence, and rest. Take time to notice what's happening beneath your own surface.

Journal Prompt

What surface signs in my life seem "okay," even though deeper layers may be dry or depleted? Where do I need to pause and tend to what's beneath the surface?

