

FARM CITY FESTIVAL
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The Benefits of Gardening

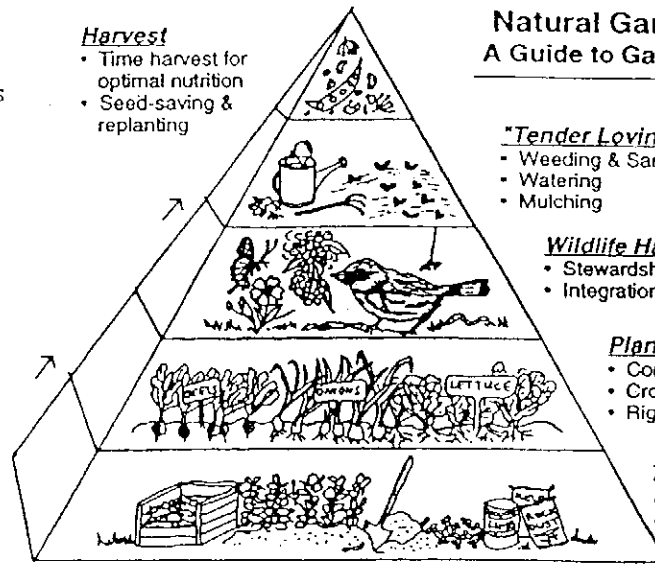
- ❖ Control how your food is grown (fertilizer, pesticides)
- ❖ A small plot (100 sq.ft.) can produce \$15 to \$45 / mo.
- ❖ Home grown produce has better taste and texture
- ❖ Good exercise (bending, squatting, lifting, carrying)
- ❖ A fun outdoor activity for the whole family

There is a vital nutritional connection between mineral rich soil, nutrient rich plants, and a healthy body

The 12 Principles of Plant and Soil Health

- # 1-Build soil quality with organic matter (compost)
- # 2-Enrich soil with cover crops
- # 3-Use natural fertilizers
- # 4-Use companion plants
- # 5-Practice crop rotation
- # 6-Right plant-Right place-Right time
- # 7-Create habitat space to attract beneficial wildlife
- # 8-Know beneficial insects
- # 9-Control weeds
- #10-Water deeply at the right time
- #11-Use mulch
- #12-Time your harvest

 * START SMALL - HAVE FUN *



**Natural Garden Pyramid
 A Guide to Gardening Choices**

Harvest
 • Time harvest for optimal nutrition
 • Seed-saving & replanting

"Tender Loving Care"
 • Weeding & Sanitation
 • Watering
 • Mulching

Wildlife Habitat
 • Stewardship of place
 • Integration of beneficial insects

Plant Management
 • Companion plants
 • Crop rotation
 • Right plant

Soil Enhancement
 • Organic matter/compost
 • Cover crops
 • Natural fertilizers

The Natural Garden Pyramid depicts a cyclical process initiated by good site selection & garden design. It seeks to nurture the soil, plants, beneficial insects & other wildlife, and to maintain the overall health of the garden, from initial planting to harvest. In this way, natural gardening stewardship mimics nature by promoting diversity & balance, helping to co-create, regenerate, & sustain, year-after-year, the seasonal garden drama. Part of the purpose of this booklet is to give you basic tips in using the 12 Principles shown in the figure above. These principles of plant & soil health are briefly explained below.

Tips on Raised Bed Garden Construction

Construction

- Use untreated lumber (2x12" is ideal), rocks, cement blocks, "plastic wood"
- 12" height is ideal, 18-24" for elderly & alter-abled
- Lengths up to 12-feet & 4' widths (so you don't have to step in bed)
- Space beds at least 3-feet apart for lawnmower, wheelbarrow, etc.

Filling Beds

- One 4x12-foot, 12" high bed needs about 2 cubic yards of materials filled to the brim
- Dig grass/weeds out inside bed, getting all roots out
- Loosen soil well with garden fork
- Materials: add 50% sandy loam or other good soil, 40% compost or organic matter, 10% well-aged manure & natural fertilizers
- Mix above very well inside bed before planting



Material provided by:
 FARM CITY FESTIVAL

HELP YOU GROW HOTLINE
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Technical information from:
 Gardening For Optimal Nutrition
 by C. Forrest McDowell, Ph.D.
 & Tricia Clark-McDowell
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