

Resource guide for Garden Ideas

Book

Excellent book that is not all doom and gloom, but actual ideas that are being done around the world and just need more awareness on all our parts.

Regeneration: Ending the Climate Crisis in One Generation By: Paul Hawken

“As we make our habitual appeals to practicality, the argument we cannot afford to ignore, the one that must frequently be on our lips, is this:

We live in a sacred miracle.

We should act accordingly.”

- Carl Safina

Podcasts – Just search on Regenerative Farming, No-till farming , BioChar and Peat...There are SO many good ones out there on regenerative farming. I really loved this one! Plus, I have a “voice crush” on Roman Mars!! 😊

<https://99percentinvisible.org/>

99% invisible Episode 417 “For the Love of Peat”

Sod removal and Garden in a Box

<https://resourcecentral.org/>

BioCharNow in Berthoud, CO near Meade

<https://biocharnow.com/>

- BioChar is a charcoal product created in a specific way
- Low temp burn in a specialized kiln that captures emissions before it goes into atmosphere
- Breaks down very slowly, so when buried in your garden for it’s benefits, it is sequestered within the soil. So do not turn the soil. Just dig enough to plant seedlings or seeds
- The crystalline structure holds water and nutrients to help build soil health.
- BioCharNow in Berthoud sells to home gardeners very reasonably. It is beetle kill lumber they get from the Forest Service.
- Recommended rate is not more than 10% BioChar to soil.

My New Garden Philosophy

- Amend the soil well, then try not to disturb it! Contact with air and sunlight disturbs the soil’s natural microbiome of helpful bacteria and fungi. Do not turn the dirt each season.
- Use BioChar as soil amendment– it holds water and fertilizer for slow release. (No more than 10% of the soil mix)
- No commercial fertilizer!! Use Compost!!!
Heavy nitrogen encourages lots of leaf and green growth but with shallow root structure. The runoff is bad for the water supply. As seen by the algae bloom in the Gulf of Mexico where all of our nitrogen runoff from Midwestern farms ends up! Straight down the Mississippi River killing all sorts of marine life!

- Free yourself from the idea that weeds are bad and weed sparingly.
- Plant cover crops under taller plants to help hold water.
- Don't clean up too much in the fall. Cover the bed with garden debris for moisture and to promote bacteria and fungi and for homes for beneficial insects. If it is too unsightly for your HOA, chop it up along the lines of mulch.
- Try not to use peat in gardening. Peat bogs are among the best places on earth that carbon sequestration occurs. Let's not dig it up and ship it all over the world! The big bag that I have is the last one I will ever own. I am switching to ***Back to Earth – Composted Cotton Burrs***

Benefits of Clover Lawns

- Clover actually builds the soil microbiome
- More resistant to drought
- More resistant to dog spots
- Does not need mowing as often
- Blooms and feeds bees and other pollinators

Cloth grow bags from Amazon. These are 25 gallon bags, but they come in ALL sized to fit your needs!!!

https://www.amazon.com/gp/product/B09JRP9DTZ/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&th=1

White Vinyl 15" garden boxes – As I searched on this, Home Depot has lots of online options for raised beds!!

<https://www.homedepot.com/p/Vigoro-4-ft-x-4-ft-x-15-in-White-Vinyl-Raised-Garden-Bed-26001V/313865224>

Kim's Grasshopper Mix = ¼ cup molasses, 1 quart water, 1 Tbsp Castille Soap, 10 drops of doTERRA cedarwood essential oil. In a spray bottle so you can target specific pests without hurting our bees! I know that grasshoppers are also God's creatures! But, I cannot find their use! Them and mosquitoes!! At least Japanese Beetles have super cute party frocks!!

Note: There are many essential oils that we use for garden pests! I raise orchids indoors and take in "hospital" orchids from people who do not want them after they bloom, so I battle pests constantly!!! Call me and we can figure out a recipe for your needs!!

Resource for doTERRA Certified Pure Tested Grade essential oils. You are so lucky, you have at least 3 Thrive members to help you!!

- Carolyn Kelly
- Kathy Beekman
- Bri Watts

Please feel free to contact me with any questions! I love to talk gardens, plants, essential oils and DIRT!

Kim Watts

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