

NO DIG GARDENS

[Going up instead of digging down]

No-dig gardens are an above ground garden constructed of layers of organic material. By combining high nitrogen materials with high carbon materials you get good moisture and magical compost for your veggies.

1 Create an Edge



Make your edge. There are many suitable materials to choose from – e.g old bricks, rocks, tree branches, recycled timber or fencing materials .

2 Prepare your plot



If building on long grass mow first. If on concrete, leave drainage gaps in edging and apply a course first layer (eg gravel/prunings). **TIP** -Wet the ground and apply pelletised manure before you add newspaper (step 3).

3 Add newspaper



Lay down overlapping newspaper (about 6 sheets thick) , brown cardboard, or even office paper. **TIP:** ensure newspaper it is wet so it doesn't blow away!

4 Add your first layer



Alternate thick layers of **high nitrogen materials** like coffee grounds, animal manures, veggie scraps, fresh grass clippings, green weeds, worm castings or organic fertilizer with high carbon (step 5).

5 Then your second



Alternate layers of high nitrogen materials (step 4) with high carbon materials such as straw, dried leaves dry grass clippings or wood chips. Finish layering with a thick carbon layer.

6 Plant !!



To plant your seedlings apply a growing medium (mature compost or soil) on top at least 10cm thick. OR you can fill little 'pockets' in your top carbon layer with growing medium. Water in with seaweed fertiliser

Remember: to keep an eye on your garden this is by far the best way to remember to water them and be alert for pests and for timely harvest. Plus you get to see the growth and changes which is one of the exciting aspects of growing your veggies.

WANT MORE INFO? FIND US ON FACEBOOK OR WATCH THE VIDEO!



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