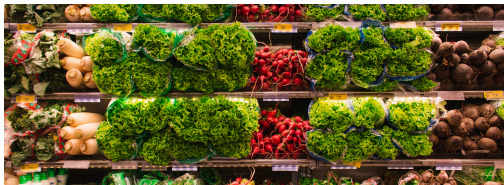


# BENEFITS OF GOING ORGANIC

*By: Cyndi's Garden Center*



## WHY GO ORGANIC WITH YOUR GARDENING?

### Benefits.

So why go organic with your gardening? A main benefit of going organic is to help the environment as well as your family. This help is based on proven benefits of mental and physical health when switching to an organic diet. Not only is it good for your well-being, organic items are also good for your financial health!

### How to Start.

Some tools to start with when going organic: clippers, trowel set, soil test kit, compost bin, gardening gloves, watering can.

When you make the choice to go organic, start from the soil up! Healthy soil will lead to a healthy plant, which leads to a healthy you. The first thing you should do is test your soil. After testing your soil you will know which nutrients you need to add to your soil. Add these nutrients before the winter.

Next, you will need to make/buy some compost. Your compost should have a good ratio of soil, water, and air.

ORGANIC





**How to Make Compost.**

Start with a layer of carbon (leaves, trimmings, etc) then add a layer of nitrogen (kitchen scraps, manure) and finally a thin layer of soil. Once you have done a few layers top it off with a thick layer of soil (4 to 6 inches). Make sure to turn your pile of compost regularly to promote microbe growth. If the compost starts to smell add more carbon material and turn more frequently.

**Planting.**

We highly suggest grouping your planted produce together to reduce potential weed growth and water waste. However, between rows leave a good amount of room.

**Plants.**

We recommend these vegetables for organic gardening:

- Tomatoes
- Pole Beans
- Zucchini
- Swiss Chard
- Snow Peas and Sugar Snaps

**Watering.**

The best time to water plants is in the morning before it gets windy and hot. If you water in the evening there is a chance root rot will occur or many other fungal and bacterial diseases.

Make sure to water the roots around the base of the plant and to water about once or twice a week in order for the plants to take root deeper.

**Weeds.**

Always hand pull weeds when gardening, it is good exercise! To reduce weeds you can apply mulch or burlap around your plants.

**Protecting Plants.**

A good way of protecting plants from pests is to have a highly diverse garden and to have natural predators as welcome guests in your garden. These natural predators are frogs, toads, lizards, birds, bats, and ladybugs are great for gardens!

