

REGENERATIVE gardening

looking to nature for clues about how to grow and imitate



The fall is the best time to cover your garden but anytime is the right time to start enriching soil!



1 Choose a sunny spot for your garden. Starting in the fall will allow more time for soil to enrich, but you can start in the spring.

8 After the harvest, create compost and put the garden to rest.



2 Mow or chop down the tall weeds — they will become food for the worms. **NO TILLING NECESSARY!**

7 Harvest your produce! Enjoy the healthy food your own hands brought to life — and don't forget to save the seeds for sharing and replanting!



3 Cover the plot with several layers of paper or cardboard. (Be sure to remove all tape)



6 Tend your garden. The covering method used in regenerative gardening requires less watering and lower maintenance.

5 In the spring, plant your seeds! Using your own saved seeds is ideal, but if you don't have them, be sure your seeds are high quality. Companion planting will produce optimal results.



4 Continue to cover the plot with layers of paper, 4-6" of compost, shredded leaves and 4-6" of untreated wood chips. Friendly worms and microorganisms will begin doing the work of enriching the soil.



Just as falling leaves in the forest fertilize the soil over the winter, blanketing the garden with mulched leaves will enrich the soil for next year's planting..

