REGENERATIVE gardening

looking to nature for clues about how to grow and imitate





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.







Harvest your produce! Enjoy the healthy food

your own hands brought to

life — and don't forget to

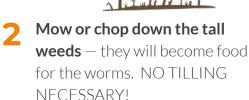
and replanting!

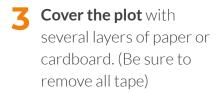
save the seeds for sharing

and put the garden to rest.

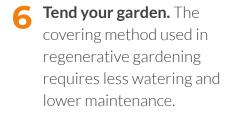


In the spring, plant your seeds! Using your own saved seeds is ideal, but if you don't have them, be sure your seeds are high quality. Companion planting will produce optimal results.





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..



