

FOR HOME

# Beginner's Guide to Sustainable Gardening

Start a sustainable garden with our beginner's guide. Learn about planning your garden, composting, and ways you can reuse paper in your garden.

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## Guide to Sustainable Gardening

# Beginner's Guide to Sustainable Gardening



A sustainable garden can provide you and your family with fresh fruits and vegetables that are free of pesticides. You can save money by growing your own food, and even help those around you if you start a community garden. There are many ways that you can make your garden sustainable. We've highlighted the top tips below, and have included some helpful resources that you can use along the way.

### Examine Your Space and Plan.

You want to begin by evaluating the space you have, and how much sun those particular areas get. The best areas for growing plants receive direct sunlight, and they should have good drainage. Not enough sunlight and too much water can negatively affect the outcome of your garden.

### Live in an apartment?

It is still possible to have a sustainable garden, even in a small space. Do you have a balcony where you can put trellises or railing planters? Does a windowsill get enough natural light for you to place a few pots? You can also create a vertical garden to help save space. Determine the optimal location and begin planning your garden!

Once you have determined the specific location of your garden, begin researching what type of plants will thrive in your environment. Start a list, and then map out where you will place plants based on how much space you will need in between each type.



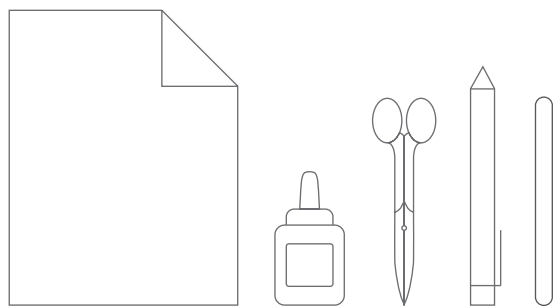
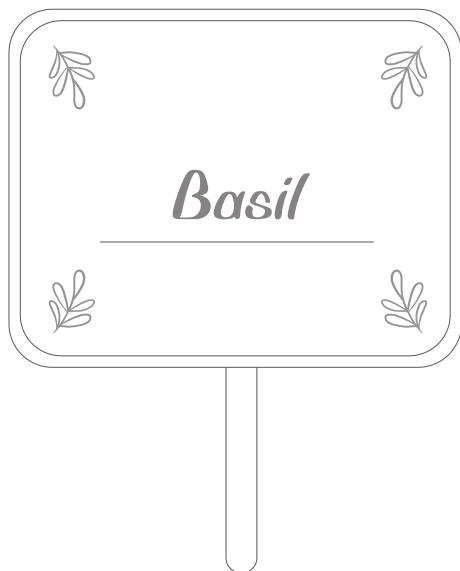
## What You Will Need

Hammermill® Premium Multi-Purpose 24 lb.

## Guide to Sustainable Gardening

# Mark Your Plants

Don't lose track of where you plant your seeds! Make sure you use markers for each type of plant that you can insert next to every row of seedlings. You can also include the requirements for each plant. In this case, you will want to include information about fertilizing, harvesting time, etc...

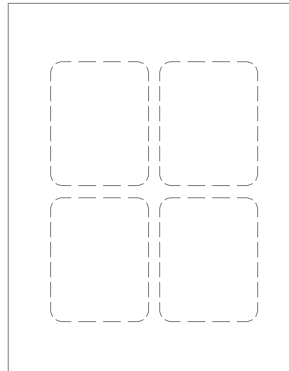


## What You Will Need

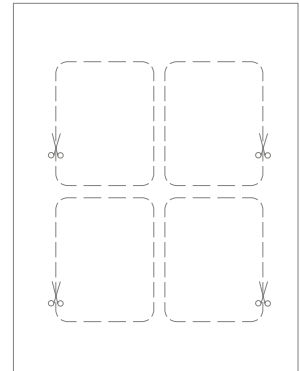
Hammermill® Premium Multi-Purpose 24 lb.

## Make Your Plant Markers

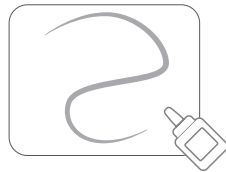
1. Print out the template.



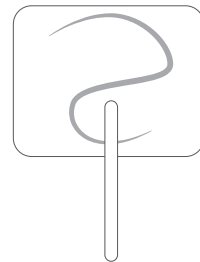
2. Cut around the outer dotted lines.



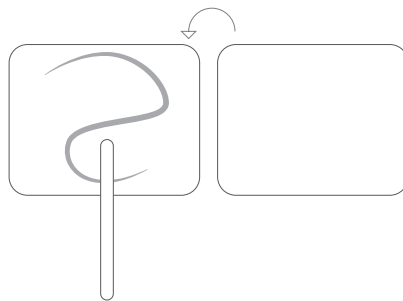
3. Apply glue to the blank side of one of the cards.



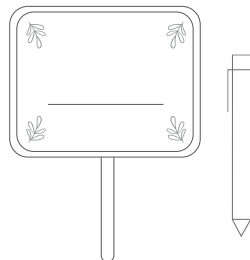
4. Use chopsticks or popsicle sticks as a base that you can insert into the ground and place it on the card.

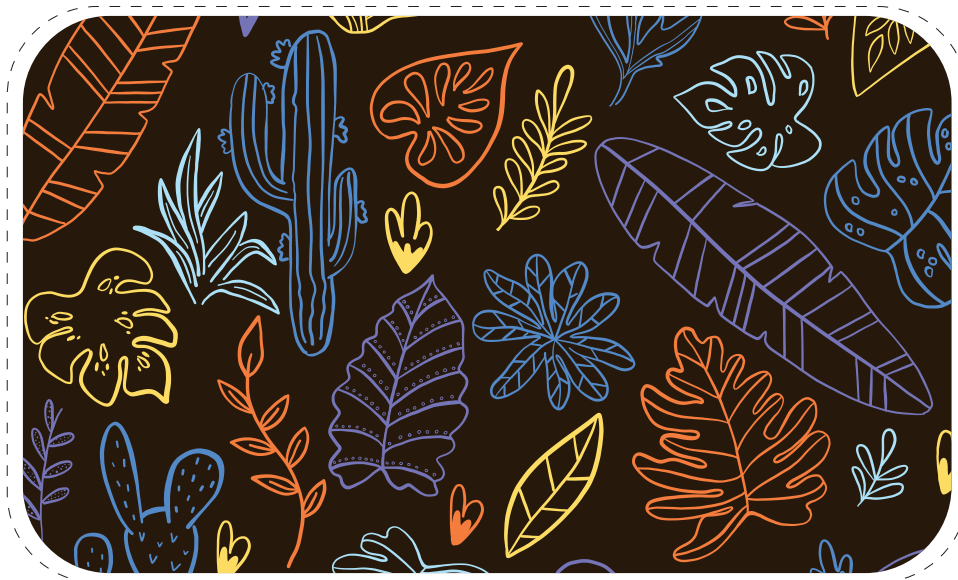


5. Place the other card on top, making sure it is facing up.



6. Write on the sign the kind/name of your plant.





Front Side



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# Compost

Composting can help reduce household waste, and will help provide your plants with helpful nutrients. You can add certain types of food scraps and yard waste to help make your compost, instead of throwing these materials away, and contributing to greenhouse gases. Below is a list of everyday items you can compost.

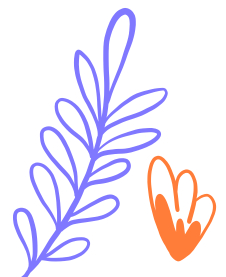
Many different types of containers can be used to make your compost. We recommend researching what type of composting bin will best suit your needs. There are many different types you can either buy, or even make yourself.

For a balanced compost pile, you want to have a mix of what's referred to as green and brown. A few examples of brown materials include: leaves, straw, paper and cardboard, eggshells, and tea bags, and green materials include: vegetable peelings, grass clippings, and coffee grounds. The optimal mix ratio to keep your compost pile balanced, is 2:1, green to brown.

### List of Everyday Compostable Items:

- Eggshells
- Shredded newspaper or non-glossy paper
- Paper towels and napkins (do not use anything that has been exposed to non-organic materials, such as cleaning supplies that are made with chemicals)
- Tea bags (minus any staples)
- Coffee grounds and filters
- Sawdust
- Natural wine corks
- Non-colored and non-glossy papers
- Dryer lint
- Leaves
- Grass clippings
- Non-animal food scraps: fruit and vegetable clippings, bread, and cereal.

Note: Always research if an item is ok to use in your compost pile, before putting it in.



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# Reuse Paper in Your Garden

Paper can be used in a myriad of ways in your garden. Not only can you put paper into your composting pile, but you can also use non-glossy paper as mulch. For mulch made of paper, shred the paper first, and then place around your plants and on top of your soil. This should help with moisture retention.

The base of a garden bed can be made of paper. This only works in no-dig beds, with paper being used in place of cardboard or newspaper. First, layer the paper, and make sure the sides overlap. You want your paper to be about .5cm thick. Next, spray the paper with water, and then layer your dirt and/or compost down on top of the paper. The paper will block weeds from growing up into your no-dig garden beds.



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