

Sustainable Gardening Methods



"Planting Roots In Our Community"

**DOWN TO EARTH
COMMUNITY GARDENS**

LEARN TO GROW ORGANIC PRODUCE USING FREE RESOURCES

LAWNS TO LETTUCE

Reduce lawns by growing food in sustainable ways.



Snohomish Conservation District

working together for better ground since 1941



**Where this all started! Where will we go from here?
Follow our progress at Down To Earth Community Gardens**



The sounds and textures of a community.

WORDS TO THE WISE

- ▶ Start small, pick a few things to start, learn as you go, expand yearly.
- ▶ Prepare for failure, not all seeds germinate, not all start survive, pests will rip your plants to shreds, weather can impact your harvest.
- ▶ Celebrate small victories.





- ▶ Reduce your carbon footprint
- ▶ Economic impact
- ▶ Education
- ▶ Promotes Health
 - ▶ Increased consumption of fruits and vegetable
 - ▶ Improved mental health
 - ▶ Exercise and recreation
- ▶ For Additional Information
- ▶ [Growing Nourishing Food Systems: A Guide for Local Governments to Improve Healthy Eating in Washington State](#), Washington State Department of Health, 2013
- ▶ [Urban Agriculture - Community Gardening](#), MRSC webpage

THE LIVING LAB, BEFORE





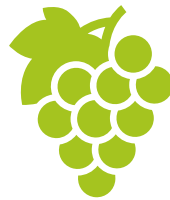
**THE LIVING LAB, AFTER
(1 year later, 5 years later)**

THE BASICS



Know your growing season

[www.Humeseeds.com/frost1.htm#
WA](http://www.Humeseeds.com/frost1.htm#WA)



Sunshine

6+ Hours - Corn, Tomatoes, Beans, Peas, Summer and Winter Squash, Melons, Potatoes, Cucumbers, and Herbs.

4-6 Hours - Broccoli, Cabbage, Cauliflower, Kale, Brussel Sprouts.

2-4 Hours - Greens! Swiss chard, Lettuce, Endive, Mesclun, Arugula, Bok Choi, Mustard Greens, and Parsley.



Soil

Compost

Nutrients - Coffee grounds, Egg Shells, Banana Peels

www.motherearthnews.com/organic-gardening/natural-soil-amendments-zmaz88ndzgoe

WHERE AND HOW TO PLANT A VEGETABLE GARDEN

- ▶ Plant in a sunny location. Vegetables need at least 6 hours of direct sunlight per day. The more sunlight they receive, the greater the harvest and the better the taste.
- ▶ Plant in good soil. Plants' roots penetrate soft soil easily, so you need nice loamy soil. Enriching your soil with compost provides needed nutrients. Proper drainage will ensure that water neither collects on top nor drains away too quickly.
- ▶ Space your crops properly. For example, corn needs a lot of space and can overshadow shorter vegetables. Plants set too close together compete for sunlight, water, and nutrition and fail to mature. Pay attention to the spacing guidance on seed packets and plant tabs.
- ▶ Buy high-quality seeds. Seed packets are less expensive than individual plants. If seeds don't germinate, your money—and time—are wasted. A few “extra” cents spent in spring for that year's seeds will pay off in higher yields at harvest time.

HOW TO BUILD raised BEDS



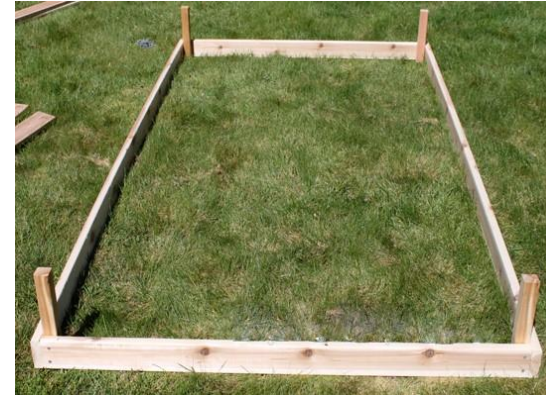
BUILD A RAISED BED

► Upcycle

- Tires, box springs, pallets, cinder blocks, paving stones
- Limited only by imagination

► Build your own

- www.sunset.com/garden/backyard-projects/ultimate-raised-bed-how-to



UPCYCLE FREE RESOURCES

- ▶ Upcycle
 - ▶ Tires
 - ▶ Box springs
 - ▶ Pallets
 - ▶ Cinder blocks
 - ▶ Paving stones



COMPOST!

- ▶ Lawn clippings, leaves, mulch, straw, newspaper
- ▶ Soil amendments
 - ▶ www.planetnatural.com/product-category/organic-gardening/soil-care/soil-amendments
- ▶ DIY
 - ▶ Eggshells, coffee grounds, banana peels

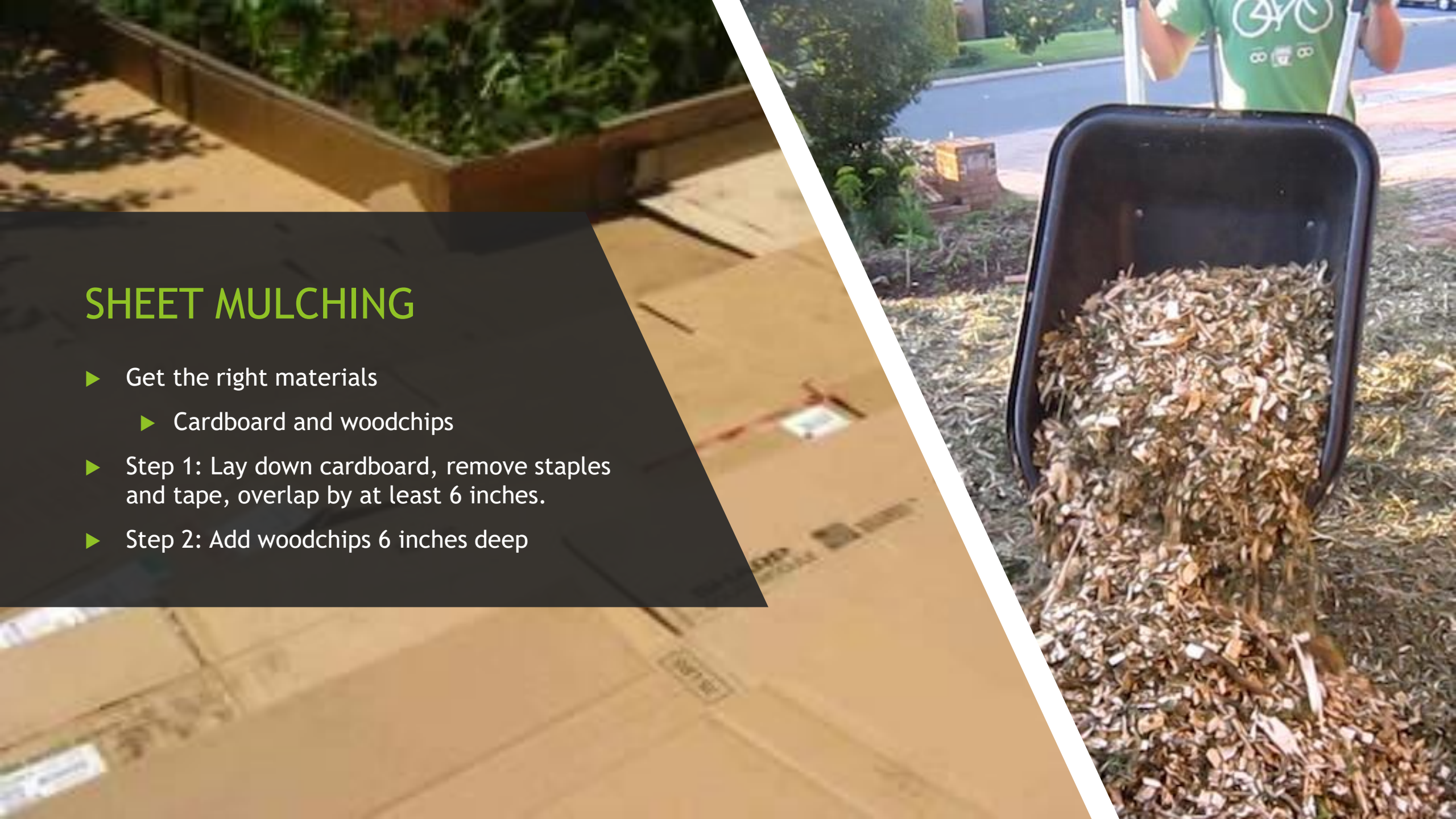


SOIL - TURN
BARREN SOIL IN
TO BLACK GOLD



SHEET MULCHING

- ▶ Get the right materials
 - ▶ Cardboard and woodchips
- ▶ Step 1: Lay down cardboard, remove staples and tape, overlap by at least 6 inches.
- ▶ Step 2: Add woodchips 6 inches deep



WHEN TO PLANT?

Step 1

Determine your last spring frost

- Visit www.Humeseeds.com/frost1.htm#WA

Step 2

Calculate planting dates

- Visit www.almanac.com/gardening/planting-dates/WA/Seattle

Step 3

Spring Forth!

- April 9th- April 15th last projected frost, start planting

Your Personalized Planting Reminders

Here are the planting reminders for your location
for the next two weeks:

Sow under cover or indoors:



Basil



Beans (Bush Snap)



Corn



Cucumber



Pepper



Tomato (Large)



Watermelon



Zucchini

Sow outdoors or plant out:



Apple (Dwarf)



Asparagus



Beet



Blackberry



Blueberry



Broccoli



Cabbage (Summer)



Carrot



Kale



Lettuce (Leaf)



Onion



Peas



Potatoes (Maincrop)



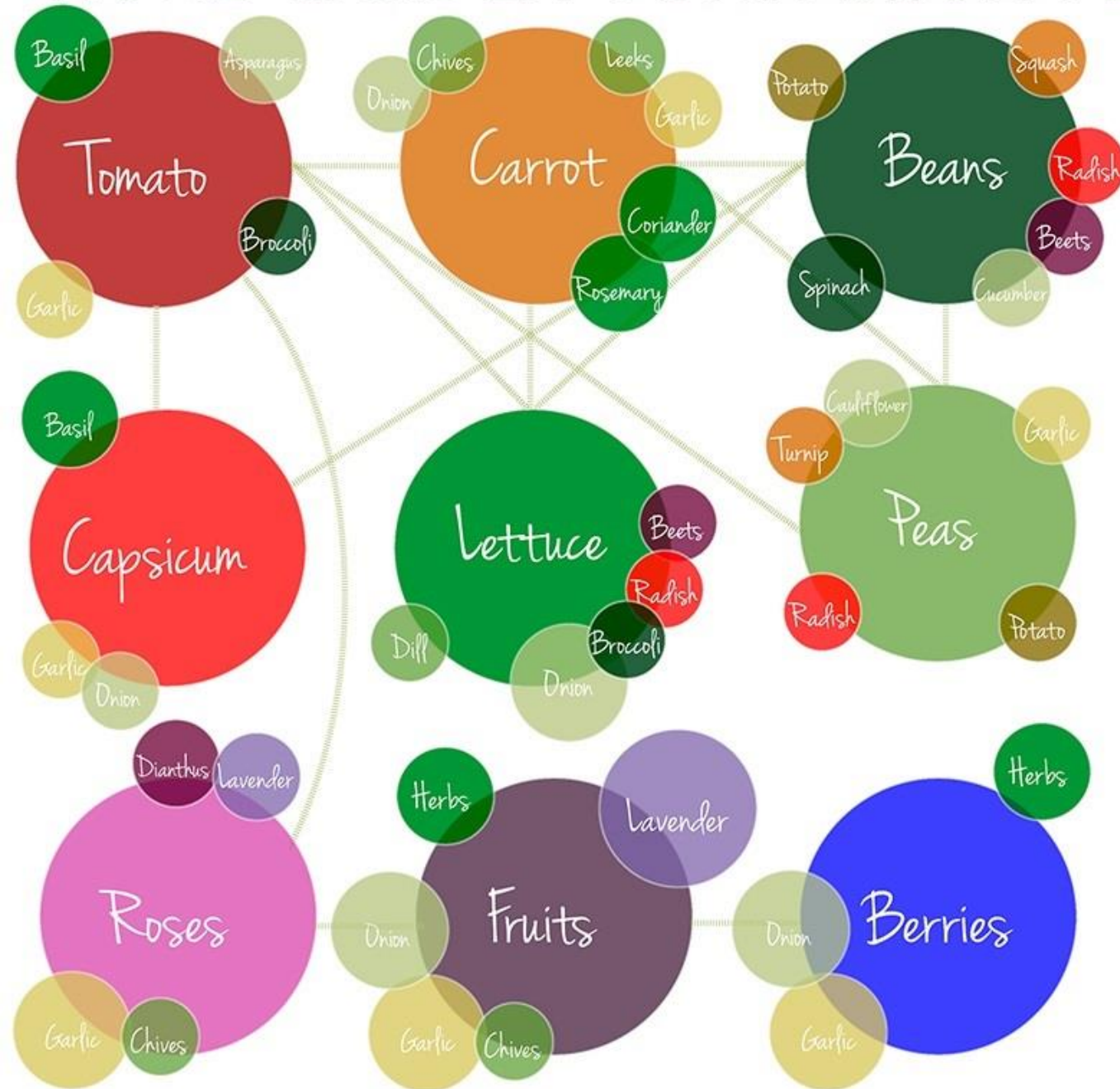
Radish

WHAT TO PLANT NOW

Geranium [1] 	tomato [1] 	tomato [1] 	SUNFLOWER [1] 
CHIVES [1] 	nasturtium [1] 	marigold [2] 	BASIL [1] 
BEETS [9] 	SWISS CHARD [4] 	oregano [1] 	PEPPER [1] 
GarLIC [16] 	SPINACH [9] 	red lettuce [9] 	Carrots [16] 

COMPANION GARDENING

HOME GARDEN COMPANION PLANTING IDEAS



Nasturtium
Nasturtium helps to deter nasty pests, like whitefly, caterpillars, and beetles and is a sacrificial plant for aphids. Nasturtiums are also edible: leaves, flowers and seeds!

Lavender
Lavender is not only beautiful and fragrant, its a tough hardy plant that helps to repel bad insects like whitefly and moths, and draw in good insects, like bees.

Mint
Mint is a tasty and helpful garden companion. Helps to deter nasty pests like moths, aphids, ants and rodents. Many varieties are highly invasive, so container planting is a good option.

Chives, Garlic, and Onions
Onions, chives, and garlic help to deter pests, improve soil, and reduce systemic diseases.

Other flowering plants that can help to reduce garden pests and/or draw pollinators into your home garden:

- Marigold
- Petunia
- Poppy
- Alyssum
- Borage
- Lupin
- Tansy
- Geranium
- Pansy
- Zinnia

WATER CONSERVATION



Plant smarter



Plants with similar water requirements can be grouped together. (Tomatoes, squash, peppers, and eggplants.)



Drip irrigation



Rain barrels



Sheet mulching

Suppresses weeds, builds fertile soil.
Conserves water

A group of ducks is shown foraging in a field. The ducks are dark-colored with lighter underparts. They are scattered across the frame, some standing and some pecking at the ground. The background is a soft-focus field of tall grass or reeds.

ORGANIC PEST CONTROL

What works, what doesn't?

- ▶ www.motherearthnews.com/organic-gardening/pest-control/organic-pest-control-zm0z11zsto?pageid=1#PageContent1
- ▶ Slugs - hand pick, rent or borrow ducks
http://premeditatedleftovers.com/gardening/safe-ways-get-rid-slugs-garden/#_a5y_p=5368440
- ▶ Aphids - plant flowers and herbs, diatomaceous earth, water with pressure, wipe off with a towel, prune affected plants.
- ▶ Cabbageworms - Row covers
 - ▶ www.gardeners.com/how-to/row-covers/5111.html

WHERE CAN I GO TO LEARN MORE?

- ▶ Snohomish Conservation District
- ▶ Mother Earth News
- ▶ Local Nurseries
- ▶ SnoCo Homesteaders
- ▶ www.downtoearthcommunitygardens.com
- ▶ facebook.com/DownToEarthCommunityGarden/
- ▶ Site Visits

SNOHOMISH



CONSERVATION DISTRICT



**DOWN TO EARTH
COMMUNITY GARDENS**

TO GROW ORGANIC PRODUCE USING FREE RESO

w.downtoearthcommunitygardens.c

(MOSTLY) FREE RESOURCES!

- ▶ Tires
 - ▶ Les Schwab, Craig's List, Buy Nothing, Freecycle
 - ▶ Degrease using dish soap, water, scrub, rinse
- ▶ Box Springs
 - ▶ Craig's List, Buy Nothing, Freecycle
- ▶ Woodchips
 - ▶ Chip Drop (www.chipdrop.in)
- ▶ Cardboard
 - ▶ Appliance Stores, Ace Hardware, Costco, Ask your neighbors
- ▶ Cinderblocks and Pavers
 - ▶ Craig's List, Buy Nothing, Freecycle
- ▶ Rain Barrels
 - ▶ Snohomish Conservation District (www.snohomishcd.org)
- ▶ Seeds/Starts
 - ▶ Snohomish Conservation District, Seed & Plant Exchanges
- ▶ Compost/Manure
 - ▶ Valhalla Farms (Josh) Stanwood, Washington 760.867.5643
- ▶ Eggshells
 - ▶ Local Farms, Neighbors
- ▶ Coffee Grounds/Milk Jug Clouches
 - ▶ McDonalds, Starbucks, Local Baristas
- ▶ Lumber/Hardware
 - ▶ Lowe's, Home Depot

Resources from the Snohomish Conservation District



- ▶ Plant A Row: Whether you're a novice gardener or a green thumb- we encourage you to plant a row to donate to your local food bank in Snohomish County. Snohomish Conservation District is partnering with Project Harvest to increase access to nutritious food in Snohomish County. Use the link below for an all-access pass to tips and tools that will guide you from seed planting to donation site! <https://snohomishcd.org/plant-a-row-1>
- ▶ Lawns to Lettuce: The Lawns to Lettuce program encourages landowners to convert a portion of their lawn to grow edibles in a way that builds healthy soil, protects pollinators, minimizes pesticide use, reduces runoff and conserves water. **Some cost-share projects include:**
 - ▶ Building materials for raised beds
 - ▶ Seeds, soil and compost
 - ▶ Rain catchment systems
 - ▶ Signs
 - ▶ Compost bins
 - ▶ Communication and outreach efforts
 - ▶ Lawn removal
 - ▶ Apply for cost share here:
<https://snohomishcd.org/funding-lawns-to-lettuce>

HAPPY GROWING!

- ▶ Thank you for attending Lawns to Lettuce.
- ▶ To learn more contact Terry Myer at 425-350-2658 or tmyer58@hotmail.com
- ▶ Visit www.downtoearthcommunitygardens.com or visit at 2420 Soper Hill Road, Lake Stevens.
- ▶ See the Living Lab and Urban Agriculture in action!
- ▶ Visits to the Living Lab located in Marysville, Washington by appointment only.
- ▶ Free Site Visits Contact Terry Myer at 425.350.2658





Neighbors sharing abundance

There are many ways to contribute locally, looking for ideas? Ask me how!

Down to Earth Community Gardens
Building Community through Education
Classes Available Year Round. Ask me!

tmyer58@Hotmail.com 425.350.2658





Family Bonding Time
with Down To Earth
Community Gardens



Making Friends through service!
Volunteer Opportunities Available
downtoearthcommunitygardens.com



Classes available year round through:

Garden Clubs
Parks & Recreation
Seed & Plant Exchanges

Sno-Isle Libraries
School Districts
Farmers Markets