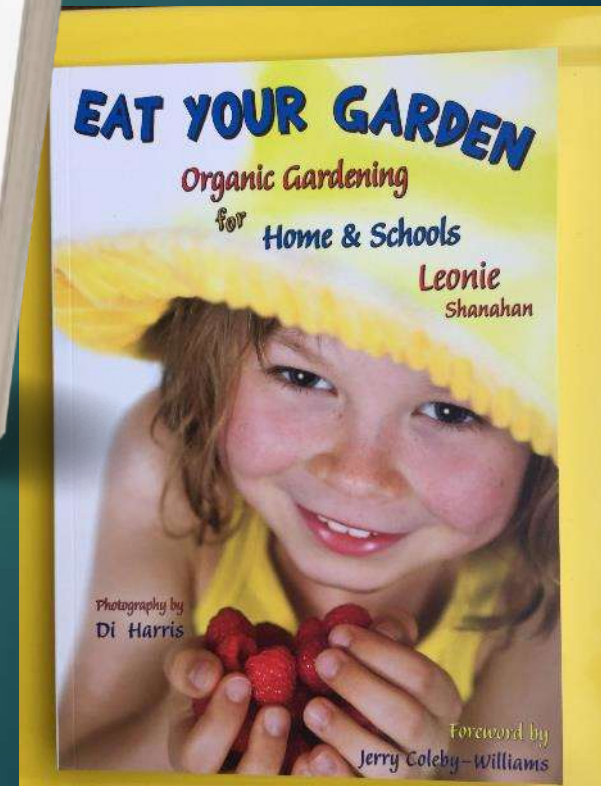
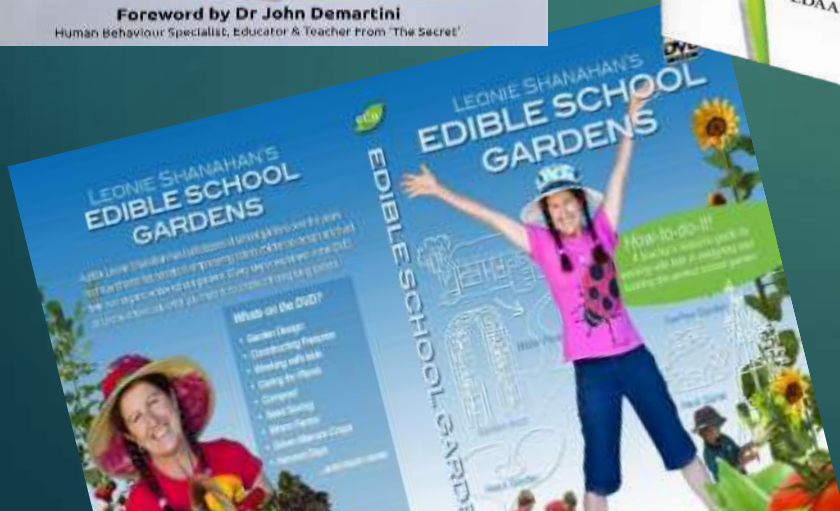
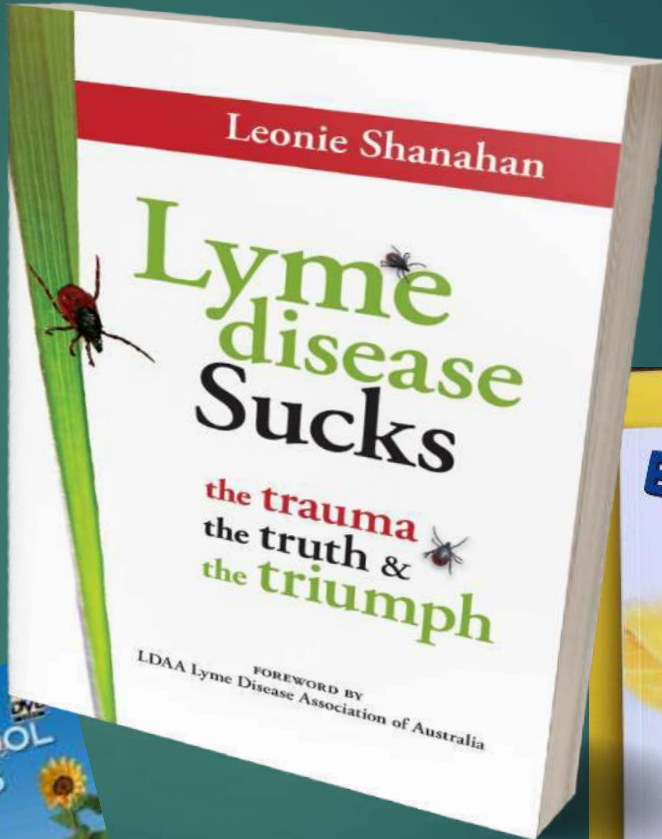
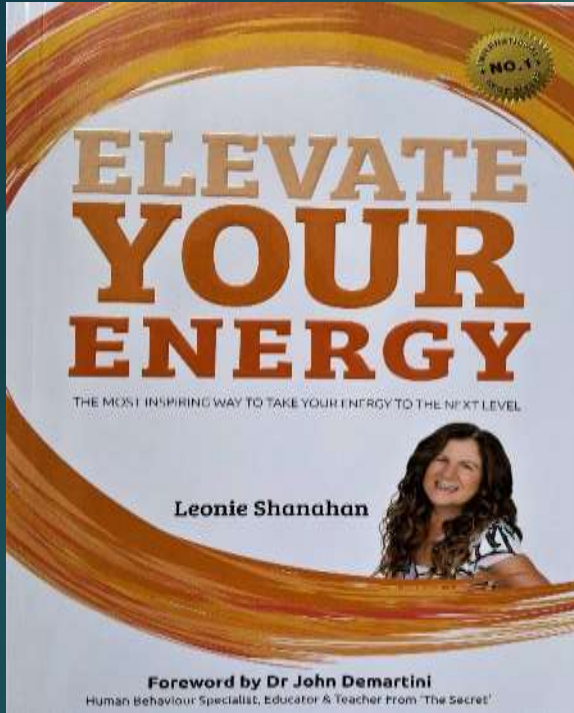


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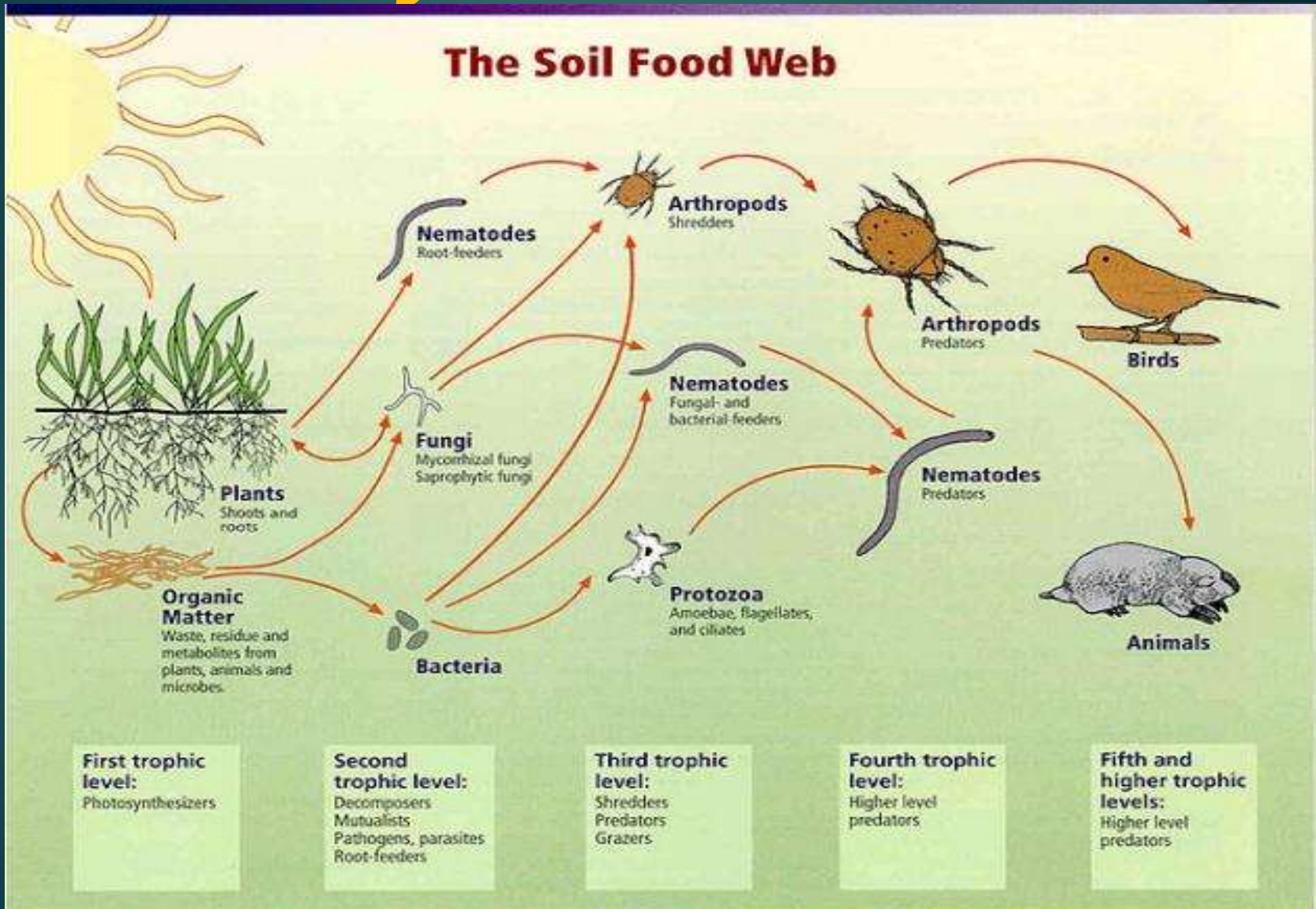
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EAT A VARIETY OF FRESH FOOD EVERY DAY



You are only as healthy as your soil



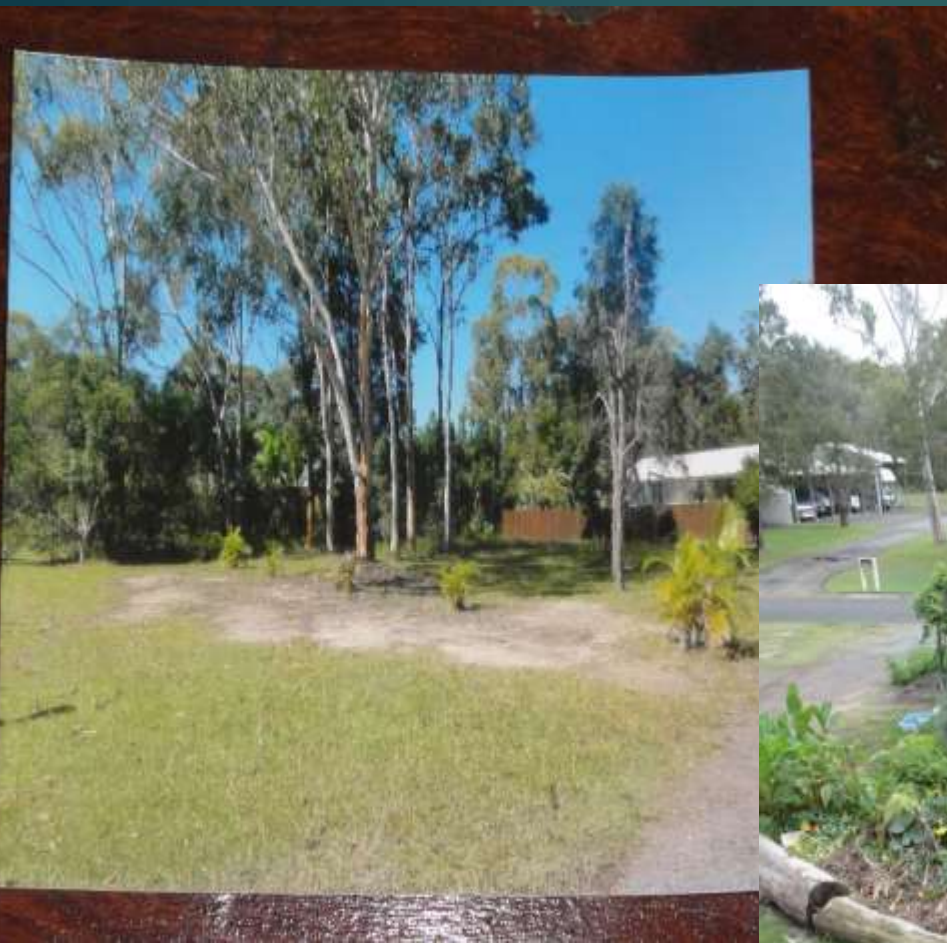
Relationships between soil food web, plants, organic matter, and birds and mammals

observation



pH







VEGETABLE GARDENS
- **set up**
PERMACULTURE
ZONES

Compost – soil fertility

Worm castings – fastest delivery of concentrated fungi & bacteria Plant available form



products

- ▶ Agricultural garden lime
- ▶ Rock minerals - natramin
- ▶ Organic fertilizer pellets - NTS Gold
- ▶ Soil conditioner - McLeods soil conditioner/Humus
 - ▶ LIQUID - watering can/clip on to hose or FOLIAR spray
 - ▶ Seaweed
 - ▶ Molasses
 - ▶ Fish Emulsion
 - ▶ Biota booster instant microbes
 - ▶ Silica and potash (stressful events) – plant of health brand

Planting Guide - October

Seeds

Beans	Lettuce	Radish	Sweet corn
Beetroot	Luffa (needs support)	Rosella	Warrigal greens
Carrots	Marrows	Shallots	Watermelon
Chokos	Okra	Silverbeet	Winged beans
Cucumbers	Pumpkins	Squash	Zucchini

Sweet corn (must have at least 20 plants, planted together in a grid formation, for effective pollination)

Seedlings

Capsicum	Eggplant	Lettuce	Silverbeet
Celery	Elk (wasabi lettuce)	Rosella	Tomatoes

Tubers

SUGARSNAP PEA
CLIMBING

EDEN SEEDS

29 Mirani Street
LOWER BEECHMONT. 4211

NON HYBRID
OLD TRADITIONAL
OPEN POLLINATED
VARIETIES

Sow before:

NET 30G

JUL 2009





Summer **GREEN** MANURE

- ▶ Buckwheat
- ▶ Japanese Millet
- ▶ Mung bean
- ▶ **Plants build SOIL**
- ▶ **15 mix-kandanga farm store**



30% flowers increase food production. Beehives reduce PTSD



Permaculture plants



- ▶ Aloe vera Barbardenis
- ▶ Beans – snake, winged, purple
- ▶ Lettuce – timor; brazilian spinach
- ▶ Arrowroot
- ▶ Comfrey
- ▶ Choko – esp small
- ▶ Lucerne
- ▶ Moringa
- ▶ Nasturtiums
- ▶ Spinach – sambung, ethopian, Okinawa, betel leaf, Surinam,
- ▶ Herbs – herb Robert, 5in1, garlic chives
- ▶ Weeds; purslane, cobbler's pegs, plantain, gota kola, dandelion
- ▶ Bananas

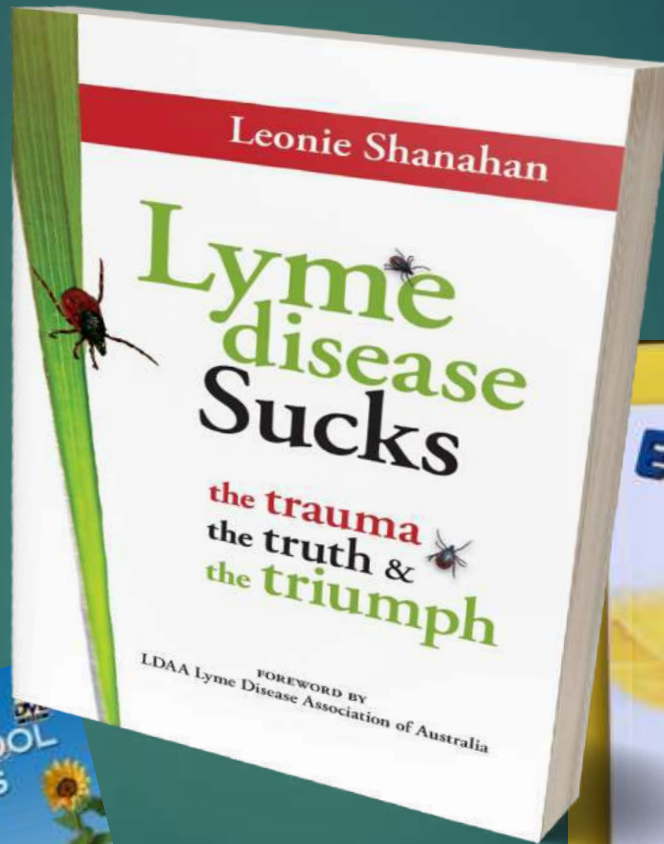
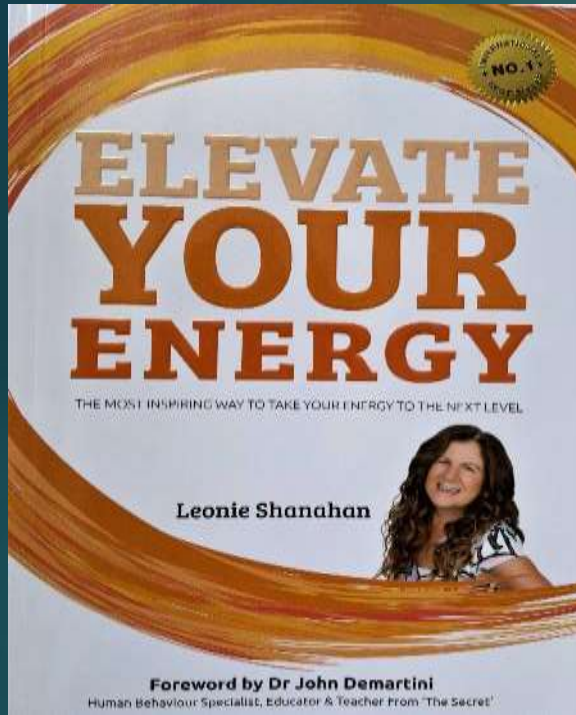


HARVEST
GIVING
LOVE &
GRATITUDE

Leonie Shanahan

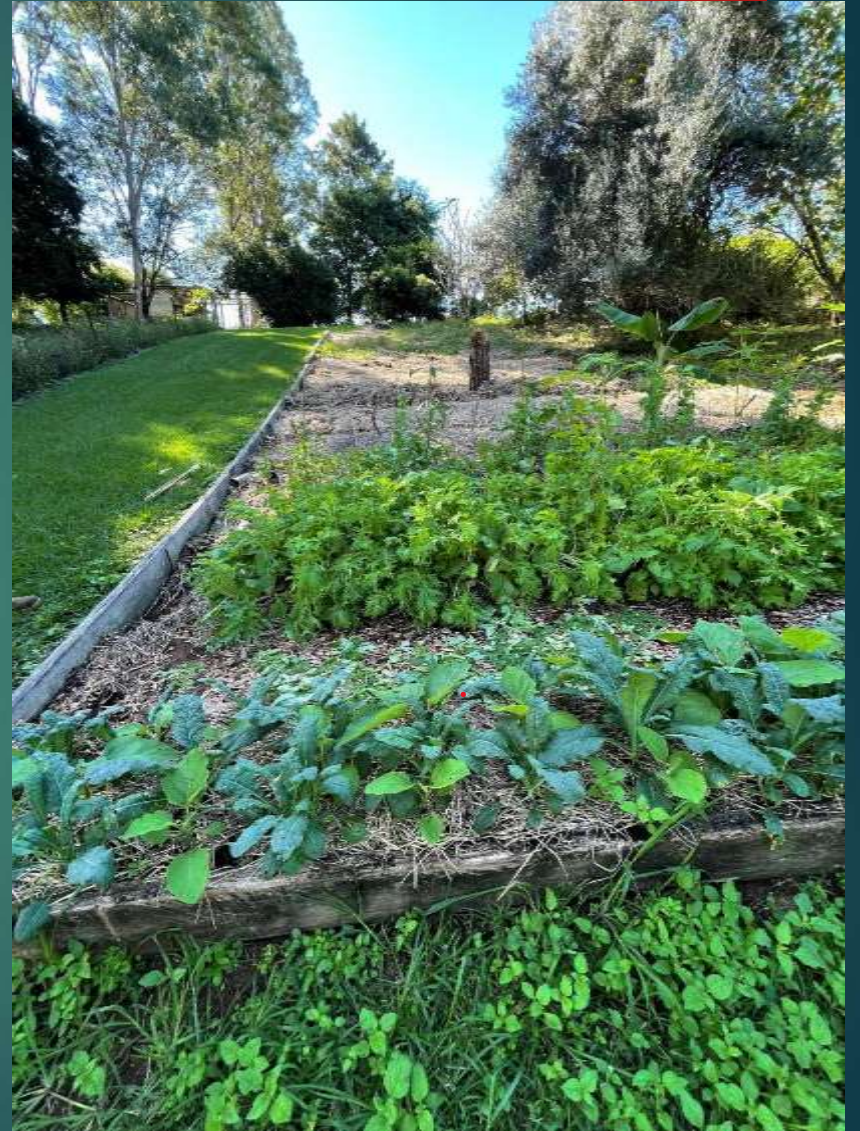
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**\$20
each
special**



END





SOIL CREATION – ALIVE SOILS

Spread *5cm compost, layer worm castings and sprinkle soil conditioner.*

Mulch (brown lucerne preferred)

Water in with microbes liquid mix and Combined in a 9-litre watering can with 1 tablespoon molasses and seaweed (as per instructions on bottle) until soil is moist.

*You can start planting immediately. **1st crop should be a green manure crop***

Plan a green manure crop every year, to provides food for the soil and beneficial micro-organisms which increases biological rich soil and plant available nutrients for future crops to grow healthy plants.

Dedicate whole garden bed (good in summer) or make a section at a time.

Spring and Autumn add small amounts of rock mineral fertilizer and trace elements.- which will adds flavour and nutrients to food.



MAINTENANCE

**FOLIAR
FEEDING**





In REVIEW

Why grow your own food

Soil exploration
Placement of gardens

How to grow soil
- everything is about web of life

Planting – seeds & seedlings
crop rotation/mixed planting

Harvest – gratitude, Love, Appreciation



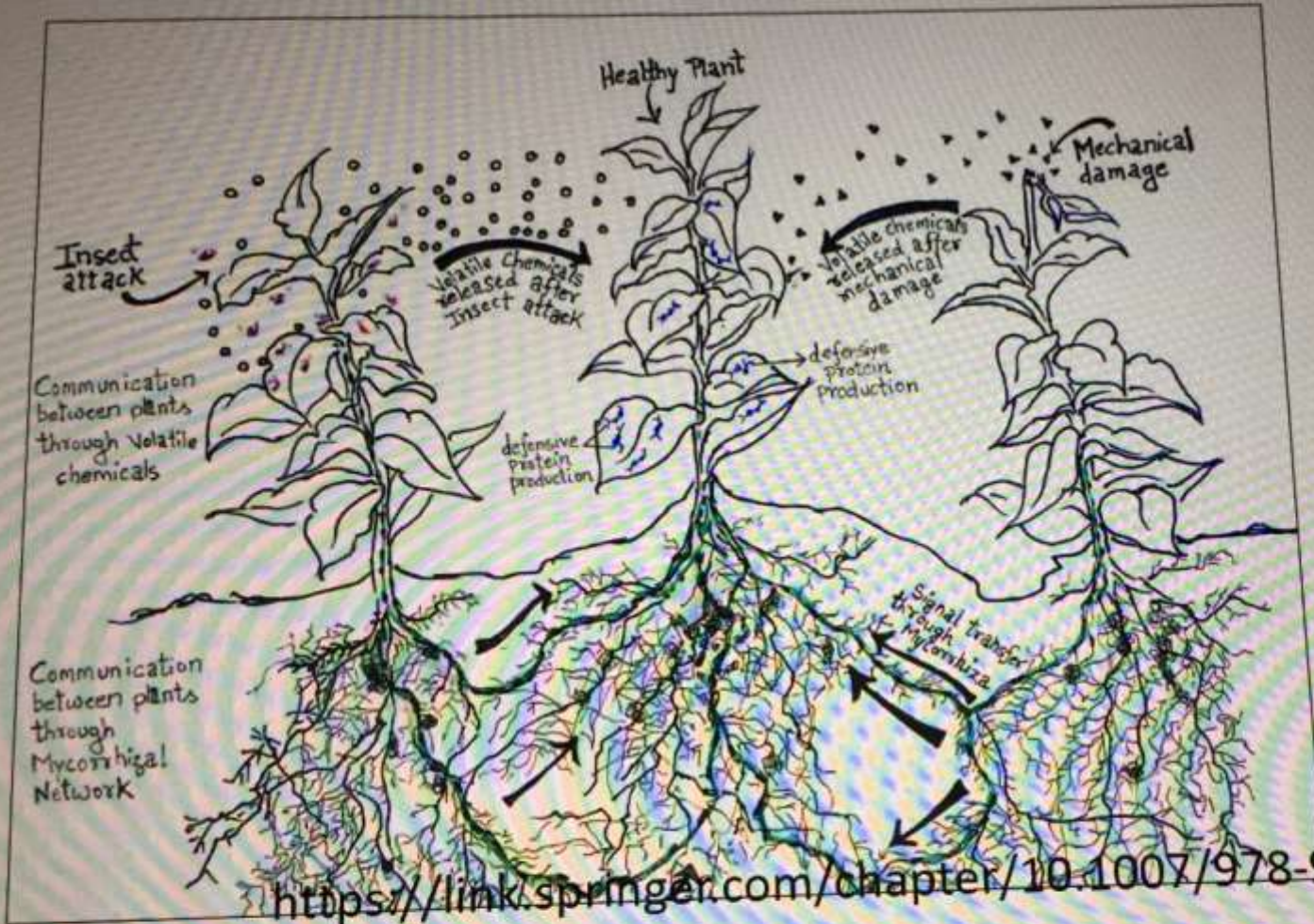
Green manures



MINERALS





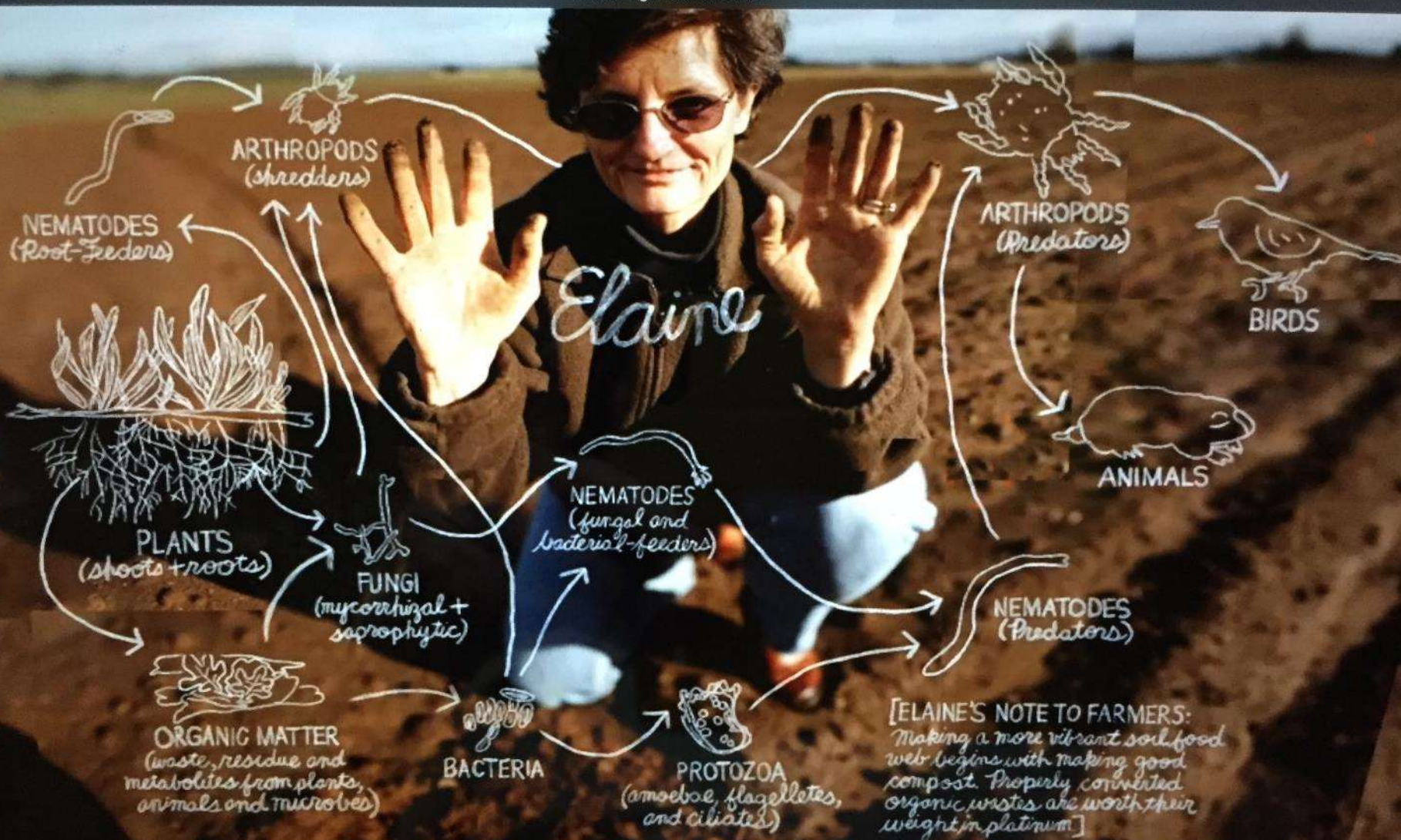


https://link.springer.com/chapter/10.1007/978-981-15-0690-1_7

Layers of Space and Function

Layer Function	1. Roots	2. Ground Cover	3. Herbs and Veggies	4. Shrubs	5. Low Trees	6. Tall Trees	7. Vines	8. Water Plants
Edibles	Potato Garlic Rutabaga Canna	Strawberries Sweet Potatoes Chickweed	Violets Rhubarb Lettuce Alexanders	Burdock Kale Raspberries Blueberries	Gooseberries Pawpaw Peach Persimmons	Fig Mulberry Cherry Linden	Maple Passion Fruit Kiwi Akebia	Lotus
Medicinals	Garlic Echinacea Dandelion Licorice	Spilanthes Wild Ginger Mints Oregon Grape	Yarrow Dock Mullein	Rose Wormwood Rosemary Raspberries	Magnolia Chaste Tree Lilac Albizia	Magnolia Ginkgo Chestnut	Wisteria Hops Jasmine	Bacopa
Fiber Plants	Dock	Moist Grasses	Nettles Jute Hemp	Blackberries Bamboo	Willow Hazel Maple	Cedar Willow	Akebia Hops	Cattail
Nitrogen Fixers and Detoxifiers	Comfrey Licorice Astragalus Peanuts	Pumpkins Clover Alpine Pennycress	Fava Nettles Squash	Oleaster Ceanothus Lupine	Locust Alder Golden Rain	Catalpa	Kudzu Pole Beans	
Mulches	Comfrey Sunchoke Potato	Ajuga Ivy	Burdock Nettles Yarrow	Bamboo	Plum Apple Pear	Maple Empress	Blackberries Kudzu	Lemna Azolla
Habitat		Wood Sorrel Cattail Foamflower	Waterleaf Lingonberries	Indian Plum Serviceberries Snowberries	Rowan	Oak Mulberry	Honeysuckle Clematis	Water Lily
Insectaries	Horseradish Daikon	Ajuga Nasturtium White Clover	Yarrow Dill Marigolds Zinnias	Hydrangea	Lilac	Linden	Honeysuckle	Water Hyacinth

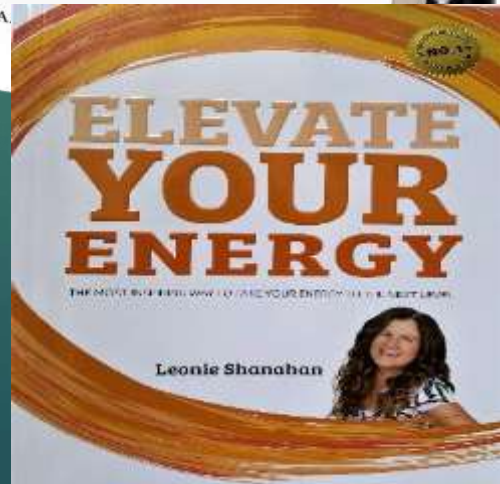
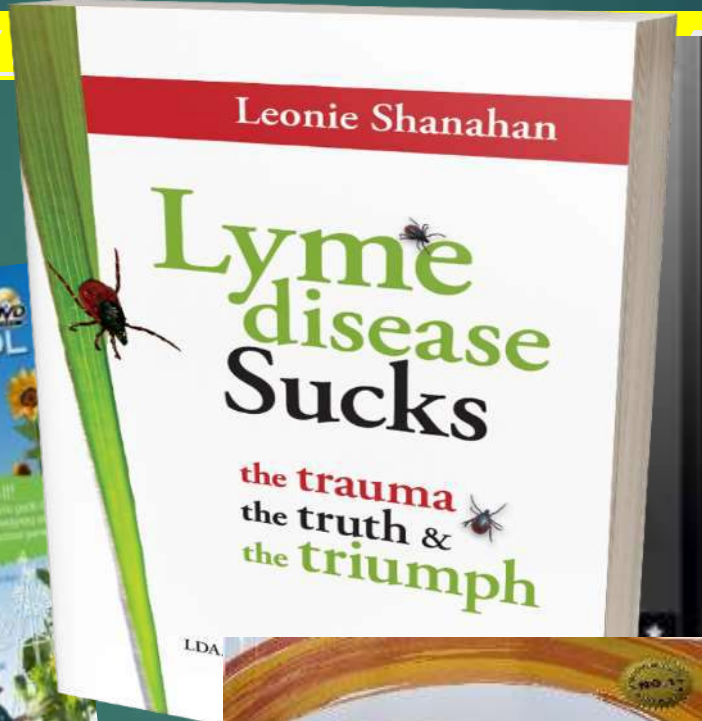
PRIORITY * Making soil



THE SOIL FOOD WEB

Leonie Shanahan

GROWING NUTRITIONALLY
YOU and YOUR FAMILY



Get growing



TODAY YOU WILL LEARN :

Why grow your own food

a b c d of growing food

How to grow soil

- everything is about web of life
- soil discovery, explore your soil

Garden beds – placement,
types and how to start your
garden

Growing soil, plants and seeds

Mulch; green manures

Harvest – gratitude

Maintenance







Worm castings - fastest delivery
of concentrated fungi &
bacteria Plant available form

FREE SOIL MAKING

- ▶ Roadside grass
- ▶ Weeds in parks/neighbours (no sprays) *
bucket/cover weeds with water for 6 weeks and stir every few days. Strain. Dilute 2 pts to 10 pts water. Water on soil NOT plants
- ▶ Weed Teas fertilizer
- ▶ Urine - human
- ▶ Chop n drop – arrowroot, lemongrass, comfrey
- ▶ Wood/fallen trees
- ▶ Woodchips
- ▶ Insect poo
- ▶ Sawdust (pathways)
- ▶ Leaving some roots in the ground eg Asion greens

- 
- ▶ Living mulch – clover, nasturtium, pinto peanut
 - ▶ yarrow, lucerne
 - ▶ Hair (not dyed); dog (not wormed)
 - ▶ Café scraps
 - ▶ Garden maintenance – grass clippings/prunings
 - ▶ SIGN OUTSIDE YOUR HOME - WANTED ...
 - ▶ Burying dead animals/roadkill
 - ▶ Leaves – autumn/ in gutters/drains
 - ▶ pruning's

- 
- ▶ Planting BIOMASS - Banana plants, cassava, arrowroot,

Chook tractors/ any farm animals
manures/roaming