

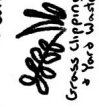






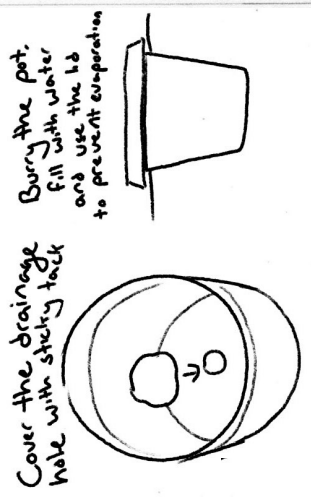


Nitrogen	Carbon	AVOID
 Fruit & Veg Scraps  Used Tea & Coffee  Grass Clippings & Yard Waste	 Shredded Newspapers & Paper  Tulips & Tulip Stems  Household Waste & Cotton	 Plastic  Glass  Discarded Plants

Soil (cont.)

Turn your food and garden scraps into compost.
 Plants in your garden can be "chopped and dropped" and will decompose in place.
 Food scraps can be composted in containers or piles. Just be sure to have the proper balance of carbon & nitrogen

- More resources:
- Mini Farming: Self-Sufficiency on 1/4 Acre by Brett L. Markham
 - Small Plot Big Harvest by Lucy Halsall
 - Gaia's Garden: A Guide to Home-Scale Permaculture by Toby Hemenway



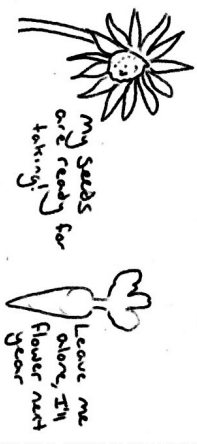
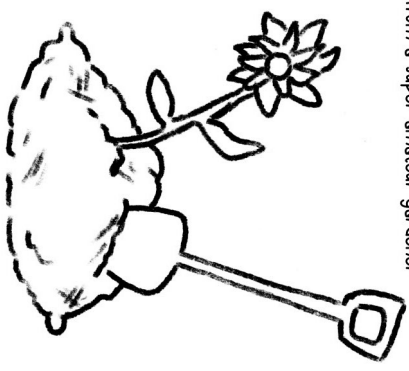
Water (cont.)

Ollas (pronounced o-y-ah) are terra cotta water containers that are buried in the soil. They slowly leak water, ensuring the soil stays moist even on hot days.
 You can easily make one with an unglazed terra cotta pot and some sticky tack/mounting putty.

DIRT CHEAP

gardening without spending (much) money

advice from a super amateur gardener



Seeds (cont.) - Seed Saving

Try to keep seeds from plants you have grown for next year - the food you grew will create next year's food!

Methods will depend on the type of plant. Sometimes (such as with carrots) this requires intentionally not harvesting a vegetable and letting it flower. Other times (like with heirloom tomatoes) you simply need to scoop the seeds out of the fruit you're about to eat.

Beans, lettuce, marigolds, and sunflowers make easy plants to save seeds from for beginners.

Seeds: What's growing?

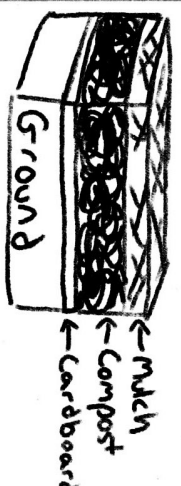
Buying new seeds every year isn't cheap - at like \$3 or more a packet. But it doesn't have to be this way. Food can, and should, be grown for free.

Look whether your library system or a neighboring library has a Seed Library. Some libraries allow you to request seed packets for free, and also donate seeds that you have saved.

(we'll talk about seed saving later)
 Libraries can also sometimes hold seed/plant exchange events, which is a great way to get new plants.

Containers: Plant's gotta grow somewhere.

If you own land and can dig, in-ground beds will be the cheapest option.
 You can prepare ground by "lasagna mulching" or "sheet mulching" using a layer of cardboard* or contractor's paper and adding thick layers of compost and mulch on top.



*remove all traces of tape, labels, or other plastics!



More variety = better plant health and less pest pressure.

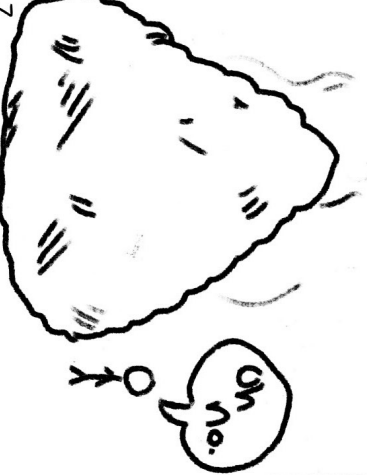
plants in your ecoregion.

with food for wildlife (birds, bees, and more). Look up keystone native perennials for increased yields with decreased labor. Mix food for you

Seeds (cont.)

Soil (cont.)

Chip drop is a service that lets you request free woodchips from local arborists. It can be a good way to get wood mulch, but be aware that you are required to take the full drop, which can be overwhelming.



so you can garden without breaking the bank

Here's how to keep costs down

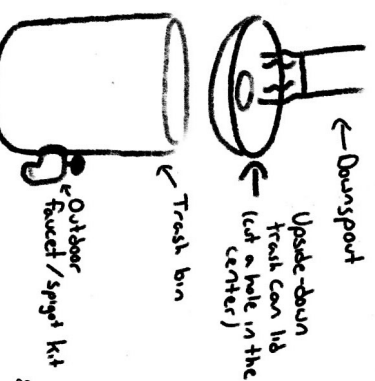
change.

and flowers helps create self-sufficiency, fight food insecurity, and combat climate

Water: Hydrate before you die-urate

Avoid running up your water bill by catching rainwater - it's legal in all 50 states in the USA (though some have restrictions).

You can turn a trash bin into a rain barrel by installing a simple faucet kit a few inches from the bottom of the bin.



whole seed packet yourself.

try new varieties without buying a gardeners can be a great way to exchanging seeds with nearby

most people don't need that many. contain 20, 50, or more seeds, and seed packets from the store usually

Speaking of sharing with friends,

for all 50 states)

orchard. (virginiatrees.com has a list neighbors and start a community great to split with friends or (10 or more at a time) so this is

saplings for cheap or free.

states have programs that sell plants like trees and shrubs, some If you have the space for larger

Seeds (cont.)

Soil: It's got the nutrients!

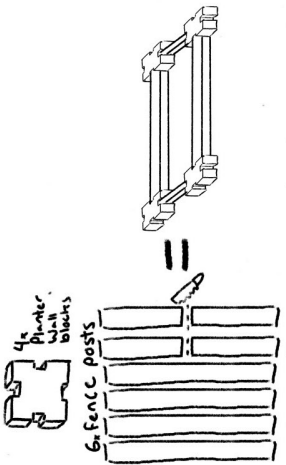
Dirt is ironically expensive. Here's a few ways to get dirt... cheap! (ok i'll see myself out)

Check for local municipal composting or yard waste centers. Some countries compost fallen leaves and will let you pick up free leaf mold or wood chips.

Speaking of, leave the leaves! Or compost them yourself.



Note: Don't use pressure treated wood. It contains chemicals that can leech into the soil.



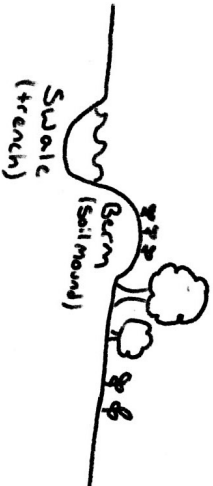
Build your own raised bed with heat treated cedar fence posts and X-shaped planter wall blocks over.

Raised beds are a good option for people who can't dig, or to save your back from bending over.

Containers (cont.)

Water (cont.)

In-ground beds can be passively irrigated using shallow trenches, rock rivers, or swales. This helps direct rainwater to absorb into the ground instead of running off into the streets.



For home gardens this is usually better applied on a smaller scale with shallow trenches, rather than deep swales.

Even in states with water catching restrictions, this can be applied.