

Green manure or living mulch plants

Nitrogen (N) – for stem & leaf growth

Ideal: Cowpeas, Clover, Vetch, Bean, Pea, Nettle, Acacia

Potassium (K) & Phosphorus (K) – for disease resistance & improves quality of fruits & grain

Ideal: Nettle, Comfrey, Yarrow, Dock, Sunflower, Buttercup, Borage, Tansy

Calcium (Ca) – essential for cell division & multiplication (growth)

Ideal: Rhubarb, Cacti, Brassica family (eg. Cabbage), Comfrey, Dandelion, Nettle

Sulphur – amino acids, proteins, vitamins & enzymes

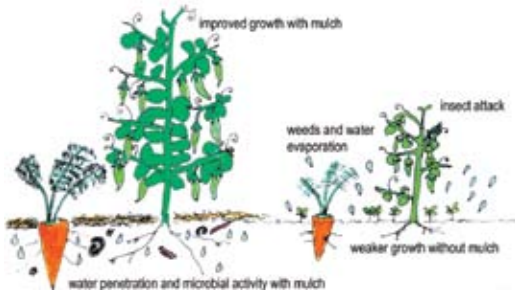
Ideal: Brassica & Allium (Onion) families, Marigold

Other Living Mulch plants:

Buckwheat, Canna, Choko, Cucumber, Creeping Thyme, Mints, Penny Royal Mints, Oregano, Zucchini, Pumpkin

Dry Mulch

This is THE most important thing in your garden. Grass, leaves, newspaper and cardboard make good mulch. Even stones are great mulch.



- Mulch keeps the soil cooler in summer and warmer in winter.
- Mulch protects against soil loss in heavy rains

WARNING: Do not mulch close to the stems as it can damage the plants. Be careful in fire risk areas, as dry mulch can burn.

Ground Cover

If there is ANY ground cover in your garden, don't remove it until you are ready to plant. The soil will be protected from harsh elements (sun, wind and rain). ANY ground cover is better than NOTHING.

Composting

Make compost to help what is taking place in your topsoil. Add waste from your garden, kitchen and animals to your compost heap. Feed your compost with balanced diet, as if it were a living creature. It will make great humus for your garden. Remember - plant your green manure close to your compost heap. (See the leaflet on CREATING COMPOST)

Natural liquid fertiliser – liquid manure



Many plants can be used to make liquid manure or tea. Different plants add different nutrients. Comfrey has a good balance of all the elements. Grow Comfrey near your compost area. Divide Comfrey by its roots and plant around your garden. It is a healing plant which is used for the treatment of bruising, burns, sprains & bone fractures (not on open wounds). It attracts birds and bees. A magic plant!

To make Comfrey tea, you need a container with a lid, a sack, a strong stick, a piece of rope, water, and Comfrey leaves and/or roots. Half fill the sack with leaves, and tie it to the stick. Fill your container with water, and submerge the bag. Place the lid on your container to prevent the smell escaping. It can be ready within 1-2 weeks. When you use it, dilute it by a ratio of 1 part of comfrey liquid, to 10 parts of water. Ideal for seedlings, fruiting and sick plants. It can be used weekly.

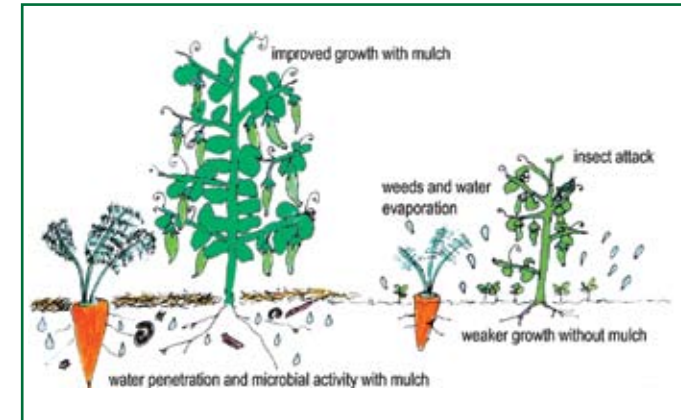
Top tip:

Why dig, when you've got earthworms?
Let earthworms do the work for you!

Why buy fertiliser when you can grow comfrey?

Soil

The heartbeat of your garden



Soil is a complex living organism. Partly made up of micro-organisms (from bacteria to worms), which help to build healthy soils which sustain life.

Garden@frica

Cultivating Community Health