

No-dig gardening

with Leonie Shanahan

Constructing a no-dig garden is the best way to create a growing medium that is full of organic material, that as it breaks down, creates the best environment for your veggies to thrive. No-dig gardening is a great way to save your back and is the perfect solution to tough or poor soils and can be created on virtually any surface, be it rocky soil or heavy clay, even over lawn and concrete.

This recipe uses more materials than others but it has been proven to produce outstanding results, so it's worth the extra effort in gathering all the materials required.

Preparation

1. Water ground preferably the night before
2. Soak newspaper in water
3. Add weeds, manures and rock minerals (Natramin) to where you are going to be setting up your garden
4. Place wet newspaper where your garden is going to be, make sure papers are overlapping. Approx 10 pages thick.

Process (once newspaper laid)

1. Inside the edging add manures
2. Sprinkle rock minerals (Natramin)
3. Lucerne (green hay) – approx 10cm thick biscuit
4. Water lightly
5. Compost 3cm
6. Grass hay mulch (approx 20cm) biscuit
7. Organic Xtra sprinkle
8. Worm castings - sprinkle
9. Water thoroughly
10. Compost
11. Lucerne loose layer
12. Minerals, - *NTS Nutri store gold, sprinkle
13. Compost
14. Organic Xtra pellet – sprinkle
15. Hay mulch loose layer 4cm
16. Water in well, 1 tsp *NTS SeaChange to 9 litres water
17. Finished.

Wait for 2 weeks before planting