



6 Ways to Go Organic in Your Home Garden


Many people are interested in organic gardening, but don't know where to begin. Here are six techniques to incorporate into your garden today, whether it's in your yard or in containers on your deck. After all, what better way to add flavor to your summer dishes than with organic vegetables from your own garden?

- 1 Mix compost with your regular garden soil.** Don't worry if you don't have a compost bin in your backyard; many cities offer free compost through their composting or waste programs.
- 2 Plant vegetables in a different spot** of your garden every year to prevent pests.
- 3 Use natural mulch** (e.g., straw, grass clippings, wood chips or saw dust) to increase nutrients in the soil, prevent weeds, maintain moisture levels and attract beneficial earthworms.
- 4 Look for plants that are hardy and disease-resistant.** Or practice companion planting to help control pests and diseases.
- 5 Water early in the morning** to save water and also to prevent pests and diseases from flourishing.
- 6 Fertilize with organic materials.** Add these to your compost, or dilute and apply them to your plants.*
 - Coffee grounds
 - Shells from shrimp, crab or lobster
 - Comfrey tea

*Source: Trail, Gayla. *Grow Great Grub* (2010)

What plants grow best in your region?

Find plants that thrive in your region with the **Hardiness Zone Finder** from the National Gardening Association. Go to www.garden.org/zipzone/ and type in your zip code to learn more.



Gardeners spend an average of **5 hours** each week in the garden.

Source: National Gardening Association