



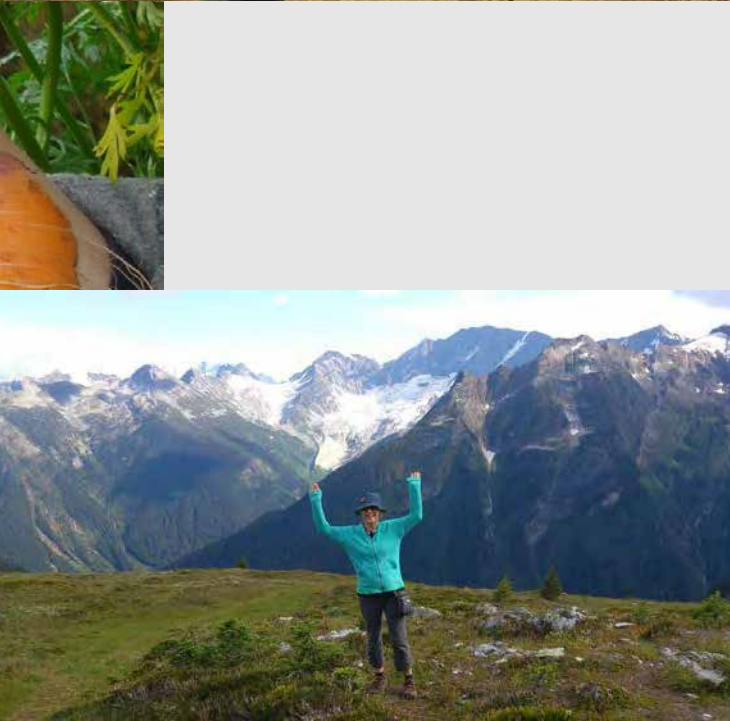
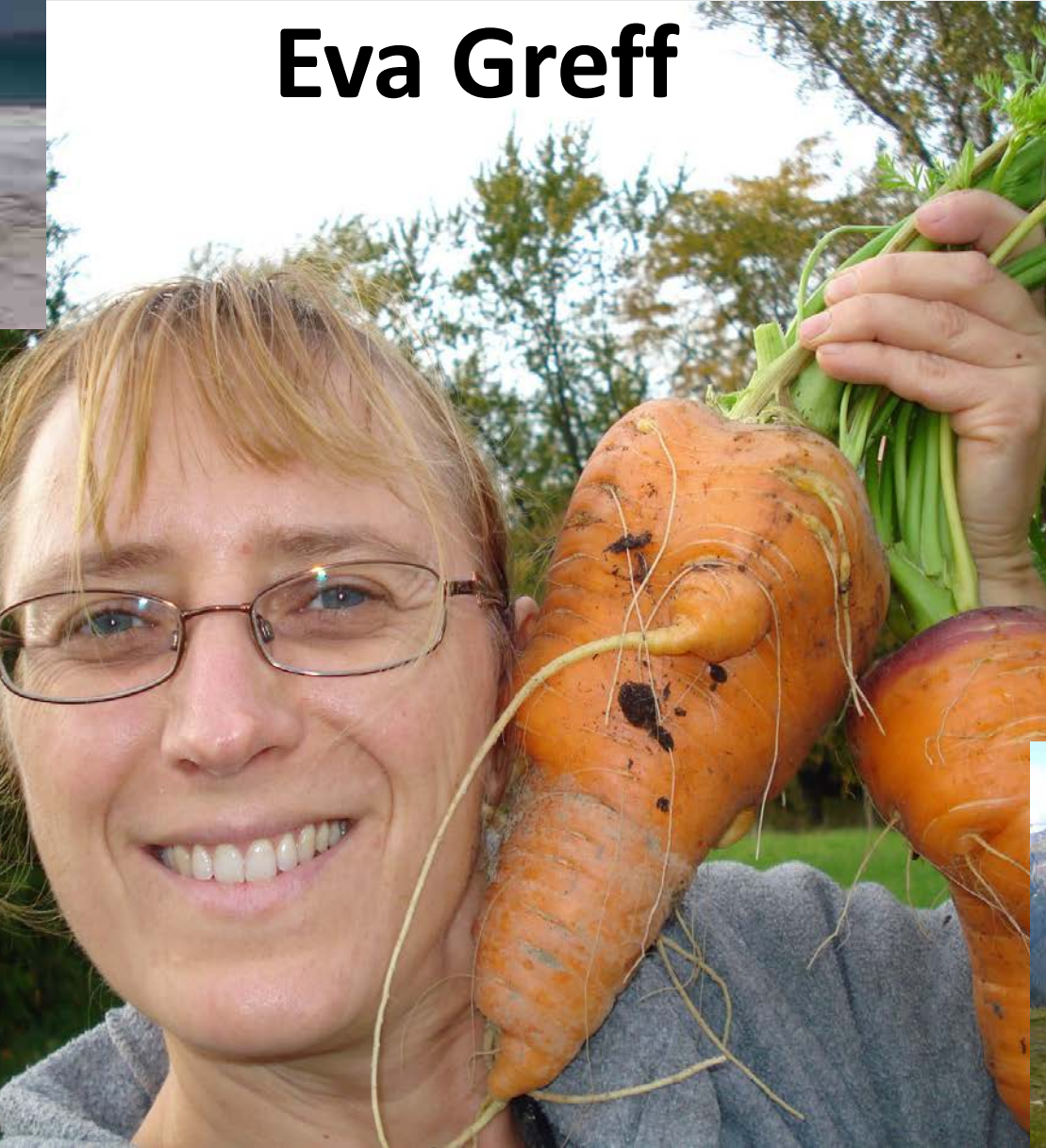
Nature's Way

Seeds, Sustenance, and Sustainability

Sabynthe Jones, City Girl with Farmer Dreams



Eva Greff



Land, Exploration, Fun

Seeds, Sustenance, and Sustainability

Growing

~ Types of gardens ~ Starting gardens ~ What they need

Feeding

~ Preserving ~ Foraging ~ Trading

Sustaining

~ Amending soil ~ Rewilding ~ Having fun :)



Growing

Nourishment and Sustenance



Different types of gardens

- Raised beds, containers
- Vertical gardens, living walls
- Backyard, front yard, community gardens



Building new gardens on the ground

- Tilling vs. No-till
 - Hugelkultur garden
 - Lasagna garden
 - Lay down plastic tarp
 - Broad fork



All vegetable gardens need:

- Lots of light
- Access to water source
- Good soil
- Weed control strategy



Mixed-use gardens

- Companion planting
- Medical herbs and flowers
- Butterfly and bee gardens



Starting from seed



Feeding

The reward of growing



Preserving



Foraging and Trading



Sustaining

Giving back - full circle



Amending soil

- Vermicomposting (indoor)
- Garden composting & In-row composting
- Compost Tea
- Animal Manure & Mushroom Compost
- Seaweed, fish fertilizer
- Bone & blood meal
- Mineral fertilizers & wood ash
- Crop rotation & Cover crops



Various Composting Methods



Seed saving



Rewilding

- Volunteer plants
- Native plants
- Natural pest control
- Permaculture
- Food Forests

