

URBAN FARMER

LOVE THE EARTH

How to grow a sustainable garden:

In the midst of environmental changes and climate change issues, gardeners may wonder how they can help their environment instead of continuing to hurt it. There are several different ways a gardener can approach sustainable gardening.

To help the environment:

If the goal of sustainable gardening is to help the environment or reduce your environmental footprint, then there are several ways you can accomplish that. One of the earliest ways is by planting trees to store carbon from the atmosphere into the soil. Growing your own food will help reduce the amount of water and the use of chemical fertilizers and pesticides. Opt for sustainable alternatives to chemicals like bug spray or synthetic fertilizers. Reduce your use of power tools or purchase energy-efficient options. Plant a diverse range of different plants to encourage pollinators and native species to thrive in your garden. Build a compost bin in your garden, because this allows you to reuse food waste and transform it into rich soil instead of throwing it away and it goes to a landfill. Making a compost bin can be as easy as taking a large bucket or bin and placing it in your garden and then beginning the composting. Add mulch around your plants to retain moisture so you don't have to overuse water, especially in a drought. Be sure to build a worm farm or try to attract earthworms to your property because worms can benefit your soil with worm castings. For those who live in a smaller area, you can still benefit the environment by planting vegetables in hanging baskets or growing herbs in pots.



[Garden seeds available at ufseeds.com](http://ufseeds.com)

For a sustainable produce all summer long:

Another way to practice sustainable gardening is to take specific actions so you don't reap all your harvest all at once and instead you have a sustainable, continuous supply of fruits and vegetables throughout the summer. Some ways you can practice this is by implementing succession planting, where you plant seeds a few weeks apart over a period of time so they are all at different stages of growth. Also, grow different types of vegetables throughout the year and utilize the seasons, so plant cool season crops in the spring and fall and warm season crops in the late spring and summer. Also, if you can learn how to preserve or can your harvest, such as making salsa out of peppers and tomatoes, jam out of grapes and blueberries and drying herbs to use later, you can continue to consume the produce you grew all throughout the winter. By fermenting or canning vegetables, until they are opened, they have a much longer shelf life as well.



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