



Benefits of growing your own food ...

- ◆ Enjoy the process and results
- ◆ Connect with nature
- ◆ Share the abundance
- ◆ Be humbled by nature
 - success and failure
- ◆ Appreciate those who produce our food and the challenges involved



Making your own compost ...

The microbes, bugs and worms that turn biological waste into compost, need similar ingredients to us to thrive: air, water, and a balanced diet.

- *Balanced diet* - a mixture of 'greens' (fresh vegetable waste, coffee grounds, grass clippings) and 'browns' (cardboard, paper - not shiny)
- *Water* - enough water to keep things moist but not dripping
- *Air* - turn the compost every few weeks to aerate
- *Time* - after 6 to 12 months you should have lovely compost



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Growing your own veg ... a 'no-dig' approach

The front garden in the photo was a lawn 2 years ago. We

- Covered the lawn with cardboard
- Put about 10cm of compost on top
- Planted vegetables and flowers, & let some self-sown things grow too.



The aim is to “feed the soil ecosystem” and encourage plant roots, earthworms and soil biology to do what they are good at.

Visit charlesdowding.co.uk for helpful information and videos on this method of gardening