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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Building a No Dig Garden

By Judy Williams

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The no dig garden is exactly what it describes...a fertile garden bed with no digging at all. It involves layering clean, organic materials that will literally compost around your plants as they grow.

The No Dig Garden is built on top of the ground, so you can build a garden anywhere. This makes it extremely attractive for those sites that have poor soil or are weed infested. It's also a great method of gardening for those who can't (or don't want to) dig a garden patch!

The site you choose for your garden must get at least 5 hours of sunlight a day. Drainage will be good because of the materials that will be used in making the garden.

If you are planting over lawn or weeds, mow them to ground level. If you are planting on a hard surface, put down some cushioning organic material first (like seaweed or leaves).

To build your no dig garden start with a layer of newspaper (no colour printing), at least 6mm (1/4 inch) thick. Surround the garden with some sort of border material. This can be bricks, logs, planks or rocks but should be at least 20–25CM high (8–10 inches) to contain the organic material within.

Lay down a layer of lucerne hay leaving no gaps, to a height of 10cm (about 4 inches). Layer some good organic fertilizer on top to a height of 20mm (1 inch). This can be just about any sort of good quality material like chicken, horse, cow or sheep manure.

Add another thick layer of straw to the garden 150mm (6 inches) and another layer of fertilizer and then top it off with a 100mm (4 inches) of compost.

Water the garden until it's soaking and let it settle for a few days before planting.

Seedlings do better than seeds in the no dig garden.

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Here's what will happen. The seedlings will get a kick start in the rich, compost top soil. The fertilizer underneath will start the 'composting' of the lucerne hay and straw. The composting will generate heat and biological activity that will really kick along the seedling growth. The roots will further break down the straw and hay and it in turn will become solid enough to support the growing plants.

The newsprint is thick enough to discourage weed growth through the layers, but will deteriorate enough to allow earth worms to chew their way upwards.

Continue to layer mulch, straw and compost as the garden bed matures. Never dig this bed over, just layer more and more material as required. Rotate your crops and add fresh compost regularly.

Your garden bed will deliver consistent, spectacular results season after season.

Judy Williams (www.no-dig-vegetablegarden.com) is working hard to become a fulltime earth mother goddess. This site acts as a primer for all vegetable gardening aspects covering topics like how to build a garden, nurture seedlings, container gardening and composting.

A Beginners Guide To Garden Bridges

By Charles & Susan Truett

Just because you dont have huge, elaborate gardens does not mean you cant accentuate what you do have with garden bridges. Garden bridges could be just what you need to turn those mediocre garden areas into something quite splendid.

Garden bridges can add a touch of country or formal design to a garden. Small garden bridges are easy to find. There are many garden bridges that you can find in garden centers or home improvement centers. One of the best places to find small garden bridges may be online. There are lots of sites that have many ideas for small garden bridges.

If you are good with a hammer and nails you may even be able to make your own garden bridge. Plans are available at building stores and at online sites. You will find many choices for garden bridges at these online sites and you can also see photos of many different bridge styles.

A garden bridge can be a big benefit for your garden space. A small garden bridge will look attractive in a smaller garden and draw attention to a specific area.

You can choose the right small garden bridge if you do a little planning ahead of time. If you have a smaller garden you will want a smaller garden bridge. Look at the space you have and decide where a bridge would fit in. Consider more than one area and then choose your favorite.

There are some lovely gardens that are small in size but large in beauty because garden bridges have been added in just the right places.

We have a large number of styles and varieties of garden bridges available online. For more information and to learn more about

, visit:



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