

This Free E-Book is brought to you by Natural-Aging.com.

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

Grow Your Own Organic Vegetable Garden

By Davis Green

Organic systems recognize that our health is directly connected to the health of the food we eat and, ultimately, the health of the soil.

Here are some of the main features of organic growing:

– Organic growing severely restricts the use of artificial chemical fertilizers and pesticides. – Instead, organic growers rely on developing a healthy, fertile soil and growing a mixture of crops. – Genetically modified (GM) crops and ingredients are not allowed under organic standards.

Going organic may mean that you have to make a trade-off between glossy, same same supermarket looks with better tasting crops that aren't perfect in shape or size, but many gardeners think this is a price worth paying. You'll be able to grow different crops that are always relatively expensive to buy in supermarkets and at farmers markets and, growing your own vegetables is both fun and rewarding.

Among the many things an organic vegetable garden may offer towards a satisfying experience are fresh air, exercise, sunshine, knowledge, supplemental income, mental therapy, and fresh food, rich in vitamins and minerals, harvested at the best stage of maturity.

You can easily make compost from garden and kitchen waste, although this is a bit more time consuming, you will also make cost savings, because you do not need to buy costly chemical fertilizers and pesticides with organic gardening.

Where animal manures are available, they are probably the best source of fertilizer and organic matter for the organic gardener. Use manure which has been aged for at least 30 days if possible, or composted. I am often out in the road if any horses have gone past gathering the manure for the garden. Its looks a bit odd to the teenagers on the street but the dung is worth it!

If you have space for a few pots, or a small space in the garden or even an allotment, it is a wise decision to grow your own organic vegetable garden. To better care for your health, grow your own organic vegetables –and a few pots is all you need at a minimum.

Grow Your Own Organic Vegetable Garden

If you have a surplus you can sell these and you will be contributing to the 'go local' food movement which is flourishing - over 15% of people buy organic food locally and this number continues to rise as the number of farmer's markets, box schemes, cafes and restaurants serving organic food increase. GuideMeGreen helps you to find locally produced foods which are fresher, healthier and more economical. It cuts down on transport costs and 'food miles' where an average shopping basket can include fruit and vegetables transported from all over the world. Even in the UK or USA food is transported from the farm, to the packing centre, then to distribution centre before arriving at the supermarket to be bought which is then transported by car home!

David Oglaza is the founder of the Green and Ethical business

<http://www.guidemegreen.com>

This

growing green resource lists 100s of Organic, Fairtrade, Eco and Ethical companies. We even have Green jobs and a Green Forum!

The Benefits Of Mulching

By Alan Moore

When you see a well tended garden, you feel refreshed and at peace. The reason for this contented feeling is the green grass and bright colored flowers. However to achieve that green garden look, some work is required. One of the best ways to help your garden to look healthy and green is giving it a good mulching compound.

Mulches are a layer of protective material that is placed around your plants and shrubs. They can be organic mulches or inorganic mulches. As the gardener you must choose which type of mulching will suit your garden.

Organic mulches are very similar in effect to pine needles and leaves that fall to the ground in forests. As organic mulches are of plant matter, they decompose over a period of time. This decomposed mulch helps to keep the soil moist and the plant roots cool, while keeping nutrients locked in.

There are different types of organic mulching that you can use. Bark, Wood Chips, Sawdust, Straw, Pine Straw, Shredded Leaves and Newspaper are some of the material that is used for mulching. As each of these mulches has different characteristics you should take care where you will lay them in the garden.

Bark, Wood Chips, Sawdust, Straw and Shredded Leaves can cause problems in the garden. These organic mulches can be washed away in the rain, rob the soil of nitrogen and let weeds grow in between their organic matter. However Bark and Wood Chips can give an attractive look to the garden.

Pine Straw and Newspaper mulching are best organic types to put in the garden. Newspaper mulching

Grow Your Own Organic Vegetable Garden

works best for your vegetable garden as they tend to suppress weeds. Pine Straw mulching works like the natural fallen pine needles. They decompose slowly, resist being washed away, and keep the nutrients in the soil.

Inorganic mulches like crushed stone, gravel and volcanic rock have a tendency to work their way into the soil. When this happens, you will have a bit of trouble getting them out when you need to do some digging. This type of mulching is somewhat permanent.

Plastic mulches should mainly be used for vegetable plots. Irrigation paths can be laid out on the ground beneath the plastic mulching. This will keep the soil moist and the plants well watered. You can also cut holes in the plastic mulching where you want water to go into your vegetable plot.

The other type of inorganic mulch is that of geotextiles. This is fabric mulch made out of polypropylene or polyester. While a closely woven geotextile mulching allows water and fertilizer to enter the soil, it inhibits the growth of weeds. This is probably the best type of inorganic mulching that you can put in your garden.

For a healthy garden then, you should place some mulching compound amongst your plants. You will still need to keep an eye on those pesky weeds though and pull them out, but in the long run, this too should be easier for you.

Alan Moore is a publisher of high quality audio and e-books covering a variety of subjects and specialised niches. For more gardening tips and advice, visit

http://www.nichepublishers.com/The_Gardeners_Handbook.htm



This Free E-Book has been brought to you by Natural-Aging.com.

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