

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Organic Gardening**

**By I Henman**

Think of the earlier days when chemical fertilizers and harmful pesticides were not invented and people used to grow cereals and pulses, fruits and vegetables, flowers and seedlings using fertilizers from natural waste products. They were dependant on home made pesticides instead of chemical pest removers. The produces looked better, tasted better and were absolutely harmless.

Well, people have come to appreciate today the practice the earlier generation accomplished so well and regenerate the system for their own benefit. In short, the method involves no inorganic substances to be used in planting, nutrition or growth of plants and trees. Fertilizers, pesticides, herbicides and supplements are all obtained only from nature. When this technique is applied to gardening, it is called Organic Gardening that is gaining popularity pretty fast and the produces thus obtained are termed Organic Food.

Though Organic Food is also available at most supermarkets, people prefer to grow them on their own for the extra satisfaction that no adulteration has taken place and the produces are genuinely 'home grown'.

The organic movement has gained momentum and has now become a national hobby that is as interesting as it is productive. However, pests are pests and they are merciless when attacking plants and herbs in an organic garden. But there are ways to get rid of them in a natural way. One simple method is to plant marigolds near the vegetable patch; another is to make a concoction of cooking oil, dish washing soap and water and spray the mixture to remove the pests.

Nor is the subject of natural fertilizers ignored. Merely using kitchen and garden waste materials that may contain potato and other vegetable peelings with a touch of rose prunings to improve the texture has solved the mysterious way of compost making. Coffee grounds add an agreeable smell to the blend. This also does away about disposing all that waste products. But make sure that everything is dry.

If you are interested to know how the organic garden lovers insulate and enrich the soil, I may tell you now. It is a simple matter composed of pine needles and grass clippings gently spread over the ground

right under the plant. Ingenious, isn't it?

By the way, parents of young children are worried about the chemicals that usually find their way in our food production and sometimes these chemicals get into the waterways, causing unknown damages to the human system. However, organic gardens are free from such hazardous chemicals and your kids and the dog, already a family member, can play there safely since it is a natural chemical free zone.

People indulge in organic gardening not only to obtain the product but also for their own mental satisfaction. Any creative work, big or small, always has its reward. Lovers of organic gardening derive immense pleasure in planting, pruning, enriching and taking care of their garden. And this taking care also becomes a part of the entire family as others are encouraged to take active part in the organic garden. They learn that it is important to identify with nature to survive and flourish.

For more information about Organic Gardening and other outdoor activities visit our website at

<http://www.openairactivities.com/>

### **Growing Fruits And Vegetables The Way Nature Intended Them To Be**

**By George Hapgood**

Gardening can add more quality to the way you live and even to some extent may also add quantity to one's life. There are many benefits of gardening, particularly organic gardening that can make one can forget about whatever is bothering him or her.

Organic gardening is the way of growing vegetables and fruits with the use of things only found in nature.

Why would one want to indulge in organic gardening?

1. Organic gardening is less boring.

One can easily make his own compost from garden and kitchen waste. Though this is a bit more time-consuming than buying prepared chemical pesticides and fertilizers, it would surely be one rewarding activity.

2. Less health harming chemicals on the food that you and your family may consume.

Pesticides contain toxins that have only one purpose kill living things. One of the best known benefits of organic gardening is the zero tolerance for pesticide use. This is the most widely know reason for the boom of organic gardening and is also the best of what we get from the benefits of organic gardening.

3. Less harm to the environment.

## Organic Gardening

Organic gardening has residual effect on ground water. The Environmental Protection Agency says that 38 states have cases of contaminated ground water.

The protection of the topsoil from erosion is another concern dealt with the practice of organic gardening.

The Soil Conservation Service says that an estimated 30 – 32 billion tons of soil erodes from United States farmlands every year. Commercial farming causes this.

### 4. Cost savings

One does not need to buy costly chemical fertilizers and pesticides with organic gardening. One example of organic fertilizer that one could make use of is as lowly as the stale coffee and coffee grounds. If one wishes to attract off aphids from vegetables, plant marigolds. One frugal garden pest spray could be concocted through mixing 1 tablespoon of liquid dishwashing soap and 1 cup of cooking oil. Put 3 tablespoons of this mixture in 1 quart of water and spray on plants.

Mulch, which is used to keep moisture in and weeds out, could be in the form of grass clippings and pine needles.

5. Organic gardening makes one feel better knowing he is doing his part in safeguarding the future of the next generations.

On the average, a child ingests four to five times more cancer-causing pesticides from foods than an adult. This can lead to various diseases later on in the child's life. With organic gardening, these incidents are lessened.

You Too can have a green thumb. Visit Georges Blog here

<http://www.push-button-online-income.com/gardening>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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