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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Vegetable Gardens & Organic Matter**

By David Selman, [Tracker-Outdoors.com](http://Tracker-Outdoors.com)

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Organic matter improves soil as a growing medium for plants. It helps release nitrogen, minerals, and other nutrients for plant use when it decays. A mulch of partially rotted straw, compost, or undecomposed crop residue on the soil helps keep the soil surface from crusting, retards water loss from the soil, and keeps weeds from growing. Practically any plant material can be composted for use in the garden. Leaves, old sod, lawn clippings, straw, and plant refuse from the garden or kitchen can be used. Often, leaves can be obtained from neighbors who do not use them or from street sweepings.

The purpose of composting plant refuse or debris is to decay it so that it can be easily worked into the soil and will not be unsightly when used in the garden. Composting material should be kept moist and supplied with commercial fertilizer, particularly nitrogen, to make it decay faster and more thoroughly.

The usual practice in building a compost pile is to accumulate the organic material in some out-of-the-way place in the garden. It can be built on open ground or in a bin made of cinder blocks, rough boards, or wire fence. The sides of the bin should not be airtight or watertight. A convenient time to make a compost pile is in the fall when leaves are plentiful.

In building the compost pile, spread out a layer of plant refuse about 6 inches deep and add one-half pound or one cupful of 10-10-10, 10-20-10, or 10-6-4 fertilizer to each 10 square feet of surface. Then add 1 inch of soil and enough water to moisten but not soak it. This process is repeated until the pile is 4 to 5 feet high. Make the top of the pile concave to catch rainwater.

If alkaline compost is wanted, ground limestone can be spread in the pile at the same rate as the fertilizer.

The compost pile will not decay rapidly until the weather warms up in spring and summer. In midsummer, decay can be hastened by forking over the pile so moisture can get to parts that have remained dry. The compost should be ready for use by the end of the first summer.

For a continuing supply of compost, a new pile should be built every year. Compost can be used as a mulch, or worked into flower beds and the vegetable garden.

When properly prepared and thoroughly decayed, compost is not likely to harbor diseases or insects. If the compost is used in soil where an attempt is made to control plant diseases, or if it is mixed with soil used for raising seedlings, the soil should be disinfected with chemicals recommended by your local Extension agent or State agricultural college.

None

### **Web Based Educational Resources For The Organic Vegetable Gardner**

**By James Brown**

More and more men and women across the globe are learning that there truly is a great deal of truth to the old adage that we are what we eat. To this end, more and more people — again, all across the planet — are electing to consume organic foods products. To this end, many people are also electing to grow their own organic vegetables. If you are a person who is interested in growing his or her own organic vegetables, you likely would like to identify educational resources that can aid you in learning more about growing wholesome organic vegetables now and into the future.

First of all, in the brick and mortar world, there are now a number of wonderful books on the market that deal with organic gardening and organic home gardens. If you are interested in finding these types of texts, you will want to pay a visit to your local bookseller. For the most part, most local book stores across the globe maintain a selection of books on gardening on their shelves. More and more often, these booksellers include books on organic gardening within their inventories as well.

In addition to what is available at booksellers in the brick and mortar world, many libraries in local communities over the globe carry at least a minimal selection of books that can be helpful in training a person about the ins and out of organic gardening.

However, with all that is available in the brick and mortar world, there is a plethora of information on the Internet and World Wide Web through which a person can obtain in depth information about organic vegetable gardening. There are specific websites that deal with organic vegetable gardening. These different websites offer a wide array of different types of services to people interested in organic gardening.

First of all, many of these sites offer a resource library through which a person can obtain definitive information about growing certain types of organic vegetable and fruit products. The resource libraries can be invaluable to an organic gardener in the 21st century.

In addition to informational resources on the Net, there are also websites that offer organic gardeners community forums. Through these online forums, a person can share organic gardening experiences with thousands and thousand of other people from all corners of the globe — a truly helpful resource for people in this day and age.

James Brown writes about

, How to Save on Gardening and



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