

RECIPE

New Garden Bed - with Soil or Compost



Ready in **1 season or less**

Serves **the entire planet**

Ingredients

- Cover Crop Mix
- High Quality Compost or Tea
- Unsulphured Molasses
- Cardboard
- Shredded leaves or straw
- Water

Preparation:

1. Mow all existing plants (grass, weeds, etc)
2. Aerate the ground with a shovel or garden fork by gently digging in and wiggling tool every foot or so - **DO NOT TURN SOIL OVER**
3. Spread very light layer of compost
4. Mix 1 tablespoon molasses per gallon of water and lightly water the area
5. Cover the area with cardboard and wet thoroughly
6. Spread a 3-4 inch layer of compost (or dirt mixed with compost to make a soil blend) over the cardboard
7. Seed the area with your cover crop mix
8. Water the area and cover with a light mulch of shredded leaves or straw
9. Before the cover crops have gone to seed, mow them or chop them down and plant desired crops into the residue - **DO NOT TILL**
10. Enjoy your new garden!

Tips

- Oats and field peas make a great cover crop mix because they will winter kill, the oats provide structure for the peas to climb, and the peas will fix nitrogen in the soil if inoculated with rhizobium bacteria
- Tillage radish is also a great option for very compacted earth - let the radishes rot in the ground to create deep passageways for water and air
- This is a great option for preparing a native plant bed from seed
- Even if you are growing annuals like vegetable or flowers, never till this bed - just chop up the plant residue and dig narrow channels for new seeds
- Spray the bed with compost tea every month or so during establishment for best results

Produced by Renaissance Soil

Email: Revivesoil@gmail.com with comments or questions



→This is a classic photo of the extensive network formed by ecto-mycorrhizal fungi. In your own garden, mycorrhizal symbiosis is playing a very important role in both plant and soil health. Mycorrhizal spores can be purchased from your local farm and garden store or online at sites like fungi.com.

Mycorrhizal fungi form symbiotic partnerships with over 85% of the terrestrial plants on this planet. They are unique in their ability to produce a sticky substance called glomalin, which stores carbon in the soil for many years aiding in the fight against climate change.

Learn more about mycorrhizal fungi in Jeff Lowenfels' book *Teaming with Fungi!*