

sno-isle.org



SUSTAINABLE

GARDENING

LAWNS TO LETTUCE

Reduce lawns by growing food in sustainable ways.



Snohomish Conservation District

working together for better ground since 1941



**Where this all started! Where will we go from here?
Follow our progress at Down To Earth Community Gardens**



The sounds and textures of a community.

WORDS TO THE WISE

- ▶ Start small, pick a few things to start, learn as you go, expand yearly.
- ▶ Prepare for failure, not all seeds germinate, not all start survive, pests will rip your plants to shreds, weather can impact your harvest.
- ▶ Celebrate small victories.



BENEFITS

- ▶ Reduce your carbon footprint
- ▶ Economic impact
- ▶ Education
- ▶ Promotes Health
 - ▶ Increased consumption of fruits and vegetable
 - ▶ Improved mental health
 - ▶ Exercise and recreation

Gardens traditionally offer physical and mental health benefits by providing opportunities to produce and eat nutritious food, engage in physical activity, and learn about sustainable gardening. As part of a broader urban community program, such as Seattle's Food Action Plan, community gardens can have an active role in supporting sustainable food policies. Community gardens can improve access to healthy, affordable local food for local residents, including those in low-income areas.

- ▶ For Additional Information
 - ▶ [Growing Nourishing Food Systems: A Guide for Local Governments to Improve Healthy Eating in Washington State](#), Washington State Department of Health, 2013
 - ▶ [Urban Agriculture - Community Gardening](#), MRSC webpage

THE LIVING LAB, BEFORE



THE LIVING LAB, AFTER



THE BASICS

- ▶ Know your growing season

- ▶ www.Humeseeds.com/frost1.htm#WA

- ▶ Sunshine

- ▶ 6+ Hours - Corn, Tomatoes, Beans, Peas, Summer and Winter Squash, Melons, Potatoes, Cucumbers, and Herbs.

- ▶ 4-6 Hours - Broccoli, Cabbage, Cauliflower, Kale, Brussel Sprouts.

- ▶ 2-4 Hours - Greens! Swiss chard, Lettuce, Endive, Mesclun, Arugula, Bok Choi, Mustard Greens, and Parsley.

- ▶ Soil

- ▶ Compost

- ▶ Nutrients - Coffee grounds, Egg Shells, Banana Peels

- ▶ www.motherearthnews.com/organic-gardening/natural-soil-amendments-zmaz88ndzgoe

WHERE AND HOW TO PLANT A VEGETABLE GARDEN

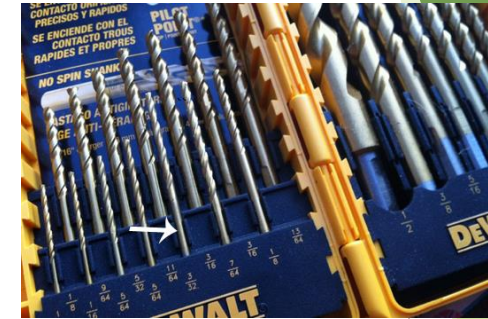
- ▶ Plant in a sunny location. Vegetables need at least 6 hours of direct sunlight per day. The more sunlight they receive, the greater the harvest and the better the taste.
- ▶ Plant in good soil. Plants' roots penetrate soft soil easily, so you need nice loamy soil. Enriching your soil with compost provides needed nutrients. Proper drainage will ensure that water neither collects on top nor drains away too quickly.
- ▶ Space your crops properly. For example, corn needs a lot of space and can overshadow shorter vegetables. Plants set too close together compete for sunlight, water, and nutrition and fail to mature. Pay attention to the spacing guidance on seed packets and plant tabs.
- ▶ Buy high-quality seeds. Seed packets are less expensive than individual plants. If seeds don't germinate, your money—and time—are wasted. A few “extra” cents spent in spring for that year's seeds will pay off in higher yields at harvest time.

HOW TO BUILD raised BEDS



BUILD A RAISED BED

- ▶ Upcycle
 - ▶ Tires, box springs, pallets, cinder blocks, paving stones
 - ▶ Limited only by imagination
- ▶ Build your own
 - ▶ www.sunset.com/garden/backyard-projects/ultimate-raised-bed-how-to



UPCYCLE FREE RESOURCES

- ▶ Upcycle
 - ▶ Tires
 - ▶ Box springs
 - ▶ Pallets
 - ▶ Cinder blocks
 - ▶ Paving stones



COMPOST!

- ▶ Lawn clippings, leaves, mulch, straw, newspaper
- ▶ Soil amendments
 - ▶ www.planetnatural.com/product-category/organic-gardening/soil-care/soil-amendments
- ▶ DIY
 - ▶ Eggshells, coffee grounds, banana peels



SOIL - TURN BARREN SOIL IN TO BLACK GOLD



SHEET MULCHING

- ▶ Get the right materials
 - ▶ Cardboard and woodchips
- ▶ Step 1: Lay down cardboard, remove staples and tape, overlap by at least 6 inches.
- ▶ Step 2: Add woodchips 6 inches deep



WHEN TO PLANT?

- ▶ Step 1: Determine your last spring frost
 - ▶ Visit www.Humeseeds.com/frost1.htm#WA
- ▶ Step 2: Calculate planting dates
 - ▶ Visit www.almanac.com/gardening/planting-dates/WA/Seattle
- ▶ Step 3: Spring Forth!
 - ▶ April 9th- April 15th last projected frost, start planting

WHAT TO PLANT NOW

Your Personalized Planting Reminders

Here are the planting reminders for your location
for the next two weeks:

Sow under cover or indoors:



Basil



Beans (Bush Snap)



Corn



Cucumber



Pepper



Tomato (Large)



Watermelon



Zucchini

Sow outdoors or plant out:



Apple (Dwarf)



Asparagus



Beet



Blackberry



Blueberry



Broccoli



Cabbage (Summer)



Carrot

Sow outdoors or plant out:



Kale



Lettuce (Leaf)



Onion



Peas



Potatoes (Maincrop)



Radish



Raspberry



Rhubarb



Spinach



Strawberry



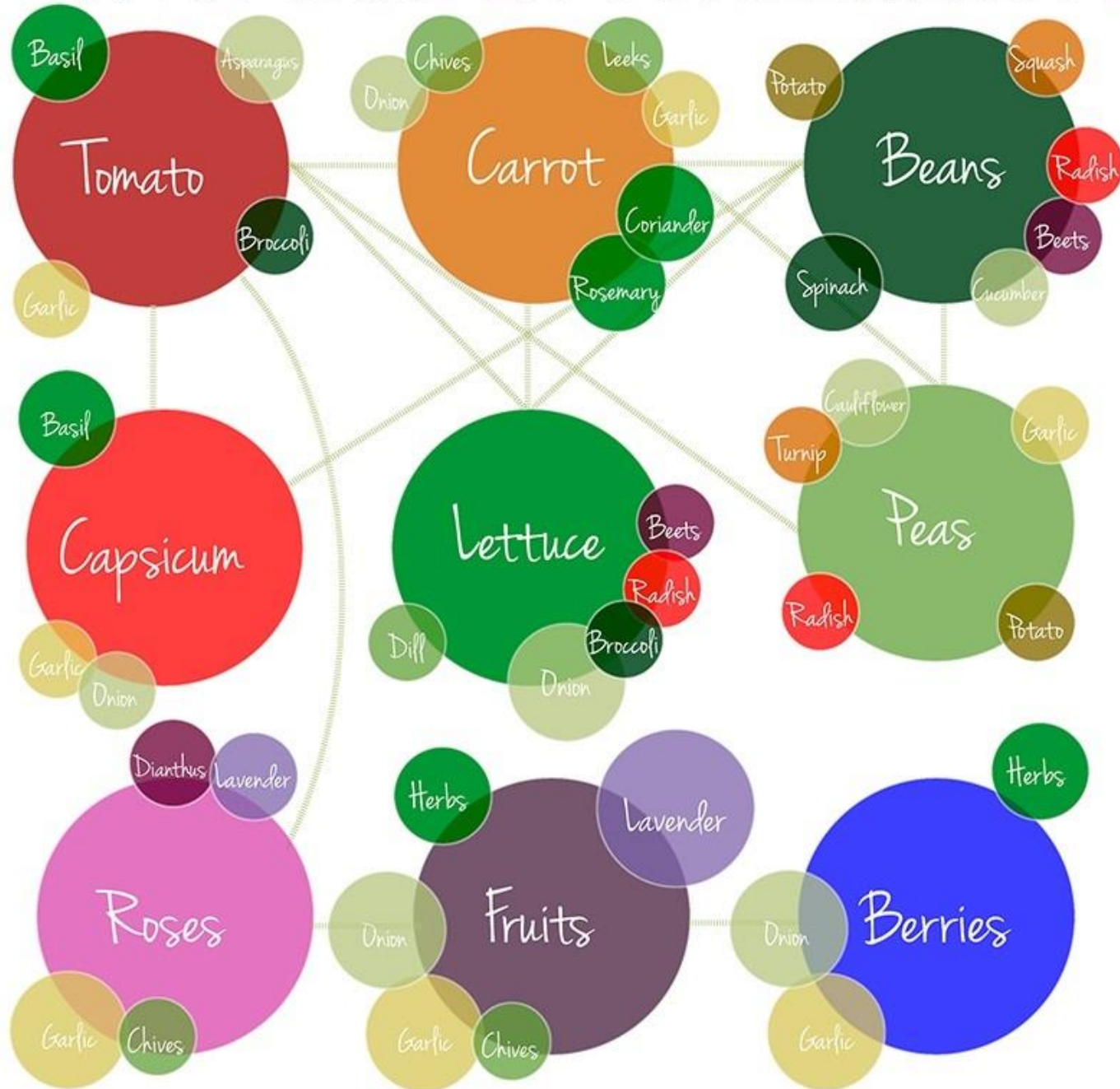
Turnip

COMPANION GARDENING

► www.motherearthnews.com/organic-gardening/companion-planting-guide-zmaz81mjzraw

geranium [1] 	tomato [1] 	tomato [1] 	SUNFLOWER [1] 
CHIVES [1] 	nasturtium [1] 	MARIGOLD [2] 	BASIL [1] 
BEETS [9] 	SWISS CHARD [4] 	oregano [1] 	PEPPER [1] 
GarLIC [16] 	SPINACH [9] 	red lettuce [9] 	carrots [16] 

HOME GARDEN COMPANION PLANTING IDEAS



Nasturtium helps to deter nasty pests, like whitefly, caterpillars, and beetles and is a sacrificial plan for aphids. Nasturtiums are also edible: leaves, flowers and seeds!



Lavender is not only beautiful and fragrant, its a tough hardy plant that helps to repel bad insects like whitefly and moths, and draw in good insects, like bees.



Mint is a tasty and helpful garden companion. Helps to deter nasty pests like moths, aphids, ants and rodents. Many varieties are highly invasive, so container planting is a good option.



Onions, chives, and garlic help to deter pests, improve soil, and reduce systemic diseases.

Other flowering plants that can help to reduce garden pests and/or draw pollinators into your home garden:



GREEN in real life...

GRAPHIC CREATED BY GREENINREALLIFE.BLOGSPOT.COM

WATER CONSERVATION

- ▶ Plant smarter
- ▶ Plant your vegetable garden so that plants with similar water requirements are grouped together. (Tomatoes, squash, peppers, and eggplants.)
- ▶ Drip irrigation
- ▶ Rain barrels
- ▶ Sheet mulching
 - ▶ Suppresses weeds and build fertile soil.
 - ▶ Conserves water

ORGANIC PEST CONTROL

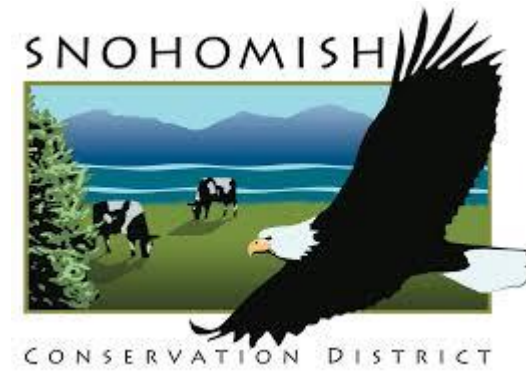
What works, what doesn't?

- ▶ www.motherearthnews.com/organic-gardening/pest-control/organic-pest-control-zm0z11zsto?pageid=1#PageContent1
- ▶ Slugs - hand pick, rent or borrow ducks
http://premeditatedleftovers.com/gardening/safe-ways-get-rid-slugs-garden/#_a5y_p=5368440
- ▶ Aphids - plant flowers and herbs, diatomaceous earth, water with pressure, wipe off with a towel, prune affected plants.
- ▶ Cabbageworms - Row covers
 - ▶ www.gardeners.com/how-to/row-covers/5111.html



WHERE CAN I GO TO LEARN MORE?

- ▶ Snohomish Conservation District
- ▶ Mother Earth News
- ▶ Local Nurseries
- ▶ SnoCo Homesteaders
- ▶ www.downtoearthcommunitygardens.com
- ▶ facebook.com/DownToEarthCommunityGarden/
- ▶ Living Lab Site Visits



(MOSTLY) FREE RESOURCES!

- ▶ Tires
 - ▶ Les Schwab, Craigs List, Buy Nothing, Freecycle
 - ▶ Degrease using dish soap, water, scrub, rinse
- ▶ Box Springs
 - ▶ Craigs List, Buy Nothing, Freecycle
- ▶ Woodchips
 - ▶ Chip Drop (www.chipdrop.in)
- ▶ Cardboard
 - ▶ Appliance Stores, Ace Hardware, Costco, Ask your neighbors
- ▶ Cinderblocks and Pavers
 - ▶ Craigs List, Buy Nothing, Freecycle
- ▶ Rain Barrels
 - ▶ Snohomish Conservation District (www.snohomishcd.org)
- ▶ Seeds/Starts
 - ▶ Snohomish Conservation District, seed and plant exchanges
- ▶ Compost/Manure
 - ▶ Hissy Fit Farms \$20 per pickup load
4915 Scherrer Rd, Granite Falls
425.442.4505
- ▶ Eggshells
 - ▶ Local Farms, neighbors
- ▶ Coffee Grounds
 - ▶ McDonalds, Starbucks, local baristas
- ▶ Lumber/Hardware
 - ▶ Lowe's, Home Depot

HAPPY GROWING!

- ▶ Thank you for attending Lawns to Lettuce.
- ▶ To learn more contact Terry Myer at 425-350-2658 or tmyer58@hotmail.com
- ▶ Visit www.downtoearthcommunitygardens.com or visit at 2420 Soper Hill Road, Lake Stevens.
- ▶ See the Living Lab and Urban Agriculture in action!
- ▶ Visits to the Living Lab located in Marysville, Washington by appointment only.
- ▶ Free Site Visits Contact Terry Myer at 425.350.2658





Neighbors sharing abundance

There are many ways to contribute locally, looking for ideas? Ask me how!

Down to Earth Community Gardens Building Community through Education



Family Bonding Time with Down To Earth Community Gardens





Making Friends through service!
Volunteer Opportunities Available
downtoearthcommunitygardens.com



Classes available year round through:
Discover Lake Stevens Visitors & Information Center
Sno-Isle Libraries
Snohomish County Parks & Recreation
Marysville Parks & Recreation
Lake Stevens School District Community Education
& Many more!