



Sustainable Gardens

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Sustainable gardening practices allow us to interact with our natural resources to ensure that we do not deplete or exhaust them. As gardeners, we need to ask ourselves "What can I do to ensure the preservation and protection of these resources?"

Soil Health

Soil sustains all plant, animal and human life and should not be contaminated or wasted.

- Use mulch to control weed germination, preserve water and prevent erosion.
- Avoid using chemicals.
- Replenish nutrients in the soil organically.

Compost Benefits

Kitchen and garden waste are resources that should be used to their fullest. Throwing away these resources costs us money.

- Compost provides the soil with a full spectrum of nutrients.
- Compost is superior to all other amendments and it's FREE.
- "Leave the leaves" to do their work of feeding and mulching the soil.

Water Conservation

Fresh water is the world's most valuable resource. We have a responsibility to protect it.

- Catch or redirect water by using rain barrels and garden design.
- Water less often but more deeply. Water early in the morning.
- Choose planting material wisely. Consider drought resistant plants.

Natural Habitat

How we interact with the habitat affects the quality of our lives and those of generations to come.

Populations of many of our native wildlife species are in decline.

- Learn about and use native plants; avoid invasive plants.
- Use plants that provide food and shelter to wildlife.
- Protect green spaces.

Food Production

Canada's food supply is changing. Prime agricultural land is being lost to development. Cost and nutritional value of store-bought produce cannot be guaranteed.

- Grow your own food in a traditional vegetable garden or edible landscape.
- Buy locally whenever possible. Support your local grower/producer.
- Choose plant material for its usefulness as food well as its aesthetic value. Combine food and beauty.

Garden Networking

Networking provides social, economic, physical and mental health benefits to all participants.

- Find or become a garden mentor.
- Join Master Gardeners or a Horticultural Society.
- Share unused garden space with a friend or neighbour, or volunteer in a community garden project.

References and Sources for More Information

Peterborough Master Gardeners

peterboroughmastergardeners.com

Hotline: (705) 741-4905

Peterborough Green-Up

Composters, rain barrels and factsheets

greenup.on.ca

Peterborough Ecology Park

Mulch, compost, native plants and factsheets

greenup.on.ca/ecology-park

City of Peterborough Green Waste

peterborough.ca/Living/Waste-Management/Green-Waste/Facility.htm

Ontario Horticultural Association

To locate a horticultural Society near you
gardenontario.org

Kawartha Choice Farm Fresh

kawarthachoice.com

Peterborough Community Gardens

nourishproject.ca/tags/peterborough-community-garden-network

Canadian Organic Growers

cog.ca

North America Native Plant Society

nanps.org

Plants For A Future

Plant database showing medicinal, edible and other uses for over 7,000 plants

pfaf.org

Peterborough Farmers Market

peterboroughfarmersmarket.com

Peterborough Historical Society

Volunteer Opportunities

peterboroughhistoricalsociety.ca

Gardening Forum

gardenbuddies.com/forums

Recommended Books:

All New Square Foot Gardening: Grow More in Less Space by Mel Bartholomew

Lasagna Gardening: A New layering System for Bountiful Gardens: No Digging, No Tilling, No Weeding by Patricia Lanza

Bringing Nature Home: How You Can Sustain Wildlife with Native Plants by Douglas W. Tallamy

Grow Great Grub: Organic Food From Small Spaces By Gayla Trail

Incredible Edibles By Sonia Day

City Farmer: Adventures in Urban Food Growing by Lorraine Johnson

Gaias Garden: A Guide To Home-Scale Permaculture by Toby Hemenway

Introduction To Permaculture by Bill Mollison