



Mirja Holtrop

Organic Gardening

*growing cellular nutrients
for your health*

School gardens ✓
Community gardens ✓
Kitchen garden ✓

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1 Introduction

So let's get started... - Essential things for a healthy garden - A question of space - The right position - Sun, wind and shade - Berries love half shade - Patches - Careful Planning – sketches of patches

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2 Living soil: Everything about fertile ground

First step: Counting earthworms - Smelling - Soaking - Feeling - How to recognize and understand your soil - Natural vegetation – learn about your soil by analyzing natural vegetation... - Humus and compost

15

3 All about composting

Finding the right place - What happens in the heap?

24

4 Sowing, Seedlings and Planting

Organic seeds - Don't use hybrid seeds - Germinability - Seedling soil - Pots and sowing boxes - Light or dark sprouting - Watering - Selection of seedlings - Preparing the patch - Rows

28

5 Efficient gardening: How to plant what, and where

Good neighborhoods versus bad neighborhoods - Supportive plants and their uses

40

6 All about healthy plants, pests and diseases

Snails - Nettles - Sawdust - The right insects - Flowers - A hideout for animals - Pests - Diseases

47

7 All about bees

Pesticides killing bees - Understanding the bee - Food plants

60

8 Springtime – a new life cycle is starting...

Building a hotbed - Prepare your garden patches - Veggie-care - Herbs

67

9 Summer – Gardening from June to September

Maintenance - Preservation - Drying herbs in salt

75

10 Autumn and Winter

Veggie storage - vitamins in winter! - Your patches still need attention - Cold tolerant veggies

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