

# The Lost Garden of Eden



*By Oliver Miller*



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## *Introduction*

In order to achieve developed fruits and vegetables is necessary to plant the seeds in the proper time. Only then the seeds can produce efficacious outputs. Hence, the seeds must be sown at appropriate times. Gardening is more than a leisure activity in an individual's life. It has a strong influence in shaping one's personality. Therefore, it demands more planning and hard work. Hence, the consequences of the work put in its creation always pay off. To begin with, the first step in gardening is generation of a gardening calendar. Gardening calendar has become the need of the hour because of its multiple advantages. Firstly, by creating this calendar one ensures an efficient planning and dedication towards gardening. Secondly, it helps a person in allocating efficient and proper time among all important chores.

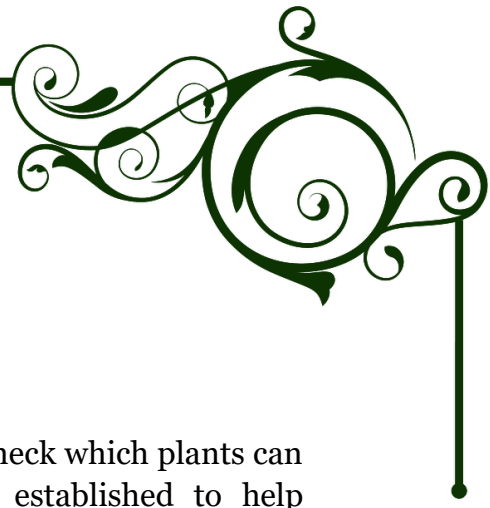
As a result, none of the chief chores of a person's life are affected in an adverse manner. This in return adds discipline and sense of responsibility in life and improves the lifestyle of the person involved in gardening.

The calendar will give you a better idea because you can mark a date on the calendar. Always protect your plants with the help of old sheets or cover your rows for a few weeks after your marked date. Once you have marked the average frost date on the gardening calendar, you can research the preferences of each crop. Fast maturing plants prefer cold temperatures and it will be good to sow directly in your own garden. These types of plants germinate in cool soil, ready to harvest and grow quickly.

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*Chapter 1:*  
*Preparing a Gardening*  
*Calendar*



A raw flow for the creation of your calendar is as follow:

### **Determination of suitable plants.**

To start with, one must determine the plant hardness zone to check which plants can be easily planted on your land. Multiple departments are established to help accomplish this goal. The plant solidness zones depend on the normal least winter temperatures. Therefore, calculations can lead you on your result regarding which plants are suitable for your respective locality.

### **Start the creation of gardening calendar by using a casual calendar**

Afterwards, those who are beginning this activity of gardening can purchase a casual calendar and start with marking the dates for respective types of plants. Moreover, one can also make a customized calendar by making squares and using photos of the plants to spot their blooming months and seasons. This technique will add color to your calendar. Also, it enhances your interest in calendar formation.

### **Use of a book to form calendar**

In addition, experienced planters suggest the utilization of a 3-ring scratch pad to record plans and track exercises. The note pad gives adaptability to make segments as material to your garden.

### **Some of the points that can add precision to calendar making are as follows:**

Sort out planting activities on monthly basis. Most cultivating note pads include a page for every month of the year, along with related dates for planting tasks material to every month. One can also arrange planting assignments week by week to keep things more clear and unambiguous.

Moreover, you can include a motivation section in your pad. Incorporate photos or articles highlighting thoughts you might want to actualize in your beautiful garden.

Also, you can add a section with planting cost report. Track the cash spent on seeds, plants, urea, and other cultivating supplies. This will help you create an entire plan for your cultivating spending plans

### **Create a record for your expenditure**

Maintain a record about when to request seeds and plants. Record the time and place of seeds and plants that are used, and the amount that is to be bought in coming time. To improve the quality of seeds you are growing, you can also use some manure or humus or any other cultivating material.



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Price of stuff like this must also be included. Moreover, try online stores that provide seeds on a reasonable time. Record the data bought and also assess the nature of the item when you get it. Thus, a complete record of everything must be maintained alongside the calendar.

### **Plan soil arrangements:**

Record the states of the soil, what supplements are expected to boost the nature of the soil, when the manure or different composts are included, and how the soil must be set up for planting.

### **Make notes about plantings**

Maintain a record about when to plant seeds, herbs, brambles, trees and various plants. Make sure to incorporate the timetable for seeds that should be begun inside before transplanting.

### **Maintain a list of used stuff**

Despite planting one has to take care of particular bugs or weeds that you have used. Additionally note what manure you utilized on which plants and what the frequency of that particular manure was.



Record the quantity of products

Moreover, record the measure of product. This will help you decide the plants that create the best yield. This information can be used later for creating better yields in the future.



*Chapter 2:*  
*Preparing the*  
*Garden According to the*  
*Calendar*





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To begin with, you are required to analyze your soil and location. After doing the analysis, search online about all of the seed that are suitable for your soil. Buy the seed for the current season and make reservations

Afterwards, shop all of the machines and manure that are required and keep on recording the amount you have spent on these goods. Then make soil adjustment and prepare the soil for putting all of the seeds and plants in the soil.

Place all of the plants in such positions that all of them receive light and air according to their demand

This will enhance the quality of your plant and its fruits.

### Types of Fertilizer:

1. **Up-cycling fertilizers.** You can use many different household items for fertilizers. Instead of throwing some items out in the garbage you can instead feed them to your garden.

They will not change the pH too much when they are added to a neutral medium. This type of fertilizer works great with plants such as hydrangeas, roses, and azaleas, which love acidic type of soil. Crush egg shells up in a fertilizer to help give strength to cellular structure and transport nutrients into your garden.

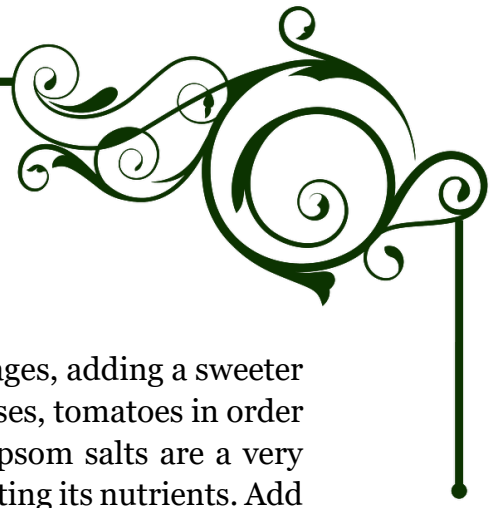
Collect your coffee grounds and egg shells in a jar in your kitchen or in a resalable bag. When you are cleaning your fish tank of fresh water fish pour the dirty fish water over garden

2. **Rose Fertilizers.** Roses require a lot of attention so feeding them a good rose fertilizer will help you to obtain lovely blooms.

3. **Epsom Salts.** These are also referred to as Hydrated magnesium sulfate, Epsom salts can be bought at many stores at a low cost. Magnesium plays a very vital role during the photosynthesis process, helping your plants to function properly during many of the enzymatic processes.



In order for your plants to germinate they need magnesium. Sulphur helps with several functions including the formation of chlorophyll, production of amino acid and root growth. This mineral will also give Cole crops as well as Alliums their unique flavors.



Epsom salts can help to fertilize your onions, broccoli and cabbages, adding a sweeter taste to your vegetables. You can also use them with peppers, roses, tomatoes in order to help them to grow stronger and produce more blossoms. Epsom salts are a very inexpensive fertilizer that will help your garden to thrive by boosting its nutrients. Add some Epsom salts to some water and pour this solution over your potting soils. This solution will help to replenish their sulphur and magnesium levels when they have dropped.

When you are transplanting your seedlings into the garden you can add one tablespoon of Epsom salts around each of your seedlings right into the soil. After the first bloom repeat this process then again after the fruiting process.

**4. Vinegar Fertilizer.** For your acid loving plants use vinegar as an inexpensive but effective fertilizer. Plants such as berries and roses will love this.



love

**5. Tomato Fertilizers.** Your tomato plants will thrive when they have lots of calcium that they love. It is a good idea to give your tomato plants a good amount of nitrogen early on to help to discourage excessive leaf growth as this can cause less blossoms to develop on your tomato plants.



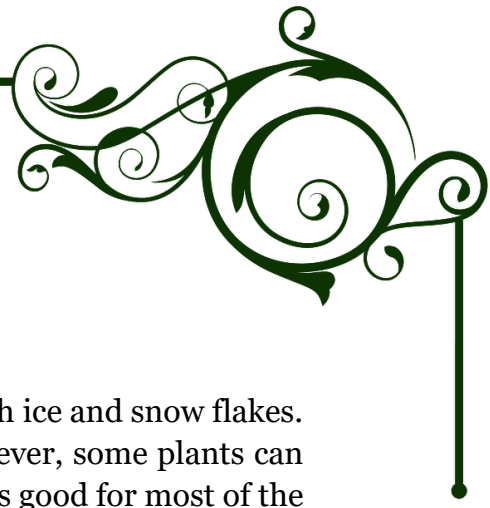
**6. Grass Tea.** You can make a grass tea from your grass clippings that will work great as a nitrogen-rich-fertilizer. In a five gallon pail add in two-thirds grass clippings and top these off with water.

**7. Composting.** Composting is a great way to recycle waste

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*Chapter 3:*  
*Planting According to Seasons*  
*and Months*



## January

January is usually the month in which everything is covered with ice and snow flakes. This time is not suitable for many plants to be harvested. However, some plants can be grown during this cold month as well. In addition, this time is good for most of the deciduous trees and shrubs. Those plants which are capable of survival during this time of the year are as follows:

- Cotoneaster
- Dogwoods
- Forsythia
- Jasmine
- Pussy willow
- Quince

### Gardening tips and techniques:

- Use sharpened tools such as shovels, mowers and shears
- In order to improve the quality, one can also use weed eaters and power mowers
- Since this time of year demands more care, one must also take care of the roots so that they may not be drenched within the snow.
- Increase the use of indoor plants

## February

Although this time of year can still be cold and it might be dam outside, yet an occasional sunshine is bliss of this month. However, one must take care of the flowering plants of there is any prediction of snow in the coming days. Shrubs and other like plants can still be planted in this icy month. Some of the shrubs that can be grown as follows:

- Azaleas
- Rhododendrons
- Camellias
- Forsythia
- Quince
- Spirea

Another good thing about this month is its ability to refresh those trees that were not fed properly during the previous winter. This can be achieved by digging up to 1 to 2-inch and fill it with an appropriate food. Moreover, manure added in this month enhances the growth of the tree.





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Some of the other plants that can be planted during this month are as follows:

- Daylilies
- Bleeding hearts
- Hostas
- Honeysuckles
- Fuchsias
- Geraniums

A few other fruits and vegetables planted in this season are as follows

- Rhubarb
- Horseradish
- Asparagus
- Artichokes
- Kiwis
- Grapes
- Strawberries
- Raspberries
- Blackberries

This season provides an opportunity to the plants including fruits and vegetable to grow and start their development. This time is the perishing time for the plants. They start to grow and thrive during this period of the year.

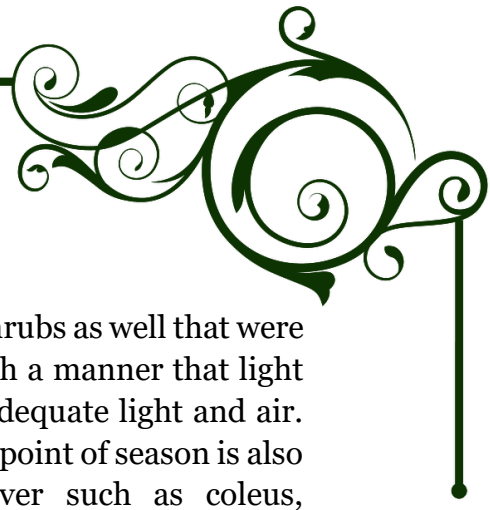
### **March**

March is that month in which a considerable lot flowers bloom and bushes start to sprout. Moreover, shrubs also grow a lot during this month. However, the weather in March is usually flickering therefore, one must proceed with caution.

Some of the shrubs that bloom during this month are as follows:

- Aubrietia
- Candytuft
- Rock cress
- Bergenia
- Snowdrops
- Witch Hazel





During this season, fertilize your shrubs and take care of those shrubs as well that were planted during the month of February. Adjust the plants in such a manner that light reaches them properly. The plants of spring season demands adequate light and air. Therefore, one must be cautious while placing these plants. This point of season is also appropriate to take out the plants that were wintered over such as coleus, chrysanthemums, and geraniums. A few other plants that can also be planted in this season are as follows:

- Roses
- Primroses
- Pansies
- Winter jasmine
- Honeysuckle

For fruits and vegetables, one has to do a little work in preparing the soil for planting. Add manure, processed moss and other good additives.

Some of the important vegetables and fruits of the season are follows:

- Peas
- Asparagus
- Rhubarb
- Horseradish
- Antichokes
- Eggplant
- Brussels Sprout
- Cauliflower
- Celery
- Leek Onions
- Radish
- Potatoes
- Spinach
- Chard
- Cabbage
- Strawberries
- Blueberries
- Currants
- Loganberries
- Boysenberries
- Grapes

Manure must be added in these plants to improve the growth of the plants. Moreover, proper watering and digging must also be done. Also, it is time to start planting tomatoes, lettuce and other vegetable seeds indoor.



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### **Tips and techniques suitable for maintaining one's garden throughout the month:**

**Weeding:** This point of time is appropriate for weeding and fertilizing the soil.

**Check the pH of soil:** A usual trend is addition of lime in the garden to improve the pH of the soil. 4 lbs. of lime is added per 100 sq. ft. for a pH lower than 6.5. Furthermore, a pH above than 7.5 demands addition of sulfur. In addition, some additives that lower the PH are composed oak leaves, wood chips and peat moss. However, pH is gradually adjusted over multiple seasons.



### **April**

The month of April provides a great opportunity to plant trees and bushes. For instance, following evergreen plants can be planted:

- Juniper
- Cypress
- Multiple conifers

April is that month of the year where blooming plants are also planted. Some of the flowering plants are:

- Dahlias
- Gladiolas
- Lilies.

Hence this month is appropriate for their growth as well. As the threats of ice are usually removed, put away fuchsias and geraniums outside. Moreover, these plants must be watered properly as well.

Following are the vegetables that are commonly planted in this month:

- Asparagus
- Peas
- Carrots
- Beets
- Spinach
- Cauliflower
- Cabbage
- Potatoes
- Radish
- Parsnips
- Onions



**Tips and techniques:** In order to enhance the working of your plants and maintain the beauty, following techniques need to be followed:

Keep your plants well watered.

Place the plants in such places that they receive adequate light

## May

This month of the year is a period when the climate can either transform one's patio nursery into an Eden, or a no man's land. Know about the climate gauges, patterns and notices and plan accordingly.

Also, bushes that bloom early, ought to be pruned back. Such plants include:

- Forsythias
- Weigela
- Spirea



Furthermore, the blooming plants for this month are as follows:

- Dahlias
- Gladiolas
- Lilies
- Cannas

Plants that must be planted till mid of the month are as follows:

- Pansies
- Snapdragons
- Dianthus
- Petunias
- Fuchsias ,and
- Impatiens

Till the end of the month plants that must be planted to give them the desired warmth are salvia, zinnias, marigolds, and cardinal flowers. Vegetables that must be planted till the end are as follows:

- Carrots
- Lettuce
- Potatoes
- Corn
- Beans
- Peas





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Warmer plants can be planted at any point of time now since the warmth is appropriate. These plants include tomatoes, squash, cucumber, pumpkin and peppers.

### **Tips and techniques**

Remove the snails that are common during this season. These snails can cause harm to your plants

Try to eliminate the bits of weeds that are present on your plants now.

### **June**

In this month remove the residual plants of previous months to create room for the new ones. Put up plants like Chrysanthemums to encourage their growth. Once the soil is warm you can put the seeds in the soil. Primroses, Arabis, and Aubrietia are the types of plants that you can plant during this season. Plants that must be planted in the very beginning include corn, beans, peppers, eggplant, tomatoes, squash, and pumpkins. Moreover, plant the plants including Brussels sprouts and cauliflower for the coming winter season.

### **Tips and techniques**

Use a complete package of lawn fertilizers. These fertilizers must fulfill the demands of nitrogen, phosphorus, sulfur, and potassium.

Observe the plants and check if there is any attack of pests on your plants

Apply moss repellents and use pest control to avoid damage to the plantation.

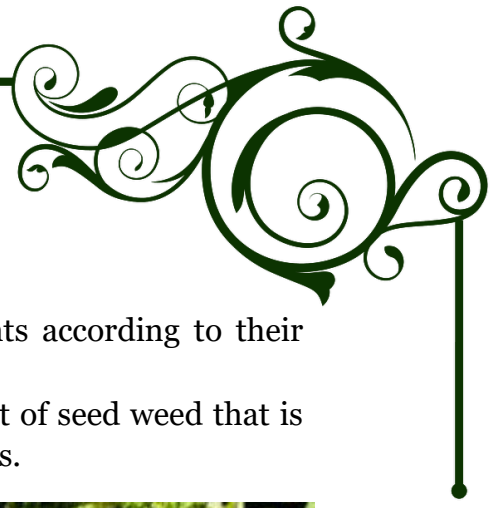
Keep yourself alert to snail damage. Since snails can harm your plants.

### **July**

July is that time of the year when you enjoy the harvest of your plants. Home grown fruits and vegetables are visible throughout your garden during the rainy month of July. The weather during this month is rather unpredictable. One cannot maintain the position of the plants due to fluctuating weather. Therefore, during this month, position your plants at a safe and shady spot. This will avoid the damage that can occur due to direct sunlight or at some times caused by humidity.

**Tips and techniques:** Following are some of the tips in order to improve the condition of plants during this month of the year:

- Keep on changing water in the water tub to avoid attach of any insect on your plants



- Try to maintain a balanced environment for your plants according to their requirement

Pull out the weed as soon as possible. This will avoid the threat of seed weed that is generated newly but can cause damage for many coming seasons.

## August

August marks the beginning of planting the fall vegetables. Seeds of following vegetables are planted during this season:

- Green onions
- Carrots
- Beets
- Lettuce
- Spinach
- Radish
- Winter cauliflower



In case you do not like a dead or brown garden, water is as much as you can. However, this might result in water shortage and can cause harm to other species therefore, it is suggested to water your garden twice in a month. Moreover, your garden can come back to life after the initial rainfall of winters.

**Tips and techniques:** Following tips and techniques must be considered by a gardener in order to improve the garden and stop it from deteriorating:

Water your plants in order to stop them from drying.

Keep on checking the plants for an attack by insects or pests.



## September

September is also a beginning to fall. During this month it is now time to clean up the garden and plan for next spring. During this time trees are watered whereas, shrubs are usually not watered to that extent as they are prepared to harden before the arrival of winters. This is the time for perennial seeds and bulbs to be planted. The plants which are usually planted during this season are as follows:

i. Water pansies ii. Ornamental kale iii. Cabbage iv. Chrysanthemums Also, during this season one must scatter the seeds of wildflowers all around to help them



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grow afterwards. Plants like tomatoes and squash might also be added during this season.



### **Tips and techniques:**

- Use weeds and fertilizers
- Adjust the places of your plants

### **October**

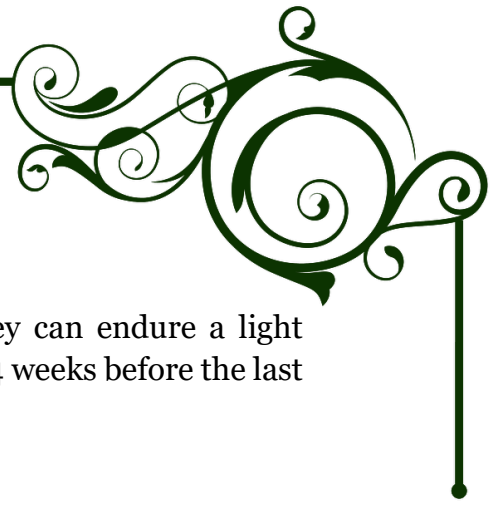
As the leaves change color their splendid fall hues and you stir to a particular chill noticeable all around, you understand that winter is practically around the bend. You realize that this is the beginning of the season in which your contribution will lessen.

Following points must be considered during plantation in this season:

- Gladiolas
- Dahlias
- Tender bulbs

The above plants must be put in the ground before the ground freezes. Moreover, Begonia tubers should be placed in a paper bad with no other packing. Other plants of this season are as follows:

- Pansies
- Ornamental kale
- Cabbage
- In addition to this, other winter fruits and vegetables can also be planted during this season.
- November
- Following are common plants of November
- Beets
- Lettuce
- Mesclun
- Radish
- Spinach
- Peas



The plants above can be planted during this season since they can endure a light breeze, they can be sown outside in the greenery enclosure 3 to 4 weeks before the last ice date.

## **December**

Most of the plants are not ripened during this time of the year. However, following are the common plants during the season:

- Broccoli
- Cauliflower
- Cabbage

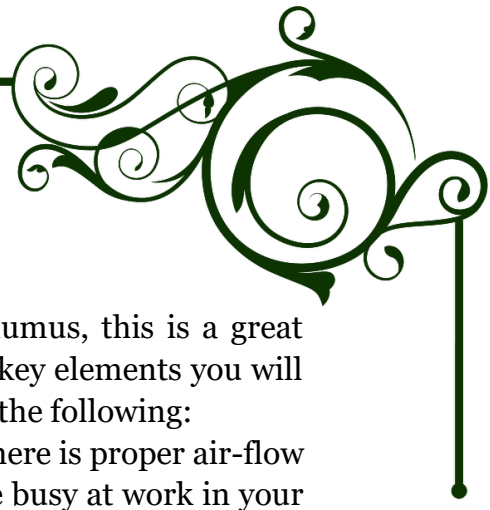
## **Common Plants Cheat Sheet**

- Parsley - Plant from late May to early June.
- Strawberries - Plant early May to early June.
- Scallions - Plant early May to late August.
- Turnips - Plant early May to late August.
- Tomatoes - Plant early June to early August.
- Swiss Chard - Plant early May to early August.
- Squash - Plant early May late June.
- Spinach - Plant early May to mid-June.
- Rutabagas - Plant mid-June to mid-July.
- Arugula - Plant in early May well into September.
- Onions - Plant late May to June.
- Kohlrabi - Plant early May to Late July.
- Kale - Plant early May to end of July.
- Garlic - Plant early September to early October.
- Fennel - Plant early May to late July.
- Radishes - Plant early May to late July.
- Cucumber - Plant mid-June to late June.
- Corn - Plant late May to early July
- Cabbage - Plant early July to late July
- Carrots - Plant early May to mid-July.
- Broccoli - Plant end of June to the end of July.
- Beans pole & bush - Plant from late May to mid-July.
- Soy Beans - Plant these veggies in late May early June.
- Broad beans - Plant these from early May to mid-June.



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*Chapter 4:*  
*Producing*  
*Great Garden Compost*



Organic matter that perishes eventually is transformed into humus, this is a great building block to begin new life in your garden. There are four key elements you will need to cover in order to produce good-quality humus, they are the following:

**1. Oxygen:** The decomposition process will be sped up when there is proper air-flow in your soil, oxygen is provided to the micro-organisms that are busy at work in your soil.

**2. Water:** The compost needs to remain moist so that the micro-organisms will not die. The compost should feel moist to the touch. If you find that it is too soggy then add more carbon materials to it.

**3. Carbon (Browns):** These are referred to as browns because they are dry carbon materials that help supply energy to the bacteria, earthworms, fungi and rotifers that process the compost. Any excess moisture will be absorbed by the carbon and help the air-flow. The browns include things such as pine needles, twigs, paper products, wood chips, wood ash, sawdust, dryer lint, and branches.

**4. Nitrogen (Greens):** These are referred to as greens because their fresh and moist nitrogen helps to provide nutrients and protein into the compost, thus allowing the microbes within to reproduce and thrive. Nitrogen rich materials are things such as grass clippings, food scraps, weeds, coffee grounds, and used tea bags. These are a few materials that are compostable, there are many others inside and outside of your home that you can also use. Make sure to cut larger pieces into smaller pieces, this will help to speed up the process.

## Making Compost

“Cold composting” is one of the most common ways of making compost. It is very easy to start, but it can take one or two years for the process to be completed where you are left with the finished compost.



### Heap Composts

These have no container or structure, they are just piled onto the ground. A minimum heap should be at around 3×3×3 in order for it to retain heat. In this type of setup you just add the materials as you get them. Bury your greens into the middle of the heap so this will help to keep away pests. You can manually give your heap pile aeration. Once it is large enough stop adding to it

and allow it to mature. You can in the meantime begin a new heap pile.



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### Contained Composts

You will find these to keep things fairly tidy compared to an open heap pile. You can use plastic trash cans to make some homemade compost containers. You will first begin with a layer of browns, then alternate between browns and greens.

Cover it with nitrogen materials with carbon to keep the pests away. You can get the finished compost at the bottom of the bin through a hole in bottom of container.



### Trench Composting

Trench composting is the easiest method of composting. You do this by digging a hole in the ground and adding your kitchen scraps into it. Dig the hole to be about one foot deep and cover the scraps with about nine inches or so of soil. It will take about one month for the organic matter to decompose. Your plants that are near this trench will benefit with their roots being close to the trench compost. It could take close to a year for it to fully decompose. You can use this system by

digging random holes throughout your garden.

### Hot Composting

You can see results as little as four weeks with this method of making compost. You can get humus fairly quickly using this expedient and efficient way of composting. It will keep temperatures constantly between 120-150° Fahrenheit. Place your compost container in an area where it will be exposed to sun to help boost solar heating effects. If you have a DIY tumbling composter this will involve you turning the composter every five days or so to keep your compost aerated.





### **Vermicomposting**

This type of composting works very well for those that are living in apartments or have very limited yard space. Earthworms digest organic matter and they then produce castings—other words known as worm poo. The worm castings are very rich in nutrients and are far more potent than humus that is made in

more conventional methods.

The castings will also help to improve plant growth, soil structure, retain moisture and repel unwanted pests. You will discover that just a little vermicomposting will do just fine as a great soil conditioner. Mix this into your soil at a ratio of 1:4. You can also make some great compost tea with this as well. A popular choice of worms is red wigglers as two pounds of them will go through one pound of organic material in 24 hours. They will also reproduce quickly, so you can begin with half a pound of them.

You can design a simple worm habitat by using a 10-gallon plastic tub drilled with holes for ventilation and drainage. Fill the bin 3/4 full of shredded carbon materials such as cardboard, newspaper and add in some water. It should be like a wrung-out sponge and make it loosely layered so the worms can breath.

Add into some food scraps to feed the worms, avoid any spicy foods. Cover feedstock over with bedding to avoid attracting other pests. Red wigglers will thrive in dark and warm environments. You will be able to harvest the castings in about two months, once the worms have eaten most of the bedding.

### **Steps to help ensure that you have healthy rich soil.**

#### **1. Test your soils pH level**

Before you begin to plant test the soil. You can purchase test kits in garden centres. The ideal soil pH for gardens is between 6.3 to 6.8. You can lower your soils pH level by adding sulphur. You can also add organic material to your soil such as acidic organic mulches and compost.

Overtime these things will help to reduce the pH level in your soil and will help to increase the microbial organisms which will add to your overall strength of your soil structure.



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### **2. Drainage**

Most plants do not like it when they are soaked in water. Before you begin to plant your garden make sure that the area where you want your garden to be has good drainage. You can test this by digging a hole about one foot deep, then fill it with water and allow it to totally drain. Refill the hole with water and measure the depth of water in inches. Multiply this number by 4 and this will tell you how much water is draining per hour. If the results of this test show that the drainage is less than one inch per hour then it shows that this areas soil has poor drainage and would not be suitable for a garden. Plants that do not like being soaked in water will not do well in this type of location. A good rate of drainage would be between 1 to 6 inches per hour.

### **3. Color of Soil**

You can tell a lot about soil just by its color. Take for example if a soil is streaked or mottled, this could indicate that there is seasonal drainage problems. If a soil is yellow this usually is a sign of poor drainage. Soil that is blue-green in color is usually wet most of the time, so it would not be good soil for a garden. A soil that is a brown-red color is usually getting good circulation and good drainage.

### **4. Building Your Garden Soil**

During the fall is the best time to begin building your garden soil by adding organic materials such as leaves, kitchen scraps, and garden debris. Chop up all of the organic matter and work it into your soil in your garden about two inches. Adding minerals such as phosphorus, organic potassium fertilizers, and concentrated manures is also a good idea at this time. When you do this process in the fall it will give your garden soil time to get nutrient filled and will be ready for planting in the Spring.



*Chapter 5:*  
*Companion Plant.*

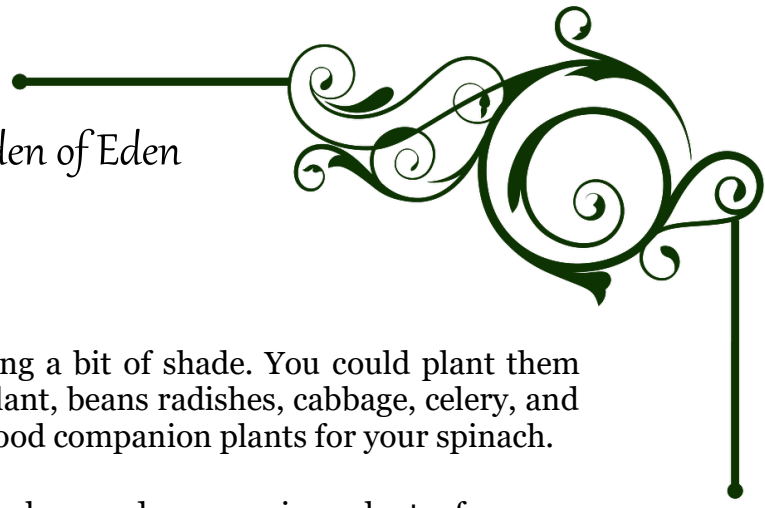


## The Lost Garden of Eden

### Vegetables

- 1. Potatoes.** Any veggie that is from the cabbage family will make good companion plants for your potatoes as well as beans and peas. The potato beetle is one of many pests that will try to attack your potato plants. Grow marigold and basil with your potatoes to help repel the bothersome bugs.
- 2. Peppers.** Grow radishes, lettuce, and spinach around your peppers. They will enjoy the shade that is provided by your tall peppers and in return they will help suppress weed growth around your pepper plants. Plant some chives and basil near your pepper plants to help keep the pesky bugs at bay. These will also help to improve the flavor of your peppers.
- 3. Carrots.** Lettuce and radish make good companion plants for your carrots. Marigolds and chives are good to plant near carrots as well, but avoid planting dill or parsnips near your carrots.
- 4. Eggplants.** Many people love this veggie to add to their garden, the pests love them too! Plant some herbs such as thyme and tarragon beside your eggplants to keep the bugs away. You can plant spinach beside an eggplant and it will thrive in the shade of the eggplant. Choose a short variety of beans to plant near them, the high nitrogen they offer will do your eggplants good.
- 5. Cabbage.** Dill makes a great companion plant for cabbage as it will attract wasps that prey on cabbage. Planting onions and celery close to your cabbage will also help with your cabbage growth. Avoid planting them near tomatoes, potatoes or eggplants.
- 6. Cauliflower.** Beans makes the best companion plant for your cauliflower. Onions, celery and dill will also protect your cauliflower, so will zinnias planted around your cauliflower. Their blooms will attract ladybugs and keep them away from your cauliflower. Do not plant your cauliflower near strawberries as they attract slugs that could do great damage to your cauliflower heads.
- 7. Asparagus.** Grow carrots or tomatoes near your asparagus, but avoid potatoes, onions, and garlic. Plant marigolds near them and they will help to protect your asparagus, so will parsley, dill, and basil. These plants will help to protect the tender shoots of your asparagus from the asparagus beetle. Tomato plants will help protect your asparagus from the asparagus beetle.
- 8. Cucumbers.** Add carrots, beets, and radishes will make good companion plants for your cucumber.
- 9. Squash.** Beets, carrots, and radishes make good companion plants for your squash. Adding marigolds around them will help to protect them from bothersome bugs.





10. **Spinach.** Spinach plants enjoy having a bit of shade. You could plant them beside good companion plants such as eggplant, beans radishes, cabbage, celery, and cauliflower. Onion and squash will also be good companion plants for your spinach.
11. **Strawberries.** Good plants that will make good companion plants for your strawberries are beans, lettuce and spinach. Avoid planting your strawberries near cabbage. If you surround the border of your strawberry plants with thyme this will keep away the worms from your strawberries.
12. **Raspberries.** Garlic and marigolds will make good companion plants for your raspberries. They will help to prevent fungal diseases and damage that is caused by bothersome insects. Turnips will keep Harlequin beetles away from your raspberries. Do not grow blackberries, potatoes or tomatoes near your raspberries because they can transmit viral diseases.

### **Flowers and Herbs:**

There are some flowering plants that will make wonderful companion plants for your veggies. You can plant lots of flowering plants to your garden to help protect your plants while adding a fun splash of bright color to your garden. The flowering plants will help to attract insects that are beneficial and they will help with pollination and pest control. Herbs will help to attract bees to your garden, they the intense smell they give off will help to confuse the pesky bugs.

13. **Geranium.** Geraniums are a very attractive plant that will also help to repel cabbage worms, Japanese beetles, and beet leaf hoppers. Plant these flowering plants in different areas throughout your garden.
14. **Marigolds.** French, Mexican and Calendula marigolds are all great flowering plants to add to your garden. These plants will help to control an assortment of pesky insects from damaging your veggies. Grow your marigolds in nice thick patches throughout your vegetable garden except keep them away from beans and cabbage.
15. **Sweet Alyssum.** This plant will help to suppress weed grow with its low growing pattern that will form a thick mat on your soil. They also have nice fragrant flowers that will help to attract bees to your garden.
16. **Dill.** Dill makes a great companion plant for the squash family. The large heads help to attract predatory wasps that will help to keep the populations down in other bothersome insects. Do not plant your dill near tomatoes.



## The Lost Garden of Eden

- 17. Chives.** These plants will look great in your vegetable garden but they can be planted in your ornamental garden as well as they look so nice with their grass-like leaves and lovely flowers. They will help to keep bothersome pests such as aphids from your garden. They are great companion plants for cruciferous veggies such as tomatoes, and carrots but you should keep them away from your beans and peas.
- 18. Sunflowers.** These huge lovely plants can offer shade to smaller plants, and help support weak stemmed plants as well. They will also help to attract pollinators and repel nematodes.



*Chapter 6:*  
*Prepper's Garden*



## The Lost Garden of Eden

### **Tips Which Will Improve Your Soil Fertility**

Soil or earth is present in most places across the globe. It is a natural product created over many years via the wonder of planet Earth. Soil is classified as fine particles of minerals, rocks and the decaying remains of plants and animals. Over time this all decomposes and creates a nutritious ground cover for plants and crops to grow in. In fact, it can take thousands of years for soil, as we know it today, to develop. Unfortunately, it can take humans very little time to destroy this natural product. Without soil it is not possible to grow food or feed people.

Understanding the elements of soil and how to improve the fertility of it is essential to ensuring you have soil in which you can grow plants and crops. In fact, the amount of soil which is currently useable for growing crops across the globe is estimated to be just 1.4 billion hectares; out of 13 billion hectares of soil!

The following tips will help to ensure the soil in your area is as fertile as possible; it is never too soon to start improving soil fertility!

#### **Organic Manure**

One of the best ways of improving soil fertility is to add manure; the waste product of any animal on the planet can be beneficial. This is one of the most effective ways of adding essential nutrients to the soil as the nutrients in manure are easy to access for any plant or crops you are trying to grow.

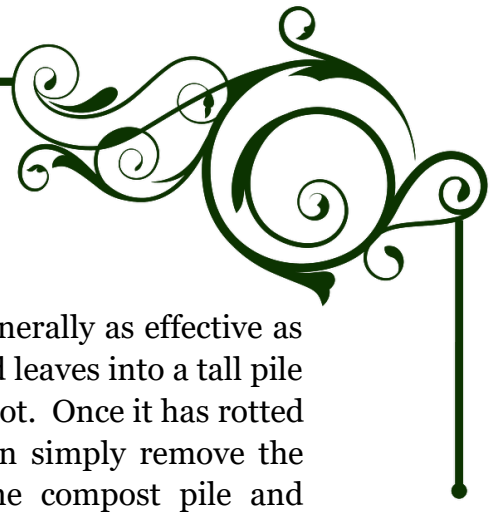


It is important to note that whilst manure is an excellent source of nutrients, it is also possible that there are undesirable bacteria within the manure. It is therefore essential not to over use the manure and to allow time. Ideally you should wait three months between the application of manure and the time you harvest the crops. If you do not have three months it is safer not to use the manure and save it for when there is nothing growing.

You should also avoid adding too much manure to the soil as any dangerous chemicals will leach out of the soil and into a water supply. They can also add too much of certain nutrients to the soil; effectively killing its fertility and ruin the chances of any crops growing. It is best to apply manure just once a year and then leave the plant to grow as best it can.

In a survival situation it should still be possible to locate animal droppings fairly easily; although the three month rule will be even more important as you will know nothing about the source of the manure.

#### **Compost**



Compost can help the nutrient in the soil although it is not generally as effective as manure. Compost is created by piling uprooted plants and dead leaves into a tall pile



and allowing it to rot. Once it has rotted sufficiently you can simply remove the bottom part of the compost pile and sprinkle it onto your soil. Compost can be applied once per season and will improve the water retention in the soil as well as making it more difficult for the bacteria to get to the crops.

The process of plant matter decomposing can be sped up by introducing worms to the compost

pile. They will chew through the plant matter and excrete waste products which are akin to the decomposed plants and food after a much longer period of time.

Although compost is an excellent option, it will be of no use in hard times unless you have started the compost bin already. For the bottom layer of compost to be really useable it should have been left for at least a year. This is not something you can create on a whim; it is better to be prepared now.

### **Use Your Chickens**

If you have chickens now or after a catastrophe has happened then they can assist you in improving the soil fertility. Chicken would be a useful addition to any garden; providing you can keep them separate from the crops; you do not want them ruining your hard work!

However, if you do not have time to wait for a compost pile to develop or cannot find any manure this could be a good alternative. By throwing your food scraps and any dead plants onto the soil you will create an attractive haven for the chickens. They will do what they do naturally which is scratch around; looking for food.



In the process they will shred the vegetation you have put there and it will mix with the first inch or two of soil. This is generally considered to be the most important part for new plants. The scratching action helps bacteria to grow which will benefit the crops and provides food for them. The fact that chicken droppings are also be added to the soil simply adds another source of minerals to the soil.





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### Use Nature's Plants

Many of the plants which are considered to be weeds are actually also known as deep rooted plants. As the name suggests these plants have roots which stretch deep into the soil. These deep seated roots allow the plants to access the minerals and goodness which is much further down than most plants can reach. Plants such as stinging nettle or comfrey have been known to have roots as deep as eight or even ten feet! You will need to let them grow and then, just before or as they flower remove their heads, or even the top of the plant. These can then be mulched or adding to your compost pile. The nutrients brought up from deep in the soil will become available as the plant decomposes and will be extremely beneficial to the soil.

Again, this is a longer term process and must be started now to ensure your soil is as fertile as possible when you need it. Any plant which is considered a weed but has deep roots can be allowed to grow round the edge of your crops; they will prevent other weeds from growing and provide good mulch for the following season.

### Man Made Fertilizers

Of course, one of the fastest ways to improve the soil fertility is to add a man-made fertilizer. If you are dealing with a survival scenario then you may not be able to locate any of this product. However, it is possible to add a big bag of this to your survival supplies now; this will ensure you have some available if and when you need it.



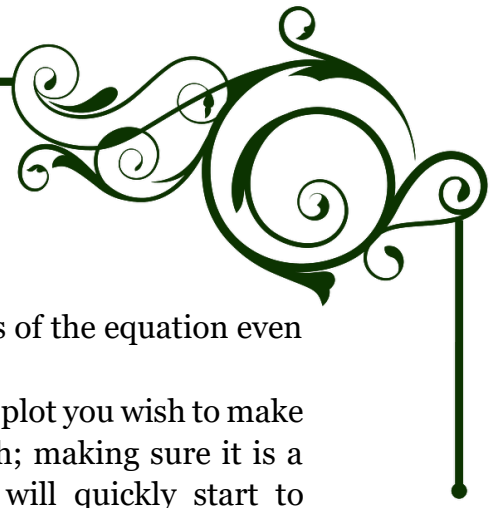
Man-made fertilizers do carry risks. It is essential to understand how you should apply the fertilizer and when it should be done. This will ensure there are no other side effects or illnesses caused to you or others by eating the crops.

Using a man-made fertilizer is an excellent way of ensuring the fertility of the soil improves and may be the only option available to you when in a difficult situation.



### Sheet Compost

This is an excellent and very effective way of improving the fertility of the soil. It can also be applied at almost any time; even when you find yourself in a difficult situation. There are several elements to this



method but it should be possible to collect all the different parts of the equation even if you are dealing with a difficult scenario.

You will need newspaper or cardboard. This is spread across the plot you wish to make more fertile. You then cover this paper with compost or mulch; making sure it is a thick layer. No plants will be able to grow but the paper will quickly start to decompose; releasing valuable nutrients into the soil. The process can be speeded up further by adding seeds to the mulch or compost and allowing plants to grow in the top layer; above the newspaper. The roots of these cover crops will help to break down the nutrients in the mulch and allow them into the soil.

Within a few weeks you will be able to make holes through the mulch and the newspaper to allow planting of crops. They will absorb the nutrients as they are released and should flourish. However, if you have the opportunity this process can be exceptionally beneficial if you can leave the cover on for a whole year without disturbing anything.



### **Dig Deep**

This is the least desirable of options as you will want to work with the soil you have and not disturb the lower levels of soil goodness. However, if you have no other alternative it is possible to dig several feet into the soil and bring this soil up to use on the top of the ground; allowing the old top soil to sink deep into the ground. This will

place the nutritious soil, which is usually deep underground, at the top and allow you to grow ground crops quickly and successfully. However, it is important to note that the nutrients will start to sink down again and you should see this as a short term solution whilst you implement some of the other options already listed in this book.

## **Ways to earn a Living From Your Garden**

Being prepared means having the soil ready and either having plants already growing or the ability and knowledge to grow them quickly. But this is only the first stage of survival after a disaster of epic proportions. Vegetables may be enough for you to survive on but there are other things that you will be likely to need. After a disaster you are likely to find that money has less meaning to many people and may need to rely more on the ancient skill of bartering. But, no matter which way you look at it; the crux of the matter is that you need to earn a living from your garden or small farm. By starting this process now you can develop a good eye for what you need to



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grow in order to make a reasonable profit and how this can be applied to any scenario, pre, post or even during a disaster.

### **Mushrooms**

Mushrooms come in an array of different types but specialist mushrooms can be a particularly lucrative market.

Mushrooms are fairly easy to grow and require very little space which can be of valuable assistance when trying to make a living from your vegetables.

Even after a disaster mushrooms will be a sought after product as they will add a little flavor and texture to any meal. To generate funds through your mushrooms you can target specific mushrooms; such as medicinal ones. Many types of mushroom can be grown in just a few months; allowing you to produce several crops in a year; providing you can get the conditions right.

The best approach to earning funds is to visit all the local food establishments just before the mushrooms are ready. Take their orders; then as soon as they are picked they can be delivered and you will be paid. In the current market place the standard button mushroom is simply too competitive to attempt to beat the supermarkets on price; but a specialist variety can do exceptionally well!



### **Alternatives**

There are alternatives which can be allocated a little space in your garden. Snails are generally plentiful but considered to be a pest. However, you can actually farm snails; even if you are not keen on the idea of eating them!

You will have to devise a shelter for your snails; a small poly tunnel is an excellent option. They will then need to have plenty of food to eat in the shape of plants; which are of no use to you! The snails will then do a good job of looking after themselves. They do not smell and are not noisy and are actually very nutritious.

Perhaps the best question to ask yourself before you start farming snails is where is the demand? You will need to find out if there are any restaurants or local businesses which would be interested in having your snails and in what sort of quantities they would be required. This will help you to ensure you have a big enough market to make the venture worthwhile.



## Tea Making

There is a huge variety of herbal and other exotic teas currently available on the market and an increasing number of people drinking health teas such as dandelion tea. You do not need much space in your garden to cultivate a patch of dandelions; which are commonly referred to as weeds. This can provide you with valuable extra income. Growing them needs no effort; they happily grow anywhere and even seed themselves. You are then left with two options. The first is simply to pick and dry the dandelions before packing them and selling them as dandelion tea. The second would be to pick them and use them to sell tea at your home.



An excellent way of creating an additional income is to invite people in to see your garden and how you manage to create the various produce. You can make a small charge for people arriving at your home and include a cup of tea. Alternatively they can visit for free and you sell them a drink. It is preferable to have them pay a small fee to enter as this means you do not have the pressure of having to sell to them while they are visiting. Of course, you can cover both options. A good marketplace is always the local school as they are generally keen to teach children about self subsistence.



## Seedlings

There are always people who are interested in growing their own produce. This would be even more likely if times were hard. You can, therefore, harvest cuttings and grow seedlings which you can then sell on to interested parties. This should not affect your ability to sell your own produce to other people as these will

generally be the ones who are not interested in growing their own. Even in hard times there will be those who have access to alternative earnings and can afford to purchase your vegetables.

It is best to focus on plants that people will be able to easily grow at home; the exact vegetables you can produce will depend upon your location but potatoes and carrots are always good starting points. In addition you can grow exotic plants that may appeal to a range of people. Providing you sell small plants you will not need to charge



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much; this will increase your potential market and help to establish a good supply of cash.

### **Poultry**

Chickens are one of the simplest animals to keep in your garden and can be very beneficial. It has already been mentioned how they can be useful to help improve the fertility of the soil. They can also be used as a valuable source of eggs; keeping just half a dozen chickens could equate to six eggs a day. These can be used to help you survive or sold to others when funds are needed. If your family is small you will quickly find that six eggs a day is a significant number; you will struggle to use them all!



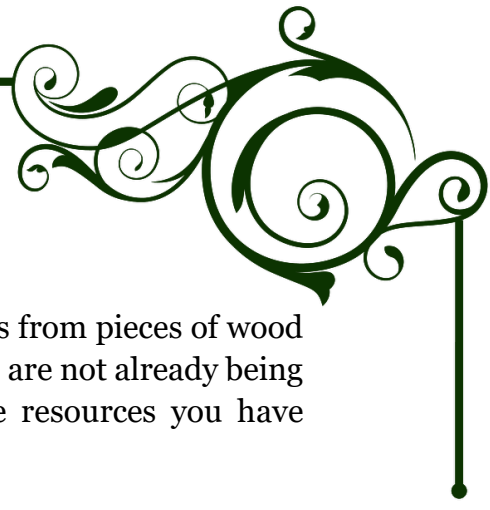
Chickens need a small space with a secure overnight building. They will need to be contained as they can do a huge amount of damage to your plants. However, their usefulness in fertilizing the ground, providing eggs and even meat makes them a more than worthwhile addition to your garden and a valuable source of income.

### **Homemade Items**

It is possible to focus part of your garden area on other plants which cannot be eaten. This could be willow or bamboo. You can then master the skill of creating a basket or similar object and sell these items. When times are hard this can generate a useful extra source of income; after all, people will need something to carry the produce they buy!



Creating willow baskets may seem a little beyond your current skills but it is something that can be mastered relatively easily. If this is not for you or you are already experiencing a hard time then there are many other options which are viable to generate you some money. You may have a selection of flowers which can be harvested to sell in bouquets or even create potted plants ready to go into the ground. All you need is produce which is already growing in your garden and a pot.



It is even possible, if you are skilled enough, to create sculptures from pieces of wood or even stone and sell these. The key is to look at what materials are not already being used in your garden and envision what you can do with the resources you have available.

### **Home Baking**

An extension to the idea of selling and serving tea is to consider baking your own products; using the produce growing in your garden. Depending upon your culinary expertise you can focus on simple dishes such as zucchini or vegetable pies. Alternatively you can create a range of jams and jellies which can be sold from your garden. Providing you can create enough of the jams you may even be able to approach local businesses regarding selling these items in their shops and restaurants. Establishing a relationship with local businesses is essential to the success of this strategy. However, once you have built these connections you will find that this can be a lucrative additional source of income.

### **Lessons to Learn to Ensure you Can Earn A Living from Your Garden**

There are many different ways in which you can generate an income from your garden. It is not necessary to even grow produce if this is something you are not interested in. In fact, it is important to develop a passion for gardening if you wish to make your living from this; it can be a difficult path and enjoying what you do will go a long way to help you succeed.

With this in mind the following lessons will help you to earn a reasonable income from your garden; with or without any actual gardening!



#### **Preparation**

The first step in developing a garden dedicated to fruit and vegetables is to start now and attempt to grow enough part time to feed yourself and your family. You must be able to do this before you can start considering the idea of growing food to sell. This stage will allow you to assess the work involved and how much produce you

can grow within the space you have available.



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Part of this preparation stage involves ensuring you have sufficient spare seeds to reseed your garden if necessary. This can be used simply to start the next season's crops; or it can be a good way of being ready to start again if a disaster does hit your town. Alongside this it is essential to purchase a soil testing kit; you should already have an understanding of the right environment for your plants to grow; the soil must be full of nutrients and the right PH levels. A soil testing kit will allow you to create the right environment for your crops and ensure you get the maximum crops possible.

### **Blogging**

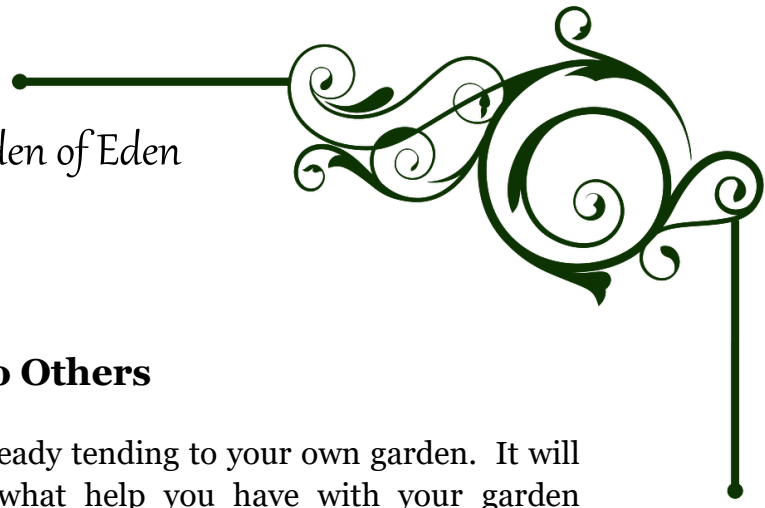
There is no doubt that the digital age has arrived. Everywhere you look you will see people on their cell phones or using tablets. Many of these people will have the same uncertainties and questions which you have. Often they do not know where to go to get the right answers. By creating a site and blogging regularly you can reach a huge new audience. In turn this can be converted into a customer base. Whilst the blog will not pay funds, as you become established you may be invited to provide guest posts for other sites; this will pay. In addition you can use your blog to link with useful garden products and gain an affiliate charge which can be built into a substantial amount. It is worth noting that too many affiliate links can ruin the focus and reputation of your site. It is better to keep it to products that you really can recommend!

Blogging can also offer the opportunity to create an eBook or to provide a postal delivery service for seeds or any other products you have created at home. On top of this you will build a relationship with your followers and customers; this will ensure they are interested in you and your products.

### **The Organic Option**

This is a very sensible and easy option for most home gardeners. It is likely that you will already be using organic methods to farm your produce; the basic requirement is that everything is done naturally without chemical aid. If this is already the case then you will need to be certified by the organic commission. Although this can be a tedious process the end result is the ability to sell your produce at a much higher rate as it can be classified as organic.

This option will not provide you with additional earning opportunities but it will increase your earning potential from your existing stock. Organic produce has gained a name for itself in recent years and is something that many people find desirable as it is more in touch with the environment and is seen to be healthier than traditional farming methods.



## **Additional Gardening Services to Others**

This one can be difficult to do if you are already tending to your own garden. It will depend upon the size of your plot and what help you have with your garden chores. However, if you have established a good system with your partner it is possible that you will have enough spare time to take on several other gardening jobs. Whilst many people love having gardens they are unable or unwilling to maintain them on their own. You can, therefore, use your experience of gardening to assist them; by charging a reasonable rate you can generate a healthy income whilst using off-cuttings from your garden and the knowledge you have gained.

If this is an option you should ensure that you do not take on too many other gardens; you will not wish to neglect your own one!

## **Garden Pictures**

Another option which is often over looked is the beauty of your garden. Whether it is covered with butterflies attracted to your plants or simply rows of climbing beans; you will be able to take photos and find people who are interested in purchasing these photos for their own use. The pictures can be of your garden or the sunset, or even your animals. Provided you use a decent camera you will be able to produce good pictures. These can be advertized outside your home, local newsagent or anywhere else that you think may sell some. There is also a range of websites which allow you to post the pictures you are selling. When a buyer purchases one you are funded with the money, less a commission charge for the website. It is even possible to add these pictures to your blog and allow people to purchase them from your site or direct them to visit you if they are close enough.

## **Gardening Experience**

Finally, there is the option of offering the garden experience for those who do not have a garden or the time to maintain one. The full experience will involve arriving at your home, being guided around the various different crops you are growing and then trying their hand at assisting.

You may be surprised at how popular this type of business venture is becoming. Giving an experience has become one of the ultimate and most romantic gifts. Anyone who is eager to sample gardening will be happy to be presented with home grown





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vegetables at the end of their tour. They will also gain valuable experience in planting and caring for specific crops. This means you will need to have produce to plant and crops to maintain; before you receive the first paying guests. You can even include some produce with the experience or tempt them with the option to purchase any of your products; including home baked goods, before they head home.

### **5 Fragrant Herbs which can Clean their air in any room**

Any plant will help the air quality as they breathe in our expelled carbon dioxide and produce oxygen. Alongside this the plants described in this chapter are exceptional good at removing odors and other airborne pollutants from the atmosphere. They are all examples of herbs which will make you feel happier and enjoy improved health; just from the fact they are in the room with you.

#### **Lavender**

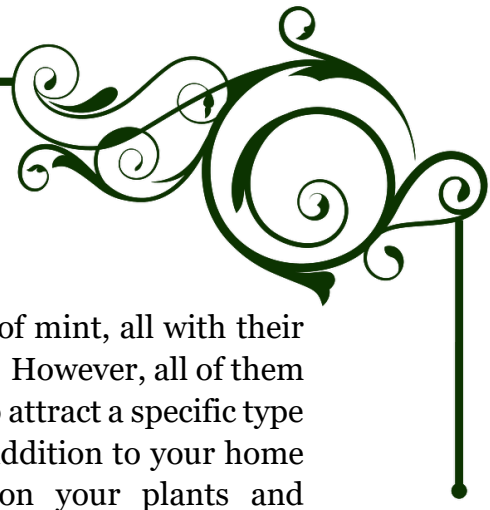
There are people who are allergic to lavender; it is therefore essential to verify that you do not have a reaction to this before you plant it in your indoor garden. Lavender does exceptionally well when in a pot. It will need plenty of sunlight and regular watering for it to flourish.

Once you have it growing in your indoor garden you will be able to enjoy its fragrance throughout the year. Lavender is very good at repelling insects. It is also known to help relax and soothe the mind. In the process of this it will help your lungs to relax; allowing more air into them and helping you to sleep deeper. In fact, the aroma of Lavender has also been linked with a reduction in stress and anxiety; making this an excellent herb to grow indoors to ensure you get a good night's sleep. Of course it is possible to an oil lamp or scented candle but the plant looks beautiful and the flowers can be dried to create a pot pourri which ensures the fresh lavender smell remains through the winter. It is possible to harvest the seeds in the late autumn and plant them again in late February.



#### **Mint**

Mint is one of the best known herbs and its fresh aroma is perfect inside your home. It is known to help with breathing issues. In particular it will widen the airways in your body to help you breathe easy. This makes it an exceptionally good plant for anyone with lung disease or even just a heavy cough.



There are many different varieties of mint, all with their own variation of the familiar smell. However, all of them smell delightful. They are known to attract a specific type of small wasp. This is a welcome addition to your home as the wasp will eat parasites on your plants and effectively helps to keep your plants healthy.

As an added bonus you can pick these leaves off and create a delightful herbal tea; simply by boiling the leaves in some water. The mint is difficult to kill. It requires sun and regular water; aside from this it is exceptionally easy to look after.

What is additionally impressive is that you can cut a branch from a mint plant and place it in a glass of water. Surprisingly it will grow roots within just a week. These are strong plants which are capable of surviving almost any type of weather.

### **Jasmine**

As the picture shows Jasmine is a beautiful white flower with a very distinct fragrance. It flourishes in the sunshine and you will need to plant it in a pot with good drainage to ensure it is not overwatered. However, the flowers will only come out when it is slightly cooler, this is usually in the early evening.



It will help to purify the air in your home as well as providing its delightful fragrance which will linger in the air right through the evening. You can also pick a few petals and put them in boiling water for ten minutes. The result will be a light, flowery cup of tea which will invigorate and inspire.

To create an authentic Chinese taste you will need to mix a few of these petals with some green tea leaves. This will provide you with the additional health benefits associated with green tea as well as a range of benefits of its own. Jasmine is said to be excellent at reducing irritations of the skin. It is particularly effective at reducing sunburn and other unknown rashes.

It also plays an important role in aromatherapy where it will be used to help treat people suffering from depression or insomnia. It has also been used in the past as an aphrodisiac. One Jasmine plant will allow you to enjoy the fragrance and make Jasmine tea. You can even dry the petals to use when the plant has died back in the winter.



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### **Lemon Balm**

Lemon Balm is actually from the same family as mint but offers a very different aroma! In fact it has been used for many years to assist with digestive issues; this can simply be bloating, vomiting, colic or even menstrual cramps. It is also an effective pain reliever and

has been shown to be very effective at reducing toothache and severe headaches. It is even used to help with the effects of mental disorders and a variety of well known, long term illnesses such as Alzheimer's. Lemon Balm has a very relaxing effect on people which makes it the perfect aroma to have in your bedroom. It will relieve stress and anxiety and simply improve the air quality while you sleep; allowing you the best night's sleep you will have experienced in years!

Lemon Balm can be used to add flavor to a variety of dishes and lemon balm tea is guaranteed to send you to sleep. It can even be turned into a jelly and enjoyed on muffins or toast. Lemon Balm is surprisingly tough when growing. You will need to water it regularly and it does like some sunlight. It also needs to be warm and the soil should be neutral. Adhering to these few conditions will allow it to grow rapidly; the pot will contain it from spreading which it would quickly do in a flower bed.

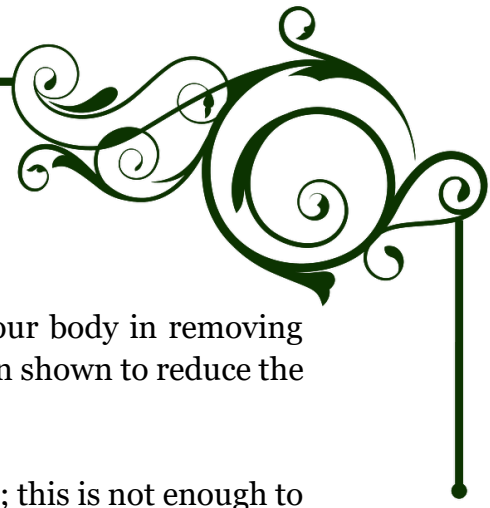
The plant will die back in late autumn. Even indoors it is best to cut them down low and watch them reappear in the spring. Just before they start to die off you should consider picking the leaves off the plant and drying them to provide you with a supply of lemon balm all year round.

### **Rosemary**

This distinctive herb has a variety of uses. One of the most important is its ability to purify the air in your home. It is also an evergreen plant making it an excellent choice for your indoor gardening project. It will look good and smell fantastic all through the year. Alongside this you will be able to snip bits off the leaves at any time you want to add to your cooking or garnish your food with.



As well as the pleasant aroma supplied by this herb there is an array of health benefits. These include the ability to improve your memory and your current mood. It can also help to reduce inflammation, relieve pain and even protect your immune



system. A small, but regular amount of this herb will assist your body in removing bacterial infections, stimulate your circulation and has even been shown to reduce the signs of aging. In fact, Rosemary is a wonder herb!

In general only a small amount of the herb is added to your food; this is not enough to have a significant effect on your body and its systems. However, if you have a small amount every day you will build up the levels in your system and help to keep your body balanced and feeling alive.

Rosemary can be grown very well indoors however you will need to ensure your plant has plenty of sunlight and is watered regularly. It is also prone to powdery mildew and pests; you will need to keep these off the herb for it to flourish. If you have a plant which has always been outside you will need to reduce the sunlight it receives; this can be done by gradually moving it into the shade. If you are growing from seed then simply make sure you pot is regularly watered and sat in a south facing window; to maximize the sun it needs.

## **5 More Indoor herbs with hidden benefits**

There are a variety of ways in which to dry an herb; the usual approach is simply to remove the leaves or flowers and leave them to air dry; particularly in the sunshine. However it is possible to use several other options. The idea of drying an herb is important even if you have the plant indoors with you. This is because most plants will die back for certain times of the year; leaving you with none of their fresh produce. You will not wish to suddenly start buying the herb that you have been so successfully growing. By removing some of the herb through the year and drying it out you will be able to have access to it all year round.

The following herbs all have health benefits despite being seen as simply another plant.

### **Bay Leaf**

You will probably already be familiar with the glossy green leaf of the bay tree which originates from the warm Mediterranean climates. In fact, in the wild this plant can grow as high as 40 feet. However, it is not very good at dealing with cold winters. It will, therefore, quickly die unless you take it indoors for the winter. This actually makes it the perfect plant for your indoor gardening project.

It is important to keep your Bay in a pot which has well drained soil and soil which is rich in a variety of minerals and nutrients. It is noted as being a slow grower and a twelve inch pot will be more than sufficient for an eight inch plant. This will also help to contain its size!



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It will require regular watering and you may be best try and put it outside for a couple of weeks each year; you will need casters to move the pot!

It is not advisable to pick the leaves and use them; Bay has a bitter taste when eaten fresh. However, the leaves are easy to dry and can then be a delicious additive to many meals. It is advisable to dry them within seventy two hours of picking them.

The Bay leaves lets off a distinctive fragrance and regular consumption of it will reduce inflammation in your joints. It is also exceptionally good at deterring weevils from your food; simply add a few leaves to your cupboard and enjoy the aroma.

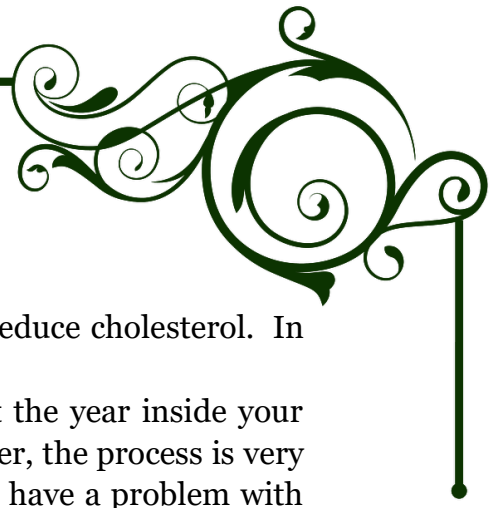
It is also believed that the leaves from this tree can be used to help in the fight against cancer; particularly skin cancer although you will need to consume copious amounts of the herb.

### **Chives**

This herb has been used for hundreds of years in a range of culinary delights. It can be added to a recipe or simply used as a garnish; adding a delicious, light fragrance to any meal. This is one reason why it is an excellent houseplant, there will always be an abundance of chives for you to use. Simply snip the ends off and use them! This will actually be beneficial to the plant to ensure it does not attempt to grow too large and run out of nutrients in its soil.

Ideally your chive plant should be in a south facing window where it will receive at least six hours of sunlight. It is best to turn your pot every day to ensure the whole plant appreciates the sun. An alternative, if there is not enough sun available is a fluorescent light; it would need to be mounted approximately one foot above the chives. To aid growing it is advisable to surround your chives with a few other herbs or plants. The shared space will increase the humidity level which is beneficial to the chives. The soil should be well fertilized and able to drain well; you should only water your chives when the top soil is dry to the touch.

You may be surprised at the pleasant aroma the chives give off. It is not a strong scent but will gradually fill a corner of the room and help to purify the air in the process. They also offer a variety of health benefits such as low in calories, but high in fiber; they are full of vitamin A and vitamins C and K. But perhaps more importantly is the fact that regular eating of chives has been linked with a decrease in the stiffness of your blood vessels. This actually helps to reduce your blood pressure, lowers the risk of clots and even reduces the chances of you suffering from a stroke or coronary disease.



Chives are also rich in anti-oxidants and been shown to help reduce cholesterol. In fact, the range of health benefits is surprising!

Well looked after chives should be able to flourish throughout the year inside your home. This may mean you have no desire to dry them. However, the process is very simple and can provide you with dried chives, should you ever have a problem with your plant.

### **Basil**

You may be surprised to learn that Basil is a member of the mint family; it is a common ingredient in Italian cooking although there are many Asian dishes which benefit from the flavor of this herb. There are actually in excess of one hundred and fifty different varieties of this herb; although the most commonly consumed are the green leafed variety. It has a mild peppery taste and can often be found in salads or used as an herbal tea.



Basil has a pleasant yet mild aroma which has been used in an array of perfumes and essential oils. In fact it is one of the most commonly used essential oils to reduce the effects of the common cold. It has anti-bacterial and anti-viral properties. Basil also contains Linalool, the higher the concentration of this the more powerful the aroma and the better Basil will be as an insect repellent. It is often

combined with other oils and herbs to maximize the benefits.

Basil will generally grow to a maximum height of two feet although it can spread outwards easily. The pale green leaves are wide and accentuate the small white flowers. It also produces a small nut like seed which will fall from the plant in the autumn and can be planted in the spring to create a new plant.

Growing Basil indoors is actually a simple process. You will need some good quality soil and a pot which maximizes the drainage for this herb; it does not like excess water. It does need to be kept moist and regular watering will be essential. Ideally you will need to fertilize the plant at regular intervals; however if you wish to use the basil it is necessary to use an organic fertilizer. Although it does require approximately ten hours of light a day, some of this light can come from fluorescent lights which will supplement the available sunlight. The plant grows vigorously allowing you to remove leaves for drying and storage.



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### **Sage**

Sage is another important and extremely popular herb. It has a distinctive pale green leaf and an almost pine like aroma. It is also a very easy plant to grow indoors and can provide you with a constant supply of Sage throughout the year.



You will need to plant the sage into a well drained pot or container. It should be watered regularly but not so that the soil is too wet; this will also help keep mildew at bay. If you choose to use seeds it will need careful nurturing until the seedling has become established. However, if you opt to plant seedlings then your sage will require very little attention. It is best to plant it in a sunny spot; although very adaptable it grows better in full sun and will produce tastier leaves.

As well as filling your house with a delicate aroma sage has a variety of medical abilities. It is known to have antiseptic properties and will even kill many bacteria. In addition, it is commonly used in traditional medicine to ease aching muscles; particularly those affected by rheumatism. Research also suggests that Sage contains B-thujone which can improve your memory and mental clarity. In fact, it has been used to help prevent decline in Alzheimer's sufferers for many years.

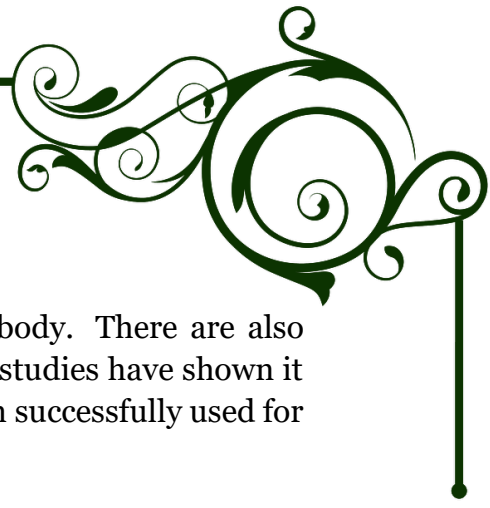
You can add sage to almost any culinary dish or simply soak it in boiling water for ten minutes to make a refreshing cup of herbal tea.

### **Thyme**



Thyme is known to have been used in Roman times to prevent poisoning or even reverse the effects of poisoning. It was also added to many recipes; as a natural antibacterial and antifungal it provided a degree of protection against the germs which can often be found in meat which is starting to go off. This was a common approach in the days before refrigerators.

Thyme is also recognized as providing you with a range of health benefits. These include a natural antimicrobial action. This can provide instant release from a sore throat. It has also been linked conclusively with a reduction in high blood pressure



and an ability to decrease the amount of cholesterol in your body. There are also chemicals in Thyme which can improve your mood and several studies have shown it has the capability to help fight cancer. Alongside this it has been successfully used for many years to treat coughs and colds.

Growing Thyme indoors requires very little effort. You will need good quality soil; ideally a mixture of peat and potting soil. This should be able to drain effectively. Although Thyme enjoys water it does not do well if the soil is soggy. It is best to allow the plant to dry fully before watering again. Perhaps more importantly is the fact that although Thyme likes to receive at least six hours of light everyday it does not need to be direct light; you can keep your pot almost anywhere in your home.

### **Additional Indoor Herb Growing Ideas**

The list of herbs which can be grown inside your home is virtually endless. However, some provide a much better fragrance in your home than others. Perhaps the best way to choose the right herbs for your indoor garden is to select the ones which have the nicest smells and will be used the most by you in your everyday cooking. The following five are all easy to look after and offer delectable aromas:



#### **Tarragon**

Tarragon does more than provide a tantalizing aroma in your home. It has light green leaves which counteract the deep yellow flowers perfectly. When flowering it will look like you have been bought a fresh bunch of flowers every day. This herb is used extensively in cooking; the slight taste of licorice can add a huge amount of flavor to any meal. It does have a variety of nutritional benefits but you would need to consume a large amount of it to have any real effect on your nutrition intake. However, it does have a range of medical possibilities:

Tarragon can actually help to relieve pain. It is very effective at reducing or even eliminating any pain in your mouth or teeth; simply soak the leaves in boiling water for ten minutes before drinking it, or chew the fresh leaves. As well as providing a numbing effect it is known to reduce anxiety, calming your mind and allowing you to drift into a better sleep. One benefit that most people do not appreciate of this herb is that it reduces bad breath and can even be applied to the skin to remove bad odors. But this is not all! Tarragon can also help to increase your muscle growth, maintain the health of the female reproductive system and is an effective appetite stimulant.





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Tarragon will usually grow to roughly two feet high if grown indoors. It enjoys the light but does not like full sunlight; it should not be placed in a south facing window. It does need to be in a well draining pot with good quality soil. Like many herbs tarragon is not tolerant of very wet conditions; it is better to let the plant dry out before watering it again.

### **Parsley**

Parsley can look fantastic on your windowsill and provides a delightful fragrance every time you pass the plant. There are many different types of parsley although they are all easy to grow indoors. In common with most herbs Parsley likes a south facing position with at least six hours of sunlight every day. You can help to keep the plant healthy in the winter and on dull days by using fluorescent tubes to mimic the sunlight. It is advisable to turn your pot regularly as this will ensure your



Parsley grows straight and doesn't angle towards the sun. You will need potting soil, a reasonable sized pot with drainage holes and something to catch the water which drips through. Parsley does like humidity which makes it the perfect plant to keep in your kitchen; next to where you will need it. If you keep it in another room it is worth spraying a mist of water over the plant every few days. Parsley grows best when you plant seeds in your container; it does not generally like being moved. You will need to water it every couple of days and always remember to empty the water catcher; this will prevent the roots from sitting in water which will kill the plant.

Parsley is fantastic when chopped fresh and added to your food. However, you can chop it and dry it to store for future use. What may surprise you is that currently parsley is the most popular herb in the world!

Parsley is also a rich source of anti-oxidants and the oil inside the plant is said to be helpful at preventing tumors forming, particularly in the lungs. It is also recognized as a good source of vitamins A, B and C; in fact, it contains folic acid which will help improve cardiovascular health and can even provide some protection against rheumatoid arthritis!



## Oregano

There are many reports of oregano being used by the Romans; in fact, they are believed to have considered a symbol of happiness. However, it can do much more than simply make you happy. There is a range of health benefits associated with this herb; whether consumed fresh from your indoor garden or in dried form.



Oregano has a high level of anti-oxidants which help to keep you healthy and fight off diseases. It is also excellent antifungal and antibacterial properties.

Research has even shown that the MRSA bug can be killed by this powerful herb; or at least the oil made from the Oregano plant. As well as these features you will find that this herb will help to prevent inflammation and can be of valuable assistance when dealing with respiratory issues, the oil can be used in spray form to provide virtually instant relief from the symptoms of the common cold. Finally, Oregano has been linked with the stopping in growth of cancer cells.

Oregano naturally has medium to large green leaves and a fairly strong aroma. If you enjoy the herb and the smell of it growing then you may wish to consider growing it in your home. It is fairly easy to do although you will need to mimic the conditions it would usually occupy if planted in the garden.

Oregano enjoys a temperate climate, with highs of 21 in the day time and 13 at night. You can plant it by itself or in with a collection of other herbs. Of course, it will need a well drained container and some good potting soil; preferably mixed with some sand and peat. Initial planting involves making sure just the root ball is covered in soil. It will want bright sunlight of between six and eight hours every day.

## Sorrel

There are actually five different types of sorrel which are all delicious to eat and have a range of health benefits. The leaves are arrow shaped and the plant has a mild, almost peppery fragrance. Sorrel is often used as part of a salad; its leaves are especially delicious when young and tender. It is advisable to remove the flowers as





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soon as they start to bud; this will keep the nutrients in the plant and provide additional green leaves to harvest.

Sorrel is one of the easiest herbs to grow. Simply plant in your container; ideally using potting soil and a little sand to aid drainage. You will need to water your sorrel regularly and simply watch it grow. It does require a good level of sunlight to ensure it flourishes.

Sorrel is not usually an herb which is dried; it is better eaten fresh and can be cultivated for most of the year. It provides an impressive range of health benefits including improving your eyesight, digestion and appetite. It also can assist in improving your circulation and lowering blood pressure. Research suggests that sorrel may be beneficial in strengthening your heart and can even slow down the aging process. It is important to note that too much sorrel can be poisonous; but in small doses it is very beneficial to your health.



### **Chervil**

Chervil has been used for many years as part of a natural way to lower your blood pressure. It is actually from the same family of herbs as parsley and has a delicate tang of licorice. This is the same aroma that it will allow you gently waft through your home; a slightly sweet homely scent.

As with most herbs it offers a variety of health benefits. The most obvious ones are the fact that it is full of minerals and nutrients which are all good for the human body. It is also full of anti-oxidants to boost your immune system and can even help if you have kidney or bladder issues.

Chervil is also a very effective herb at relieving digestive issues and a regular intake of this herb will ensure regularity in the future. Finally, Chervil has been shown to help with damaged skin; particularly if you have eczema or varicose veins. You can enjoy this herb as part of a salad, in almost any recipe or as a tea.



## *Conclusion*

The settlement of the garden demands that the plants that are designated for particular months must be planted according to the calendar. To maintain the quality and adjust the flow, one must also keep a record of the products that are harvested. The gardening calendar ensures improvement of a cultivating date-book and endless supply of the plants as indicated by their appropriate months and seasons.

In this manner, subsequent to understanding this approach will set up a profound comprehension about the significance of planting schedule and how it is built up. Additionally, a profound understanding with respect to the conditions required for any plant will be likewise expounded here in the gardening calendar. Above everything else, planting is more than a relaxation action in an individual's life. It has a solid impact in forming one's identity. Subsequently, it requests additionally arranging and diligent work. Subsequently, the outcomes of the work put in its creation dependably pay off.