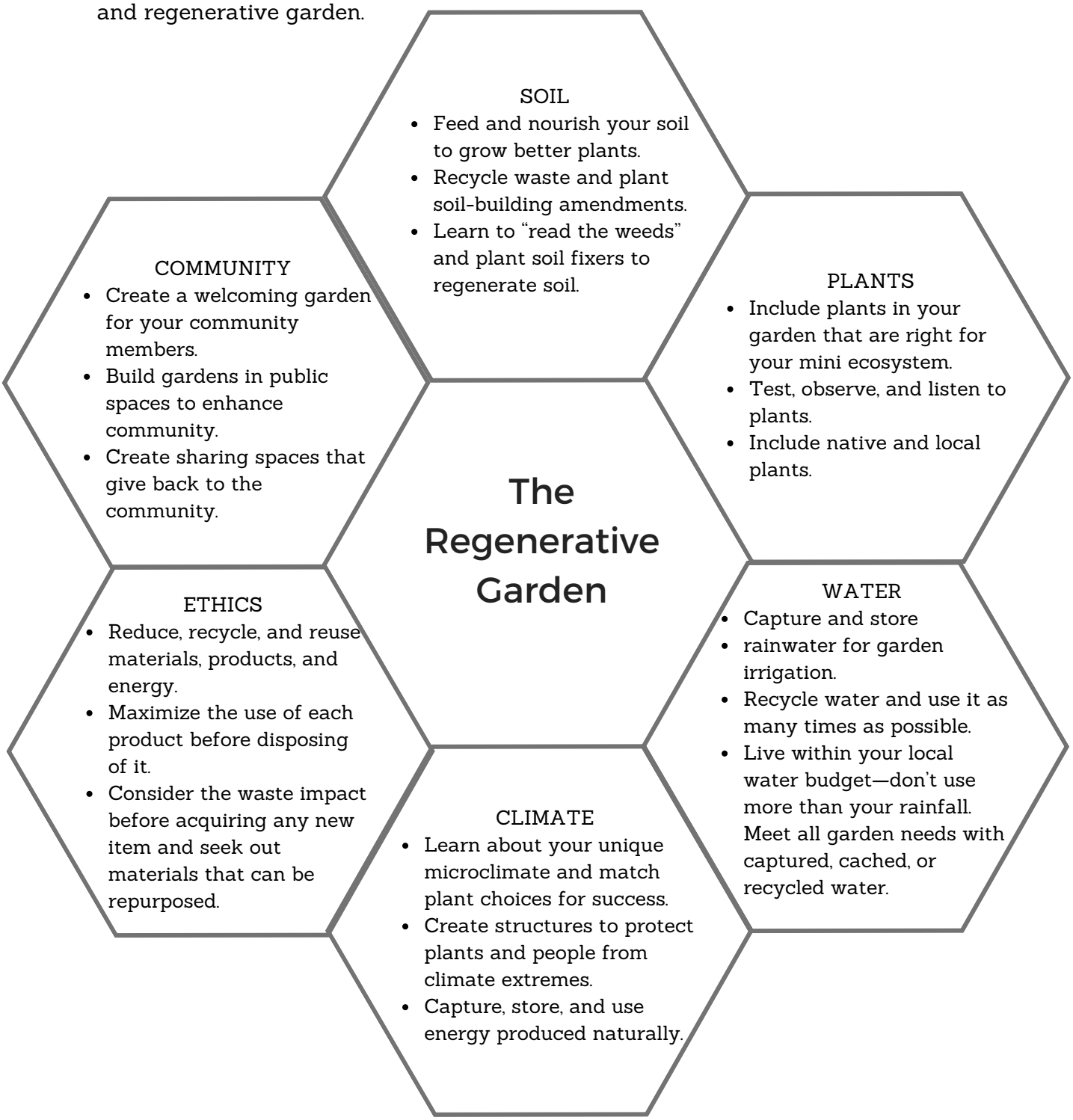
garden therapy®

better living through plants

GOOD, BETTER, BEST

We all have varying access to time, materials, skills, and money, and oftentimes it takes many steps to get to where we want to be. When designing projects for your garden, "good" could look like a quick fix that improves sustainability; "better" could add some resiliency to adapt better with less input; and "best" would operate as a self-sustaining and regenerative garden.



https://gardentherapy.ca/regenerative-garden/

Soil Fixers
Excerpt from The Regenerative Garden, Page 34

Common Name	Botanical Name	Indicates	Hardy to
Bindweed / Morning Glory	*Convolvulus arvensis*	Poor drainage, compacted soil	Breaks up hardpan soil, adds minerals to soil through root decomposition.
Chickweed	*Stellaria media*	Nitrogen-rich soil, iron accumulation	The nutrients magnesium, potassium, phosphorus and manganese are released into the soil when it decomposes. Edible source of vitamins C and B, plus minerals.
Clover	*Trifolium repens*	Low nitrogen, heavy, acidic soil	A cover crop that helps fix nitrogen and feeds insects. Accumulates potassium and phosphorus.
Dandelion	*Taraxacum officinale*	Poor drainage, acidic, compacted soil but also fertile, well-drained soil	Fixes heavily compacted soils as its taproot breaks up soil. Taproots mine for calcium, iron, and other minerals from deep in the soil, bringing them up to soil level. Helps feed insects and all parts (leaves, flower, and roots) are edible.
Horsetail	*Equisetum arvense*	Acidic, light, sandy soil with good drainage	Accumulates silicon, magnesium, calcium, iron, and cobalt, which are released into the soil when it decomposes.
Mullein	*Verbascum Thapsus*	Dry, crusty, or compacted soil with low fertility	Accumulates magnesium, sulphur, and potassium.
Plantain	*Plantago major*	Heavy, compacted, acidic soil with poor fertility	Deacidifies soil. Adds calcium, magnesium, silicon, sulphur, manganese, and iron when it decomposes.

Books by Stephanie Rose

https://gardentherapy.ca/books/

- *The Regenerative Garden: 80 Practical Projects for Creating a Self-sustaining Garden Ecosystem (2022)*
- *Big Book of Botanical Crafts: How to Make Candles, Soaps, Scrubs, Sanitizers & More with Plants, Flowers, Herbs & Essential Oils (2022)*
- *Garden Alchemy: 80 Recipes and Concoctions for Organic Fertilizers, Plant Elixirs, Potting Mixes, Pest Deterrents, and More (2020)*
- *Home Apothecary: Easy Ideas for Making & Packaging Bath Bombs, Salts, Scrubs & More (2018)*
- *Garden Made: A Year of Seasonal Projects to Beautify Your Garden and Your Life (2015)*