

# 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.

## COMMUNITY

- Create a welcoming garden for your community members.
- Build gardens in public spaces to enhance community.
- Create sharing spaces that give back to the community.

### **ETHICS**

- Reduce, recycle, and reuse materials, products, and energy.
- Maximize the use of each product before disposing of it.
- Consider the waste impact before acquiring any new item and seek out materials that can be repurposed.

#### SOIL

- Feed and nourish your soil to grow better plants.
- Recycle waste and plant soil-building amendments.
- Learn to "read the weeds" and plant soil fixers to regenerate soil.

# The Regenerative Garden

#### CLIMATE

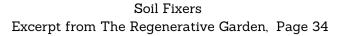
- Learn about your unique microclimate and match plant choices for success.
- Create structures to protect plants and people from climate extremes.
- Capture, store, and use energy produced naturally.

#### **PLANTS**

- Include plants in your garden that are right for your mini ecosystem.
- Test, observe, and listen to plants.
- Include native and local plants.

#### WATER

- Capture and store
- rainwater for garden irrigation.
- Recycle water and use it as many times as possible.
- Live within your local water budget—don't use more than your rainfall.
   Meet all garden needs with captured, cached, or recycled water.



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)

