

# The

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## Sustainable Garden-



Did You Know?

**Buzzwords like sustainable gardening, organic, natural, heirloom, non-GMO, permaculture, etc. can get confusing. They are all related to gardening and sustainability but each emphasis various aspects. Here are some tips for a more sustainable and environmentally friendly garden:**

- **Create a compost bin. Use a balance of green waste (from the kitchen) and brown waste (from the yard) to create a rich compost that can enhance your soil.**
- **Remove invasive species and plant native species only.**
- **Use organic fertilizer like compost and other materials instead of inorganic sprays.**
- **Use heirloom seeds to avoid genetically modified organisms.**

### Organic Lawn Care

- **Keep grass longer! 3 inch grass will help retain water.**
- **Use compost and natural materials for fertilizer. Leave grass clippings.**
- **Apply cornmeal to prevent weeds.**

**3 million tons of inorganic fertilizer is used in the US each year, creating harmful runoff.**



### No Space for Gardening?

**Try vertical gardening or pot gardening!**

**Vertical gardening can use pots or wooden boxes along a fence or wall. Pots can be on a balcony, porch, window sill, etc. Try herbs, tomatoes, beans, peas, cucumbers, leafy greens, and more!**

**GARDENING AND ITS HEALTH, MENTAL AND FINANCIAL BENEFITS**

**HEALTH** **FITNESS** **REMOVE STRESS** **MAKE MONEY** **SAVE NATURE** **SAVE ENERGY**

Gardening is a great way for older adults to meet their recommended daily 30 minutes of moderate-intensity physical activity. Researchers at Kansas State University discovered that among the health benefits of gardening is keeping older hands strong and nimble while improving self-esteem.

It's probably no surprise that gardening, and all the physical activity that goes along with it, leads to weight loss and better overall physical health. But did you know that gardening can improve your bones as well? Gardening strengthens your bones in a way similar to weight training.

**HEALTH STATISTICS**

45 MINS

PLANTING BURNS - 177 CALORIES  
WEEDING BURNS - 157 CALORIES  
DIGGING BURNS - 199 CALORIES

**GREEN EXERCISE**

Just five minutes of exercise in a green nature setting can boost mood and self-esteem.

**MAKING MONEY**

Growing **vegetables** saves on your grocery bills.

Sell **unusual or rare flowers** to wedding planners and craft shops.

Fine restaurants are sometimes on the lookout to purchase fresh **ginseng, orris root and specialty peppers**.

Pot and **sell mini herb gardens** to city dwellers who lack a yard.

**REAL ESTATE STATISTICS**

GREAT LANDSCAPING CAN INCREASE REAL ESTATE'S APPRAISED VALUE BY **8-15%**

A HOUSE WITH TREES IS AS MUCH AS **20% MORE SALEABLE**

As per a U.S. Forest Service study done in Amherst.

**SAVE NATURE**

Environmental Benefits of Organic Gardening

- 1 Reduce Waste
- 2 Mulching
- 3 Keep your soil healthy

1 Turning food scraps into compost is a cornerstone of organic gardening. Whether it's pit composting on site in the garden or composting in a worm bin, tumbler, or homemade bin, composting food scraps ultimately yields rich soil that is full of nutrients and microbes.

2 Mulch is another organic gardening technique. This blanket buries and protects seeds and can also be spread around larger plants. This gives the plants a huge advantage and also protects the soil microbes around them that form the vital basis of the ecosystem.

3 You can create or help a healthy soil food web by making sure you have 5% to 10% organic matter in your soils by just adding compost to your lawns and gardens. A healthy soil food web creates the best conditions for soil and plant health and is better for the environment.

compost dirt  
natural green sustainable  
water plants friendly gardening healthy  
fruit environment organic Non-GMO  
sunshine thumb vegetables

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