

ECOLOGICAL GARDENING FOR BEGINNERS

Aimee Spanswick- Westway Trust Gardener

WHAT IS ECOLOGICAL GARDENING?



GARDENING SUSTAINABLY BY TAKING A NATURAL, HOLISTIC APPROACH WHICH WORKS SYMBIOTICALLY WITH THE NATURAL WORLD, NOT AGAINST IT.

WHAT IS PERMACULTURE?

PERMACULTURE IS A SYSTEM OF DESIGN PRINCIPLES AND ETHICS INSPIRED FROM A LONG HISTORY OF PRACTICES FROM INDIGENOUS CULTURES AROUND THE WORLD.

A DESIGN SYSTEM
for sustainable living
and land use

NOT JUST A SYSTEM
for a garden. It's
about your eco-system,
home, family, community
and your society



THE SCIENCE OF ECOLOGY-
Nature has design solutions
which we need to rediscover



RECOGNISED BY OUR TRADITIONAL ANCESTORS

BENEFIT TH

EARTH CARE

BRINGING THE SOIL TO LIFE

PROTECTING THE SOIL AND THE
LIFE HELD WITHIN



TWO TYPES OF HOME COMPOSTING TO DITCH CHEMICAL FERTILISERS

BOKHASI

AN EASY WAY OF DEALING WITH KITCHEN SCRAPS AND LEFTOVERS. TAKES 10 DAYS TO CONVERT WASTE INTO USEFUL MATERIAL,

THE LIQUID BYPRODUCT MAKES EXCELLENT FERTILIZER TEA FOR FEEDING PLANTS ONCE DILUTED TO 1:100



How a Worm Composter Works

A multi-layered, stackable worm composting bin!



As the worms migrate upwards, the lower level is removed. By shaking the tray the castings can be sifted out through the screen, and any wayward worms can be found.

After the bottom tray is emptied, any worms and unprocessed pieces of compost can be placed in to the next full layer. The emptied tray then becomes the top layer.

WORMERIES

- VEG PEELINGS
- TEA BAGS, COFFEE GROUNDS AND BANANA SKINS. REMEMBER TO MIX IN 20 - 30% CARD OR WOOD CHIP AS WELL
- NO ONION FAMILY OR CITRUS!!
- SHELTERED POSITION

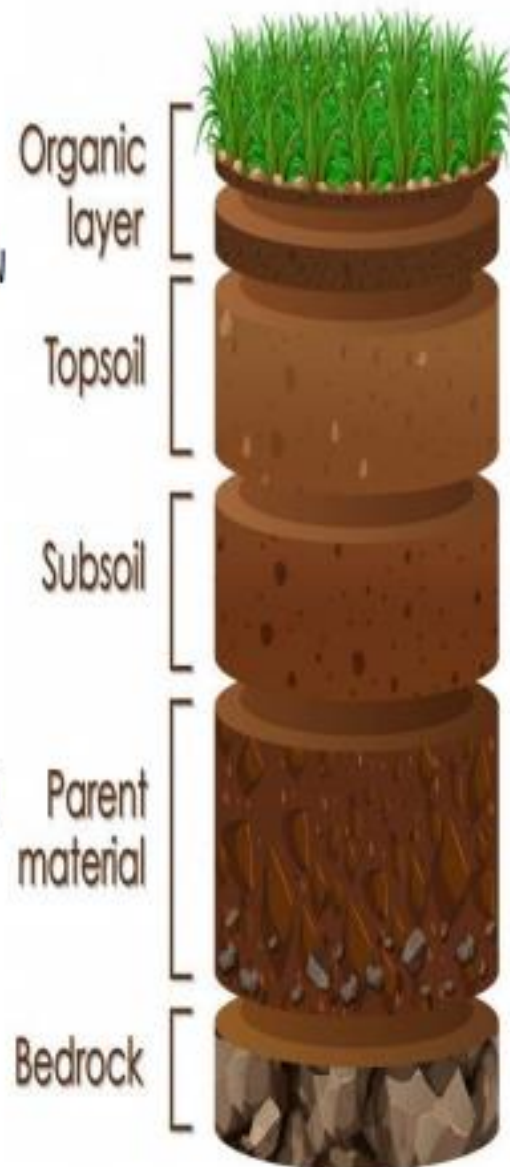


- DILUTE NON AERATED TEA BY 1:10
- BEST NOT TO USE ON EDIBLE CROPS
- AERATE TEA FOR USE EDIBLES
- WORM CASTINGS SPREAD AROUND EDIBLE

IMPROVING SOIL WITH MULCHING

- REGULATES SOIL TEMPERATURE E.G. SLOWED COOLING IN AUTUMN, PROTECTS ROOTS AND TOPSOIL FROM FREEZING IN WINTER
- SUPPRESSES WEEDS E.G. SUFFOCATES WEEDS SEED GERMINATION
- FEEDS LIFE WITHIN SOIL
- APPLIED IN AUTUMN FOR SPRING PLANTING, SLOW NUTRIENT RELEASE
- APPLIED IN EARLY SPRING FOR MOISTURE RETENTION AND LITTLE NUTRIENT LOSS

Soil Layers on Earth



MYCORRHIZAL NETWORK



FALLEN LEAVES,
WOODCHIP AND
COMPOST ENCOURAGES
MYCORRHIZAL
DEVELOPMENT, WHICH
INCREASES PLANT
HEALTH



DISREGARD CHEMICAL FERTILISERS

- THEY DO NOT BUILD HEALTHY SOIL AND CAN KILL MICROORGANISMS
- DERIVED FROM FOSSIL FUELS- DRIVING THE CLIMATE CRISIS
- JUNK FOOD FOR PLANTS! PROVIDES A QUICK FLUSH OF GROWTH , LITTLE RESILIENCE



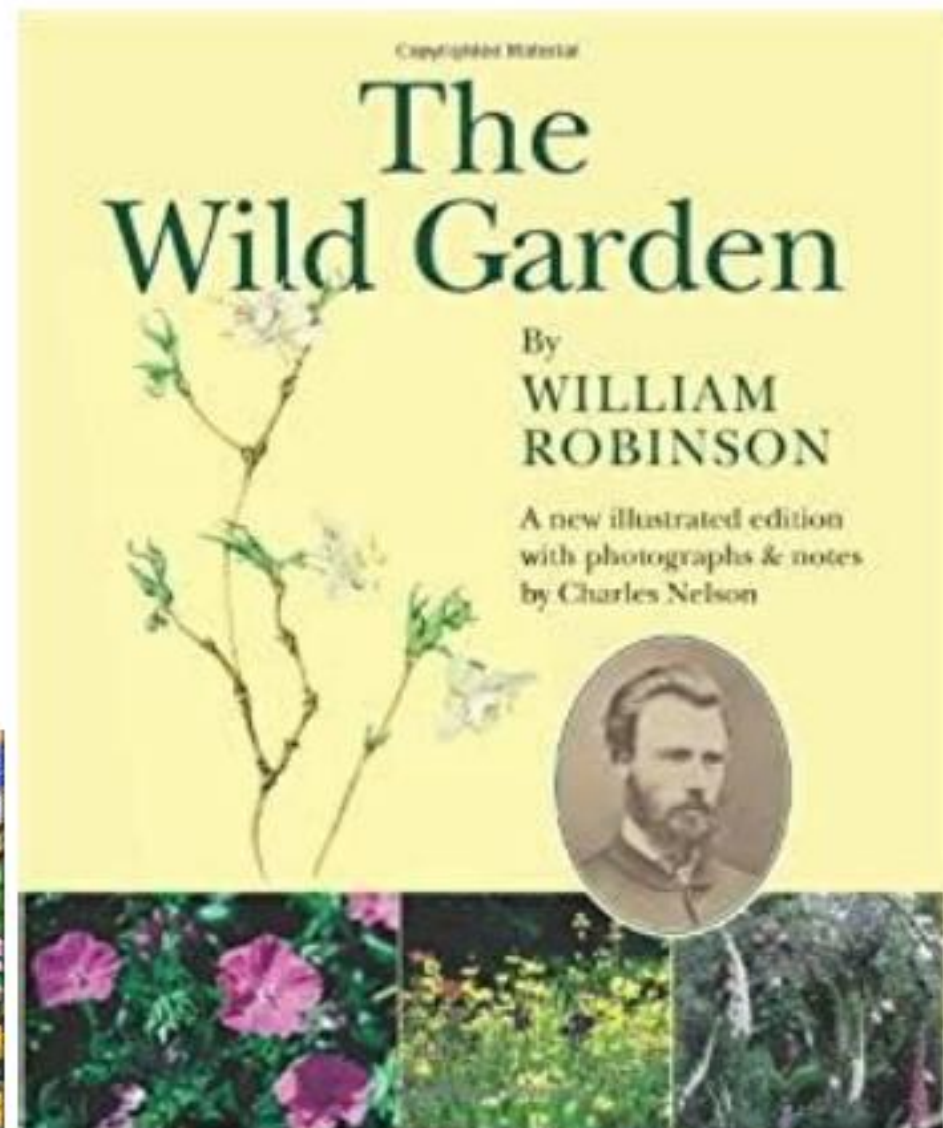
PESTS AND DISEASES- PREVENTION IS BETTER THAN TREATMENT!



- ENCOURAGE BENEFICIAL INSECTS INTO YOUR GARDEN GROWING THEIR FAVOURED PLANTS TO FEED
- BREAK THE CYCLE OF REINFECTION BY CLEARING UP INFECTED LEAVES OR FRUIT.
- WATER WELL TO REDUCE STRESS IN DRY WEATHER
- AVOID HOMEMADE INSECTICIDES WITH WASHING UP LIQUID & ESSENTIAL OILS AS THEY HAVE NOT BEEN TESTED AND MAY HARM THE ENVIRONMENT
- REMOVE BY HAND/JET STREAM OF WATER

INTRODUCING SUSTAINABILITY INTO YOUR GARDEN

ANNUALS VERSUS PERENNIALS



PLANTS FOR POLLINATORS

Grow an insect-friendly garden



Provide for bees, butterflies and other insects all year round by planting shrubs and plants that flower at different times of the year.

| Spring | Summer | Autumn | Key |
|---------------|----------------|------------------|----------------------------------|
| Wallflowers | Borage | Heather | Great for honeybees |
| Hawthorn | Fennel | Carrots | |
| Dandelion | Lavender | Dahlia | Great for bumblebees |
| Sweet William | Rosemary | Mint | |
| Aubretia | Cornflower | Marjoram | Great for butterflies |
| Lungwort | Honeysuckle | Yarrow | |
| Sweet Alyssum | Poppy | Fennel | Great for other insects |
| Cow parsley | Brambles | Ivy | |
| | Cosmos | Michaelmas daisy | Great for a balcony or plant pot |
| | Cow parsley | | |
| | Field scabious | | |

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1. INCLUDE A WIDE RANGE OF PLANTS FROM DIFFERENT PARTS OF THE WORLD
2. CHOOSE MORE PLANTS FROM BRITAIN AND THE NORTHERN HEMISPHERE
3. PACK IN LOTS OF FLOWERING PLANTS
4. OBSERVE WHICH PLANTS ATTRACT POLLINATORS AND PLANT MORE OF THEM
5. SELECT PLANTS FOR ALL SEASONS

AN ABUNDANCE OF POLLINATORS AND BUGS OF ALL TYPES EQUATES TO HEALTHY GARDEN ECOLOGY



THE BEE-FRIENDLY GARDEN



Common Poppy
Papaver rhoeas
Zones 3-10



Bee Balm
Monarda species
Zones 4-9



Zinnia
Zinnia species
Annual (self-seeding)



Sedum
Sedum species
Zones 3-10



Joe Pye Weed
Eupatorium purpureum
Zones 3-9



Purple Coneflower
Echinacea purpurea
Zones 3-8



Nasturtium
Tropaeolum majus
Annual



Marigolds
Tagetes species
Annual



Calendula
Calendula officinalis
Annual



Sunflowers
Helianthus species
Annual



Black-eyed Susan
Rudbeckia species
Zones 3-10



Goldenrod
Solidago species
Zones 3-10



Borage
Borago officinalis
Annual



Grape Hyacinth (bulb)
Muscari armeniacum
Zones 4-8



Globe Thistle
Echinops species
Zones 3-9



Love-in-a-Mist
Nigella damascena
Annual



Viper's bugloss
Echium vulgare
Zones 3-8, biennial



Veronica
Veronica species
Zones 4-8



Mountain bluet
Centauria montana
Zones 3-9



Lavender
Lavandula angustifolia
Zones 5-8



Aster
Aster species
Zones 4-9



Catmint
Nepeta x faassenii
Zones 3-8



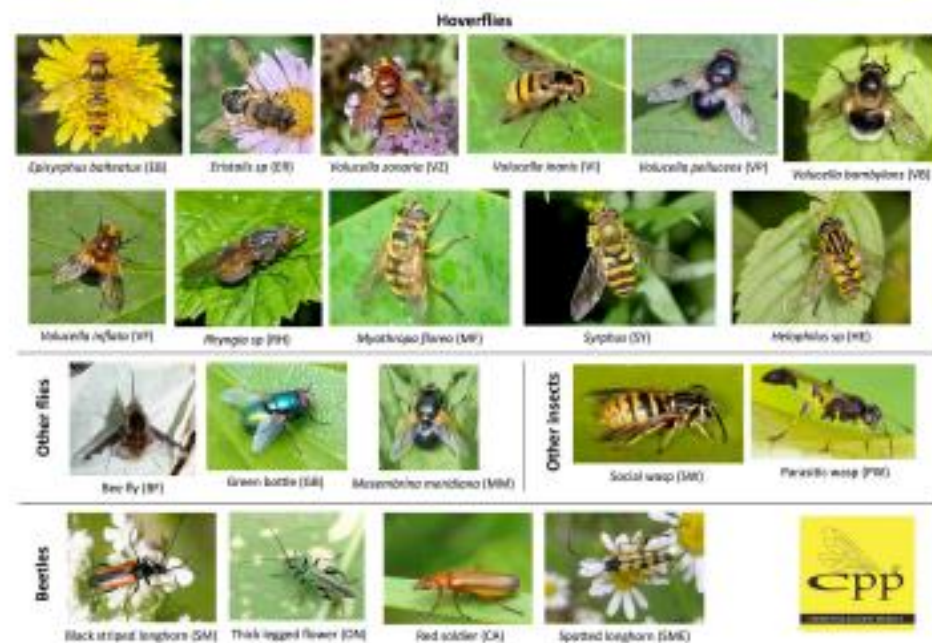
Crocus
Crocus species
Zones 3-8



Anise Hyssop
Agastache foeniculum
Zones 4-8

SOME TIPS

- PULL UP A PAVING SLAB AND PLANT PERENNIALS!
- CHOOSE PLANTS BY SITE CONDITIONS "RIGHT PLANT, RIGHT PLACE"
- INCLUDE HOST PLANTS FOR BUTTERFLIES TO LAY EGGS
E.G. NETTLES FOR RED ADMIRAL BUTTERFLIES,
MILKWEED FOR MONARCH BUTTERFLIES*
- INCLUDE DENSE SHRUBS AND NATIVE TREES FOR
NESTING BIRDS E.G. PYRACANTHA, BERBERIS, HAWTHORN



LAWNS

- REDUCE THE SIZE OF YOUR LAWN AND ADD MORE NATIVE HABITAT PLANTINGS, OR MANAGE IT LIKE A MEADOW AND MOW ONLY OCCASIONALLY.
- WORK AROUND WHAT YOU HAVE! E.G. A VERY DRY AND SCRUFFY LAWN BECOMES A LOW, DRY MEADOW WITH ROCK PHLOX, BLUE-EYED GRASS, AND WILD STRAWBERRY.



IF SHADY, PLANT SOME NATIVE WOODLAND GROUND COVERS WITH PATHWAYS AND OPEN AREAS CREATED WITH STEPPING-STONES OR OTHER POROUS PAVING MATERIALS.



WILD MEADOW OR WILDFLOWER BORDERS

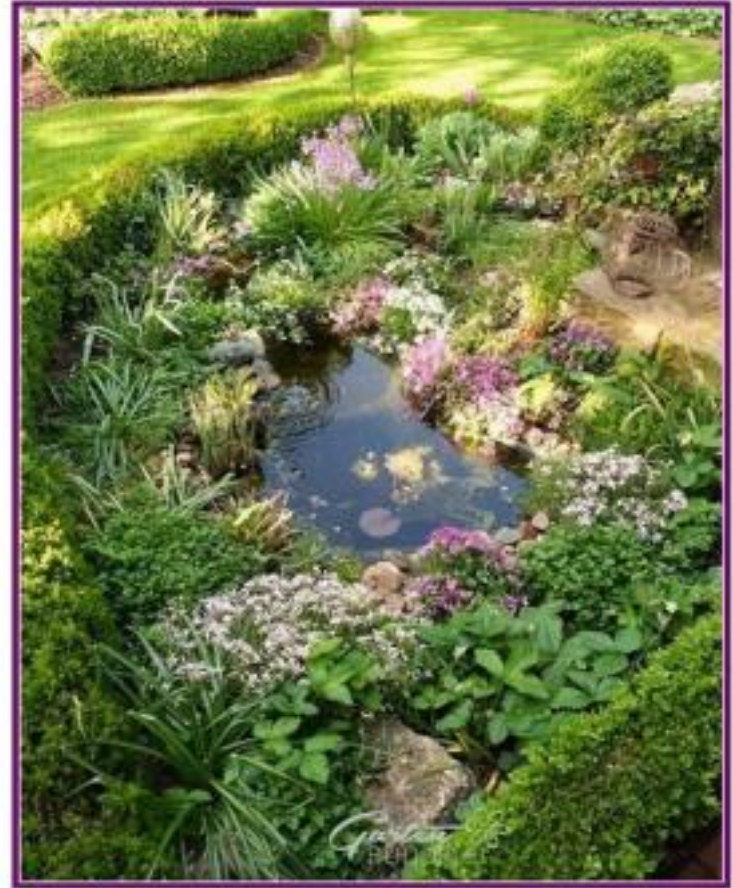


WILDLIFE PONDS

- ALLOWS NATURAL MIGRATION OF SPECIES SUCH AS AMPHIBIANS, MAMMALS, AND THE SURVIVAL OF MANY INVERTEBRATES AND INSECTS
- PROVIDES VAST BIODIVERSITY AND A REAL TALKING POINT AND FEATURE IN YOUR GARDEN
- POND SKATERS, WATER SNAILS, BEETLES, AND BOATMEN. DRAGONFLIES AND DAMSELFLIES



TYPES OF WILDLIFE PONDS



FINAL THOUGHTS

WE KNOW THAT GARDENING WITH AN ECOLOGICAL MINDSET WILL INCREASE BIO-DIVERSITY, BRING THE SOIL BACK INTO HEALTH AND BENEFIT PEOPLE, COMMUNITIES AND ANIMALS.

THANK YOU!

@AIMEESWILD SERENITY- INSTAGRAM

RESOURCES

An example of greening a driveway

<https://www.youtube.com/watch?v=yg3k8xyZrGU>

