

# GARDEN AND GROW

With the Food Security Network

## Dr. Compost's Easy-peasy Composting Tips



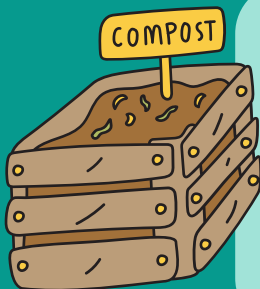
### TRENCH COMPOSTING

A free, no frills approach to dealing with your food scraps.

Dig a hole in your vege garden next to a fruit tree or in a flower garden - anywhere you have space. Put a week's food scraps in with shredded newspaper, cardboard or garden prunings. Cover with 10-15cm of soil, and repeat in fresh spots! You can also dig a trench and start at one end, filling with food scraps and covering as you go.

### BOKASHI BUCKETS

Zing Bokashi buckets are subsidised by QLDC, and offer a fantastic system that turns all your food scraps into (almost) free fertiliser! The Bokashi additive boosts the quality and speed of decomposition. Find more information in the Bokashi flyer [here](#).



### INCREASING PRODUCTIVITY

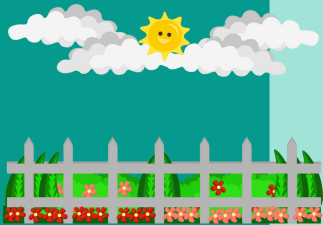
Make your compost bin or bay more productive by: watering the outside edge once a week and keeping it covered up; adding carbon rich ingredients (straw, woodchips and shredded cardboard) and nitrogen (food scraps, grass clippings and manure) into your heap; and introducing compost worms to speed up decomposition.

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## Grow Wanaka's holistic gardening tips

### CREATE A GARDEN PLAN



Creating a simple garden plan will bring efficiency and abundance to your garden. Garden plans are helpful for knowing quantity of seeds or seedlings based on their space requirements and time to harvest, and where each plant should go depending on their sun requirements and crop companions. Planting plans are also a great way to reflect on the season so you know what worked really well and what new crops and combinations you'd like to try the following season.

### SEEDS

It's always nice to have a collection of seeds on hand for sowing and planting. If you want to save seeds from your garden, choosing Heirloom and Open Pollinated Seeds is the way to go. Sharing seeds that have acclimatized to your garden conditions is also a fun way to connect with other growers and strengthen the seed varieties of our community for enhance food resilience and security.



### SOIL HEALTH



Healthy soil is the foundation of a successful garden. Soil should have a crumb like structure that provides good aeration and water holding capacity, and contain lots of organic matter. It should be a deep chocolate brown colour, have a slightly sweet earthy smell and be full of life! Build your soil health through the winter by adding lasagna layers of organic matter in the form of compost, leaves, unsprayed grass clippings, livestock manures, straw and burying Bokashi if you use the fantastic Bokashi Bin system. The more diversity the better!

## NO DIG METHOD

Healthy soils are biologically active and there's great advantage to plant health by minimizing disturbance to our soil and the complex soil food web that exists below the soil surface. Preparing a garden bed for planting in spring can be as simple as adding a layer of high quality compost to the top of your veggie beds, especially if you've prepped your garden beds with lasagna layers of organic matter through winter.



## COMPANION PLANTING



Companion planting is a wonderful way to incorporate more diversity in the garden with plants that support each other with nutrients, pest management, shade and shelter and attraction of pollinators.

The best-known combinations are tomatoes, basil + marigolds, but many great combinations exist - including corn + beans + squash/pumpkin, carrots + onion/leeks, brassicas + beans/peas, borage + squash/melons, cucumbers + dill + lettuce.

## SUCCESSIONAL PLANTING

Sowing and/or planting a few things each month will create a steady supply of produce over the entire season avoiding gluts and lulls. For crops like tomatoes where abundance comes all at once, putting the surplus to good use by creating sauces, chutney and pastes will preserves and extend these crops through the winter months.



## WATERING

Before watering the garden, test the soil moisture by pushing your index finger into the soil. As a general rule soil should feel moist at your fingertip. Watering deeply and thoroughly less often is most ideal, as it will send plant roots deeper into the soil profile. Best time of day to water is in the morning, so foliage is dry by evening preventing many fungal issues. Your plants will tell you what they need, so observing and adapting is key.



## GO ORGANIC

Healthy soils support healthy vigorous plants, which have greater resistance to pests and disease. By building soil health with additions of organic matter and no dig techniques, and attracting beneficial insects and birds through planting a diverse array of flowers and herbs in and around the garden, you will bring balance and abundance to your garden and eliminate the need to apply harmful chemical interventions.



## SHARE KAI

Growing an abundance of food is incredibly fulfilling; however, sharing it with family, friends and community is even more rewarding. This could be through shared meals, donations to produce pantries and food banks, or gifts and swapping of seeds and produce at open markets, club meetings, garden working bees and crop swaps. The simple act of sharing produce expands and strengthens our community resilience, food security and connection.



## COMMUNITY GARDENING

Growing produce collectively has so many benefits. Connecting with friends, family and community to grow nutrient dense food enhances our food security and connectedness, provides sharing of knowledge and skills, and makes light work of gardening sessions. Let's grow and share more kai together!



For more information:

Dr. Compost on [Facebook](#)  
Grow Wānaka on [Facebook](#)

[www.communitynetworks.co.nz](http://www.communitynetworks.co.nz)

<https://www.wastebusters.co.nz/compost/>

[Community Seed Libraries](#) | [Central Otago and Queenstown Lakes Libraries \(codc-qldc.govt.nz\)](#)