

## 'Resiliency Gardening as a major food supply' with Terry Nother



If you have not started gardening yet, now is the time to plan and make it happen. Turn your backyard into your own local produce department. By growing your own fruits and vegetables, you can bring diversity to the table — especially if you grow plants from seed and gain better nutrition. Here are Terry's tips to transform your space into a great vegetable garden. From soil preparation to planting, from seeds to transplants; weeding; watering; to insect control.



### SOIL:

Healthy, nutrient-rich soil improves the nutritional value of your fruits and vegetables. Since vegetable gardens use up lots of soil nutrients, it is important to keep your garden soil healthy. When soil is depleted, so are the crops planted. Your soil's pH level is important. Soil pH doesn't change what nutrients are present, but it does affect whether nutrients stay in forms plants can use. If pH is off, added fertilizers won't necessarily make great plants.



### EQUIPMENT:

Copper tools are the only tools that Terry uses in his garden because they are conductors versus steel that he says rob energy from the soil (magnetic pull). Steel breaks the conductivity into the soil, whereas copper facilitates energy transfer through the soil. 20% of growth comes from the soil, 80% of all growth comes from above the ground (heat, water, humidity). In winter, these tools are essential to cover the garden bed with compost and leaves, along with a tarp, and rocks in order to keep the ground warm.



### GARDENING:

In his garden, Terry grows many different kinds of vegetables: beans, tomatoes, corn, spinaches, potatoes, cabbage, and peppers just to name a few. With care and patience, you can have an incredible variety of food in your own backyard. Gardening is always a work in progress so do not worry about having a messy space.

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### **POLLINATORS:**

It is of critical importance to have pollinators in your garden such as bumblebees and honey bees. As such, Terry has a pollinator pathway project. In his garden, flowers, bushes, apple and pear trees, as well as strawberries, attract pollinators. By making plants healthier and more likely to produce a better quality harvest, the presence of pollinators in your urban garden can only be a positive.



### **AIR-POTS:**

Here are some air-pots that Terry has created out of drainage pipes. These pots have many holes to allow the air to reach the roots. When a plant grows and the roots hit the air, the roots stop growing and the plant grows another root. With the abundance of roots, the plant is very healthy and vigorous to grow. Air-pots have been used for the last 20 years.



### **COMPOST:**

Compost is a great material for garden soil. By adding organic matter to the soil, compost can help improve plant growth and health. Composting is also a good way to recycle leaves and other yard waste. Instead of paying a company to haul away leaves, you can compost your leaves and return the nutrients to your garden. All year long Terry gathers material and puts it in his composting pile.



### **RAISED BEDS:**

Having raised beds in your garden is really important. You can maximize your backyard garden space, gain better control over the soil, reduce soil compaction, and care for your plants easier. You can build raised beds for free from donated pallets from local businesses. Used tarps are also free if you contact roof companies. It is all a matter of going out and finding these materials, otherwise to buy them.

Good luck with your garden project!!

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