



HOW TO CREATE A GARDEN BED USING DOUBLE-DIGGING & SHEET-MULCHING

SHEET MULCHING (AKA LASAGNA GARDENING)

This is a great way to add nutrients and organic matter to the bed, which will create a very healthy, productive soil!

- 1) Cover the garden area with cardboard to prevent weeds from growing up.
- 2) Water the cardboard thoroughly.
- 3) Cover the cardboard with a layer of compost or composted manure.
- 4) Water thoroughly.
- 5) If you have any other organic matter (leaves, grass clippings, etc), add a layer, then water thoroughly.
- 6) Add a layer of straw.
- 7) Water thoroughly.
- 8) Add 1 to 3 more alternating layers of compost, organic matter, and straw. Make sure to water between each layer. Straw should be the top layer of the bed.



PLANTING INTO SHEET-MULCH:

Seeds:

- Layer 1 inch of compost or planting mix over top of the sheet mulch, and place seeds on top.
- Sprinkle a thin layer of compost or planting mix over the seeds to cover them.
- Water gently.

Plant starts:

- Push the sheet mulch aside until you get to the cardboard below.
- Cut an X in the cardboard, and plant the root-ball in the soil below the cardboard.
- Stick your finger in the soil to make sure it's moist. If not, add some water.
- Replace the sheet mulching around the plant, taking care not to cover the leaves.
- Make sure the leaves of the plant are above the sheet mulch.
If the plant is too short, fill the hole you created in the sheet mulch with some compost or planting mix, and plant the root ball into this.

Sheet mulching is a great thing to do every Fall to prepare your garden for the Winter.

It adds good nutrients, and protects your garden from the cold, rain, and weeds!

After removing your old summer plants, lay sheet mulching over the soil, and leave it there until Spring.

All of the layers will break down into rich garden soil!