

Permaculture Presentation  
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Farmer's Club Dinner  
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### **1. Permaculture is:**

The term permaculture is a contraction of the words "permanent agriculture," and "permanent culture." It is a practical way of designing for sustainable living. Permaculture connects flower and vegetable gardening, respecting nature and animals around us, and doing our part in creating a healthy earth.

### **2. Plant Suggestions:**

- Plant Guilds

#### Corn / Sunflowers, Pole Beans, and Squash:

Corn / Sunflowers becomes the trellis for Pole Beans. Pole Beans add nitrogen to the soil to feed all 3 plants. Squash shades the soil and acts as a living mulch.

First plant the Corn / Sunflowers. Next, 2 - 3 weeks later plant the beans at the base. Finally plant the Squash (any kind of vining squash, except zucchini.)

#### Onions, Carrots, and Lettuce:

They all have different leaf forms, light requirements, rooting depth, and nutrient requirements. No competition.

- Beans / Legumes

Beans and Legumes are fantastic nitrogen fixers! Plant Beans and Legumes ALL around the garden, especially next to plants that require a lot of nitrogen, like corn and leafy greens.

- Perennials

Perennials are planted once. This becomes less work for us the years after, while still producing a yield.

- ZigZag

Planting a row of plants or seeds in a slight zigzag can fit more into your row, give the plants a better spacing, and produce more vegetables.

### **3. Weeds:**

- Clover

Clover actually provides the soil with added nitrogen, and the flowers bring pollinators to your garden. The flowers can also be made into tea to drink too.

- Dandelions

Dandelions have edible leaves (to sauté or for salad). They help aerate the soil and their long tap roots bring nutrients from way below the soil to help feed other shallow rooted plants nearby.

- Nutgrass

Well, unfortunately I don't have a lot of good to say. But, the tubers are edible.

### **4. Mulching:**

- Cardboard / Newspaper

Putting down 2 layers of cardboard or really thick newspapers under your mulch, especially pathways, helps to keep mulch fresh and weeds suppressed. Peel off all stickers, tape, or staples from cardboard. With newspaper, do NOT use the glossy part of the paper.

- Chop and Drop

If the plant is healthy, when you chop down the plant material, drop it on the soil so it directly composts in the same spot. Tuck it under the mulch.

- Sheet Mulch

Sheet Mulching is a no dig, no tilling, easy method of composting in place. It builds the fertility of the soil, while suppressing weeds. This method can be used instead of black plastic.

First, put a layer of 1 part nitrogen items directly onto your soil (example of Nitrogen items: fruit and vegetable scraps, compost, manure, fresh garden clippings.)

Second, put a layer of 3 parts carbon items (example of Carbon items: dried leaves, straw, wood shavings.)

Last, put a layer of mulch, about 6 inches thick.

### ***5. Better for our body:***

Using a tool to pull the soil is better for our backs, as compared to lifting it. Growing plants in raised beds or vertically helps our body and it saves space too; for example climbing tomatoes, pumpkins, cucumbers, zucchini.

Thank you for taking the time to read this information. Please contact me with any comments or questions. Feel free to check out my garden plot at **43C**. I am open to any suggestions and learning from everyone too!

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