



GREEN *VEGETABLE* GARDENING

Avril Freeman, Avril*Cultural

WHY GROW YOUR OWN?



- Fewer chemical inputs
 - Small scale agriculture is better for the planet
 - Shorter distance from farm to fork
 - Gardening is good for you!
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THE AVRIL*CULTURAL METHOD



START FROM SEEDS



- Baker's rack with grow lights (about \$200 investment, depending on lights)
 - My annual seed budget: \$80
 - Swap plants with other gardeners to try new varieties
 - Hybrid versus open pollinated
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USE MULCH



- Locks in moisture
- Reduces weed growth
- Reduces wind erosion
- Recycled paper and grass clippings (watch out for pesticides/herbicides/fertilizers) or hay bales

WATER WISELY



- Drip irrigation uses less water and promotes deep root growth
- Plus, less active time watering!

HAVE A BROWN THUMB?



- Check out Local Harvest (website) to find a CSA
 - Read descriptions of the farm
 - CSAs are better for the farmer
- Visit your local farmer's market