

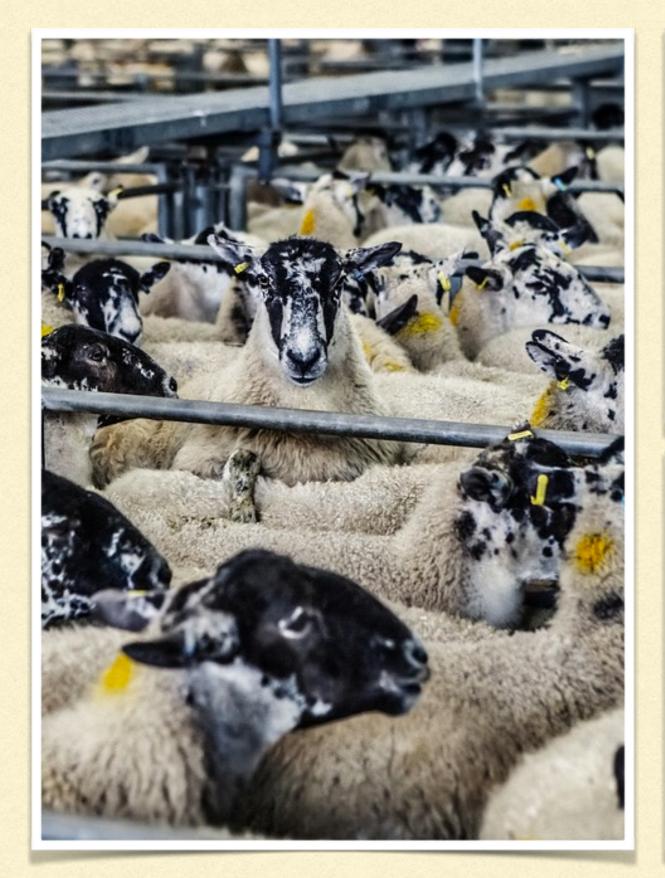
GREEN *VEGETABLE* GARDENING

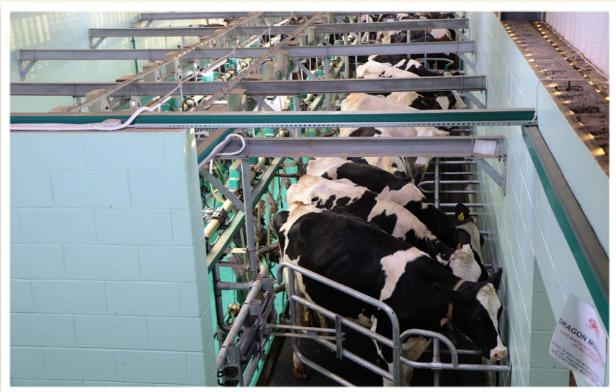
Avril Freeman, Avril*Cultural

WHY GROWYOUR OWN?



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



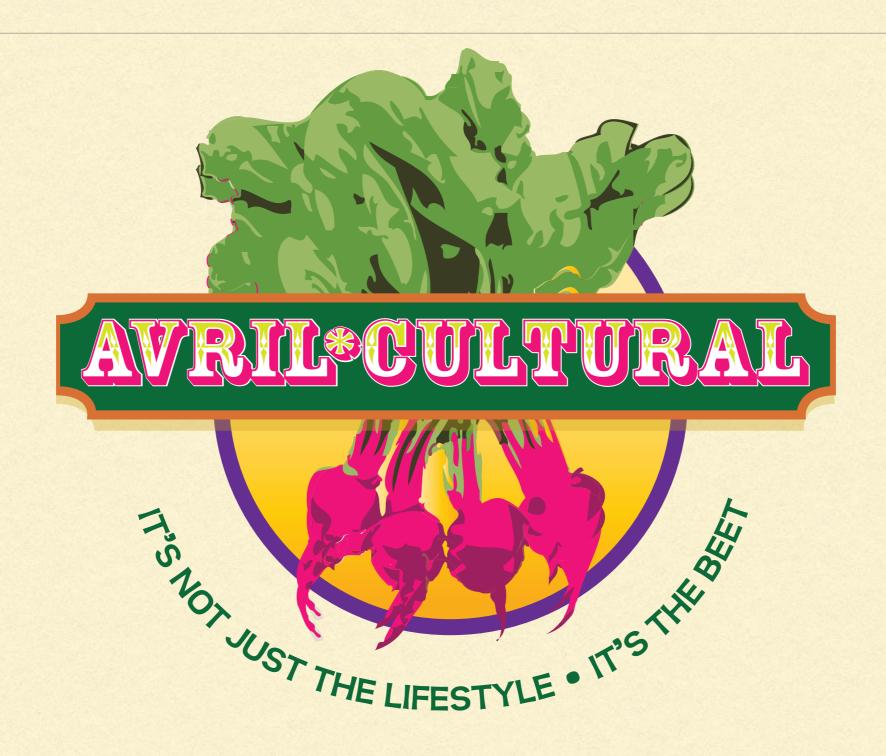












THE AVRIL*CULTURAL METHOD







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

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