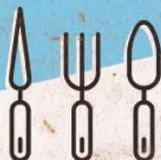


2021

## ORGANIC GARDENING BASICS

*Best Feeds Garden Centers**The best flavors don't come  
from cookbooks.**They come from***YOUR YARD**

SAVOR NO. 4

Garden without synthetic  
fertilizers and pesticides.

## The Highlights

## Good Bug or Bad Bug?

**Some bugs are beneficial...** and some are destructive pests. Knowing when they arrive helps identify them. Lady bugs are beneficial and eat the eggs of pest insects such as aphids. This creates a balance of nature. Sometimes natural bacteria such as *Bacillus thuringiensis* (Bt) can be used to rid the garden of pests. A good spray of insecticidal soap also helps.

## Feed the Soil

**For Best Results** Understand the make up of your soil and give it what it needs. Feed the soil by adding compost and cover crops that add nutrients back to the soil.

## Compost

**The Replenishing Additive.** Compost is the microorganism and nutrient rich soil produced from the decomposition of organic matter. Items such as grass clipping, plant waste and fall leaves can be used to create. Even kitchen waste such as fruit and vegetable peelings, eggshells and coffee grinds.

## Right Plant, Right Place

**Very Important** Grow the plants that are adapted to our region and suited to your garden conditions so they do not require extra care to grow. This helps plants to not be stressed, which makes them more disease resistant. Be prepared to allow for a certain amount of damage - it's all part of nature's process.

## THE DETAILS

**Why Grow An Organic Garden?**

Organic gardening is a way of gardening that supports the health of the whole ecosystem. It nourishes plants, soil microbes and beneficial insects rather than simply making plants grow.

Most organic products are labeled for organic gardening and should have EPA and USDA approval.

If you decide to grow organic, you must have realistic expectations regarding insects and pests. Instead of eliminating pests, organic gardening will keep pests at a manageable level. The easiest crops to grow organically are peppers, eggplant, watermelon and blueberries.

Start this year and take full control of your your families nutrition and how your food is processed.

