



ORGANIC GARDENING JOURNAL

<https://exoticgardening.com>

WHY ORGANIC GARDENING?

- ❖ Grow healthy food free from chemicals to sustain healthy bodies
- ❖ Follow Nature's processes thereby saving the ecosystem
- ❖ Keep pesticides & chemical fertilizers out of home and reduce allergic reactions
- ❖ Support pollinators such as bees, hummingbirds & butterflies by providing safe environment & nourishment
- ❖ Reduce pollution by eliminating pesticides & chemical fertilizer that can be tracked from your property to elsewhere
- ❖ Support healthy soil rather than killing it with chemicals
- ❖ Create a safe habitat for local creatures by growing plants native to the area
- ❖ Organic gardening reduces flow of chemical runoff thereby improving our waterways & reducing water pollution

Natural Pest Control

Soapy Water Spray	1 tbsp dish soap/1 tsp Cayenne + 1qt water
Neem Oil Spray	1 part Neem/1 part water -spray leaves only
Essential Oils	Few drops of cedar/8 oz water-spray leaves only
Nematodes	A round worm in soil kills pests in larvae form
Biological predators	i.e. Praying Mantis / Aphids/Birds
Crop Rotation	Starves bugs that slept thru winter & woke up hungry

Natural Fertilizing

Coffee grounds (spent / never fresh)	Provides nitrogen to accelerate growth
Kelp meal, aged manure, compost	Don't get fertilizer on leaves as it will burn
Apply every 6 weeks - spring, summer/ fall	Not necessary in winter even in indoor garden as growth slows down
Containers need more watering which washes out fertilizer	Therefore, fertilize more often in smaller amounts
Make own compost	Kitchen scraps, grass cuttings/leaves/pruning

ESSENTIAL GARDENING TOOLS FOR BEGINNERS



ITEM	USE	SUPPLIER	COST
Gloves	protects hands		
Secateurs/ Pruning Shears	pruning plants		
Hand Trowel	hand weeding, planting, sowing		
Hand Fork	break up compacted soil & clay, planting in stony ground		
Watering Can	keep seedling & young plants gently refreshed by using 'rose' nozzle		
Hose	for watering mature plants – use a spray nozzle		
Spade	essential for digging & planting		
Hand Rake	for weeding around plants		
Ground Rake	for breaking up soil to get ready for seeding		
Hoe	clearing weedy ground		



Items To Build	Ideas & Tips
Trellis	Use bamboo posts or recycle old wall coat rack Google plans how to build inexpensive models
Three Sisters Plant Tripod	See plans on Google / Etsy on how to build



GARDEN PLANS

VEGETABLES TO PLANT

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GARDEN LAYOUT

FUTURE PROJECTS

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NOTES

