

# CRUISING CLIMATE

REGENERATIVE GARDEN COACHING AND LANDSCAPE DESIGN

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- **Regenerative Growing:**

- Regenerative growing methods focus on using natural resources more responsibly and fostering ecosystems. Specifically, regenerative methods meet these goals through helping growers restore their soil.
- Soil is the base of numerous nutrient cycles, food webs, and stores carbon (helping mitigate climate change). Growing soil helps:
  - Retain water on-site (meaning you get to water less)
  - Grows healthier plants (meaning less will die or succumb to disease/pest pressure)
  - Grows healthier food for you
  - Absorbs more carbon (meaning you get to help climate change, just by working in the soil)

- **Plant Nutrients:**

- From the air: Carbon
- From the soil: Hydrogen, Nitrogen, Potassium, Phosphorus, Zinc, Calcium, Iron, Boron, Sulphur, Magnesium, Manganese, etc.

- **Soil Microbes:**

- Worms and Insects:
  - Decompose organic matter
  - Attack pests
- Fungi:
  - Decompose organic matter
  - Trade nutrients with plants!
- Bacteria:
  - Decompose organic matter
  - Turn nutrients into usable forms
  - Attacks pests

## **BASIC SOIL CARE ROUTINES:**

These are not 100% one-size fits-all. The routines that will be most beneficial in your space are dependent on your soil type, overall goals, location size, and time budget. You can adjust the following routines to meet your specific needs. Please email us if you would like help creating your own regenerative routines!

### **CONVERTING FROM PASTURE/LAWN:**

- 6-18 months before working the soil:
  - Mow the plants as low as possible (scalp it)
  - Cover with an occultation tarp for 6-18 months
  - Include at least 1 Summer!
- Early Fall:
  - Broadfork
  - Sheet mulch
- Late Fall:
  - Plant any starts
  - Sow seeds
  - Let plants establish over the Late Fall, Winter, and Early Spring!!

### **VEGGIE GARDENS (OPTION 1):**

- Fall:
  - Spread organic matter over garden beds
  - Broadfork
- Early Spring:
  - Spread 1-3 inches of compost over organic matter
  - Spread 2-3 inches of woodchip mulch over the compost
- Planting season:
  - Move mulch to the side and plant into the compost!

### **VEGGIE GARDENS (OPTION 2):**

- Spring:
  - Plant cover crops in beds you aren't using
- Summer-Fall
  - Mow or crimp cover crops before they go to seed
- Next Spring:
  - Leave cover crops on-top of soil as a mulch
  - Broadfork
- Planting season:
  - Plant directly into the cover crop mulch :)

### **VEGGIE GARDENS (OPTION 3)**

- Fall or Late Summer:
  - Plant a Winter-hardy cover crop
  - This can be in beds you aren't using or planted around existing crops
- Winter:
  - Let cover crop grow
- Early Spring:
  - Mow or crimp cover crop before it goes to seed
  - Broadfork
- Planting season:
  - Plant directly into the cover crop mulch :)

(You can combine Options 2 or 3 with Option 1 in any way you'd like!)

### **ORCHARDS AND PERENNIAL BEDS:**

- Fall:
  - Spread organic matter over garden beds
- Early Spring:
  - Spread 1-3 inches of compost over organic matter
  - Spread 2-3 inches of woodchip mulch over the compost

\*\*Only need to do this every few years for perennial beds

- Ongoing: Plant a living mulch (ground cover) in any bare soil