

**EARTH DAY**

**REWILDING YOUR  
GARDENS &  
LANDSCAPE**



# PREPARATION REPAIRATION

## SOIL

A BLEND OF ORGANIC MATTER: AZOMITE, BIOFLORA  
COCO COIR, COMPOST, WORM CASTINGS  
DESERT SOIL IS CALICHE (LIME)

## SUN

6-8 HOURS PER DAY

## WATER

DRIP VS. HAND WATERING  
KEEP SOIL MOIST, ADJUST AS NEEDED  
GERMINATION CONDITIONS  
TREES AND SEEDS

## COMPOST

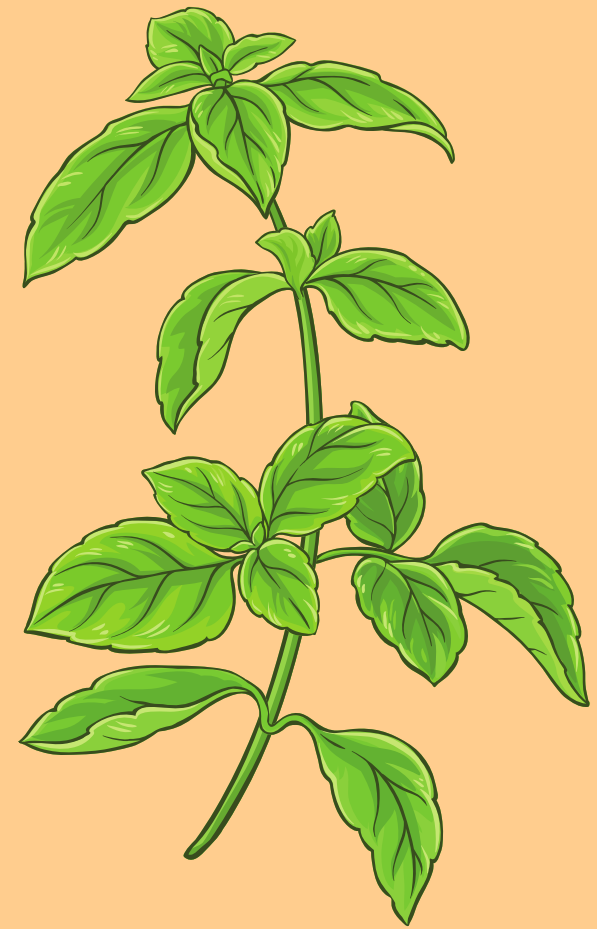
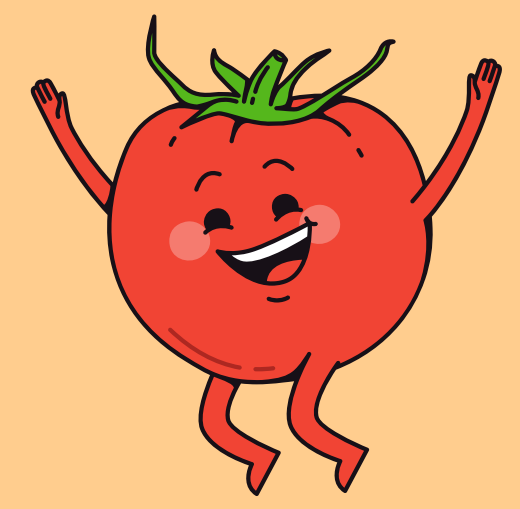
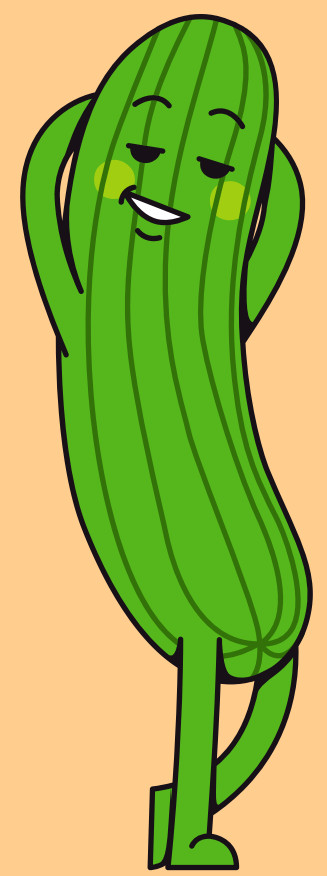
ORGANIC MATERIALS: LEAVES, COFFEE  
GROUNDS, FOOD SCRAPS, FRUIT & VEG  
CUTTINGS, PAPER TOWELS, CARDBOARD



# WHAT TO PLANT

## APRIL – MAY

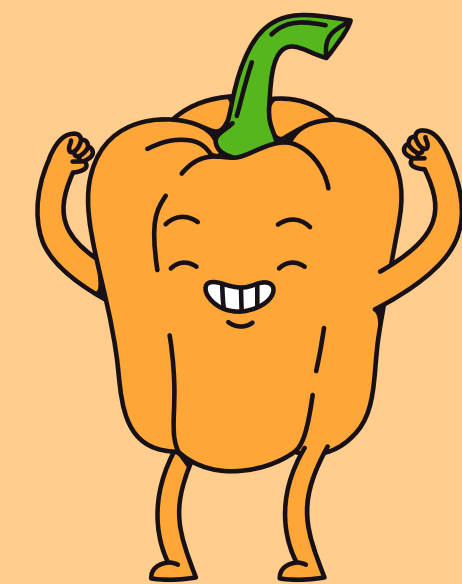
AMARANTH  
ASIAN SPINACH  
BASIL  
BEANS  
CHIVES  
CUCUMBER  
CARROTS  
EGGPLANT  
FLOWERS  
MELON  
MIZUNA  
ONIONS  
OKRA  
PEPPERS  
RADISH  
SQUASH  
TOMATOES



**DOWNLOAD PLANTING CALENDAR**

## JUNE – JULY

ARMENIAN CUCUMBERS  
BEANS  
BLACK EYED PEAS  
CANTELOPE  
MELON  
OKRA  
SWEET POTATOES  
SUNFLOWERS  
SQUASH



# PLANT EDIBLE FLOWERS & HERBS

FOR YOU AND THE POLLINATORS!

**NASTURTIUM**

SNAIL REPELLENT  
SELF-SEED  
EAT FLOWERS AND LEAVES

**HIBISCUS**

USE BUDS FOR TEA  
GARNISH DISHES

**MINT**

**CALENDULA**

**SUNFLOWERS**

**MARIGOLD**

**SQUASH BLOSSOMS**

**CHAMOMILE**





# PLANTING FOR THE BEES

*beneficial to our ecosystem & the well bee-ing of humans*

## 1. BEES ARE POLLINATION POWERHOUSES

*indispensable for global food production*

## 2. BEES ARE BIODIVERSITY BOOSTERS

*supports growth of plants & provides food source*

## 3. BEES ARE HONEY HARVESTERS

*a natural sweetener, boosts immunity, anti-bacterial*

### HOW CAN WE HELP?

- **do not use pesticides**
- install a bee house
- **PLANT FLOWER GARDENS!!**



# HOPE HOUSE FARM BEE HIVE



# DIY BEE HOTEL FOR NATIVE BEE POPULATION

[HTTPS://2PAWSDESIGNS.COM/DIY-BEE-HOTEL-TUTORIAL/](https://2pawsdesigns.com/diy-bee-hotel-tutorial/)



## DIY Bee Hotel Tutorial

Help give solitary pollinators a spot to rest and take shelter with this simple upcycled DIY bee hotel.  
#HonestSustainabiliTEA #RefreshinglyHonest #ad

 2paws Designs / Apr 17, 2017

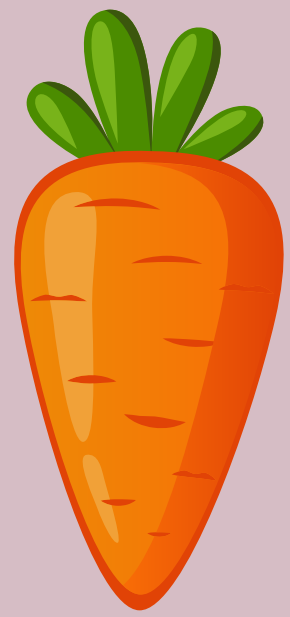
[HTTPS://YOUTUBE.COM/SHORTS/WDHYKYP5FQ?FEATURE=SHARE](https://youtube.com/shorts/wdhykyp5fq?feature=share)

# SCHOOL GARDENS

*solutions inspired by nature -  
biomimicry*  
connecting science and design solutions  
through observation and questioning with  
hands-on activities

**CURRICULUM ENHANCEMENT  
ENVIRONMENTAL STEWARDSHIP  
HEALTHY & EMPOWERED STUDENTS  
ENGAGED EXPERIENTIAL LEARNERS**





# COMPANION PLANTING

*increases productivity and natural pest management  
improves flavor!*



- PLANT ONIONS BETWEEN BROCCOLI**
- PLANT BASIL WITH PEPPERS & TOMATOES**
- PLANT CORNS, BEANS, AND SQUASH**
- PLANT CARROTS WITH TOMATOES**
- PLANT CHAMOMILE WITH ONIONS AND CABBAGE**
- PLANT BORAGE WITH SQUASH**
- PLANT CABBAGE WITH CARROTS**
- PLANT RADISH WITH SQUASH**

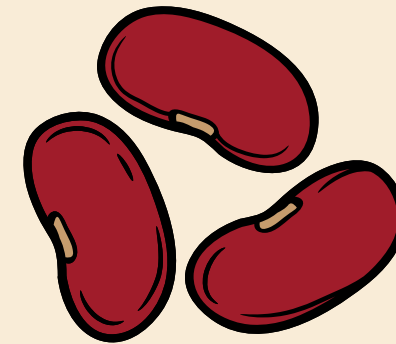




# SEEDS

## WHY SAVE SEEDS?

- when you save seeds from your own garden you're developing plant varieties that are adapted to your specific environment
- save seeds from plants that do well, are a specific color, or anything special you notice
- preserve the history, story, and culture of each seed



**LET THE SEEDS MATURE ON PLANT\***

**HARVEST THE SEEDS ONCE THEY'RE BROWN AND DRY**

**STORE IN A COOL, DRY, DARK PLACE IN MASON JAR OR CERAMIC**

**ONLY BUY OPEN-POLLINATED, NON-GMO, NON-COATED SEEDS**

**BUY FROM LOCAL/REGIONAL SEED COMPANIES**

**ORGANIZE COMMUNITY SEED SWAPS!**

**TALK TO YOUR LIBRARY ABOUT OFFERING FREE SEED LIBRARY**



\* look up best practice for seed saving different plant varieties

**[HTTPS://WWW.SEEDSAVERS.ORG/LEARN#SEED-SAVING](https://www.seedsavers.org/learn#seed-saving)**

# LET'S GET PLANTING!!!!

1. **biodegradable cup:** can be planted in your garden
2. **fill 3/4 with soil mix**
3. **place 2 seeds in the center**
4. **gently cover seeds with soil**
5. **water when you get home:** water everyday. keep soil and seed moist. place in sunny spot!



# TIPS & FUN TRICKS

## 1. EGGSHELLS

*crush and boil (or bake) your eggshells to add to your soil  
pour water in your garden once cooled  
increases potassium*

## 2. BAKING SODA

*sprinkle around your tomatoes to increase sweetness  
remove ants, slugs, rabbits, and cabbage worms*

## 3. AVOCADO

*boil avocado pits for 1 hour and peel the skin. wrap the  
seed in a wet paper towel and put away for 2 weeks. the  
avocado seed will grow sprouts that you can plant!*

## 4. LETTUCE & ALUMINUM FOIL

*wrap your lettuce in aluminum foil and store in the fridge to  
increase longevity*

## 5. COFFEE GROUNDS

*bury coffee grounds in the soil to add nitrogen*

## 6. GARLIC

*boil skins and clove, let it cool. put liquid in spray bottle  
and spray on plants to remove pests*

## 7. CINNAMON

*remove ants*

## 8. HONEY

*dip your cuttings in honey to encourage roots*

## 9. BOIL EVERYTHING!

*boil fruit and veggie peels to water your garden with or  
drink as a vitamin rich tea*

## 10. LAVENDER OIL!

*put lavender essential oil on a cotton ball and tap in ear to  
eliminate ear ache*

## 11. OREGANO OIL!

*anti-inflammatory, anti-bacterial, anti-fungal  
fights cold and flu, natural anti-biotic  
add to olive oil to use on skin or take orally*

## 12. TURMERIC, ACHES/PAINS

*mix 6 tbsp of turmeric, 2 tbsp ginger, 2 tbsp cinnamon,  
1 tbsp black pepper, and stir. take 1 tbsp per day. add to  
tea, coffee, stews, baked goods. store in mason jar*

# RESOURCES, CONTACTS, & CONNECTIONS

**Joan Baron:** joanebaron@gmail.com, @joanbaronstudio, [joanbaron.com](http://joanbaron.com)

- *workshops, education, garden art installations*

**Frances Craik:** craikfrances@gmail.com, @francesflowers

- *garden consulting, art & food workshops*

**Kelly Hedberg:** kelly.hedberg@tempeschools.org

- *garden educator at Rover Elementary, school gardens*

**KaShara Starks:** sunflowersolutions@gmail.com, @sunflowersolutions

- *microgreens, mushrooms, garden consulting & education*

**BUY SEEDS** [HTTPS://WWW.NATIVESEEDS.ORG/](https://www.native-seeds.org/)

**EAT LOCAL** [HTTPS://SUNPRODUCECOOP.CSAWARE.COM/STORE/](https://sunproducecoop.csaaware.com/store/)

[HTTPS://DOWNTOWNPHOENIXFARMERSMARKET.ORG/](https://downtownphoenixfarmersmarket.org/)

[HTTPS://ARIZONACOMMUNITYFARMERSMARKETS.COM/OLD-TOWN-SCOTTSDALE](https://arizonacommunityfarmersmarkets.com/old-town-scottsdale)

[HTTPS://PHXFOOD.COOP/](https://phxfood.coop/)