THE ABCS OF SUSTAINABLE LANDSCAPING
ASSESS      BEFORE      CREATING

• ASSESS – All about why?
• Goals
• Money
• Energy
Benefits of Gardening
Stress relief
Gardening is more relaxing than reading according to a recent study in the Netherlands.

Better mental health
A study in Norway revealed that people who garden have a lower risk of getting dementia.

Brain Health
Two separate studies show that people who garden have a lower risk of getting dementia.

Nutrition
Garden food is famous for its nutrition.
FOLLOW THE ‘SUSTAINABILITY APPROACH’

NO DESIGN IS WRONG!
What’s The Plastic For?
Soil solarization is a nonchemical method to control pests, diseases, and weed seeds in the soil by placing plastic sheets on moist soil during hot, sunny, summer days. The plastic sheets allow the heat from the sun to be trapped in the soil, heating the upper levels. Solarization during the hot summer months can increase soil temperature to levels that kill many disease-causing organisms (pathogens), nematodes, weed seed and seedlings. It leaves no toxic residues and can be easily used on a small or large scale. Soil solarization also improves soil structure and increases the availability of nitrogen (N) and other essential plant nutrients.

How Did We Do It?
- The bed was dug and watered deeply to soak the soil.
- A trench was dug around the area to be solarized.
- UV resistant clear plastic was placed tightly across the soil, sealed and held in place by the soil around the edges.
- The soil will be covered for 4-6 weeks
SOIL SOLARIZATION RESULTS

Temperature readings were taken three times per day, morning, afternoon and evening at the surface, at a depth of three inches and at a depth of six inches.

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SOIL DEPTH 3 INCHES

SOIL DEPTH 6 INCHES

Surface temperatures averaged 20°F higher in the afternoon for the covered soil plot.

Temperatures at a depth of three inches averaged 20°F higher in the afternoon for the covered soil plot.

Temperatures at a depth of six inches averaged 20°F higher in the afternoon for the covered soil plot.
How To Choose The Right Plant!

JUST RIGHT!

TOO SMALL

TOO BIG!
General life cycle of aphids. Asexual reproduction occurs during most of the year (summer cycle). Some aphid species produce a generation of sexual individuals that produce overwintering eggs as shown in the winter cycle.