

# No Dig Gardening

1. Lay 20 sheets newspaper down on the ground-soil, grass or concrete. This helps stop weeds and attracts worms. Saturate with water and dust with blood meal and bone meal.
2. Separate a pad of alfalfa from the bale, place on the newspaper and dust with blood meal and bone meal. Pads are usually 2-3 inches thick.
3. Add 8 inches of straw or leaves and dust with blood and bone meal. It compresses so don't skimp.
4. Wet all of this down.
5. Top off with 3-4 inches of compost, which also will compress.
6. Now plant seeds or plants.

One of the best things about lasagna gardening is how easy it is. You don't have to remove existing sod and weeds. You don't have to double dig. In fact, you don't have to work the soil at all. The first layer of your lasagna garden consists of either brown corrugated cardboard or layers of newspaper laid directly on top of the grass or weeds in the area you've selected for your garden. Wet this layer down to keep everything in place and start the decomposition process. The grass or weeds will break down fairly quickly because they will be smothered by the newspaper or cardboard, as well as by the materials you're going to layer on top of them. This layer also provides a dark, moist area to attract earthworms that will loosen up the soil as they tunnel through it.

Anything you'd put in a compost pile, you can put into a lasagna garden. The materials you put into the garden will break down, providing nutrient-rich, crumbly soil in which to plant. The following materials are all perfect for lasagna gardens:

- Grass Clippings
- Leaves
- Fruit and Vegetable Scraps
- Coffee Grounds
- Tea leaves and tea bags
- Weeds (if they haven't gone to seed)
- Manure
- Compost
- Shredded newspaper or junk mail
- Pine needles
- Spent blooms, trimmings from the garden

Just as with edible lasagna, there is some importance to the methods you use to build your lasagna garden. You'll want to alternate layers of "browns" such as fall leaves, shredded newspaper, peat, and pine needles with layers of "greens" such as vegetable scraps, garden trimmings, and grass clippings. In general, you want your "brown" layers to be about twice as deep as your "green" layers, but there's no need to get finicky about this. Just layer browns and greens, and a lasagna garden will result. What you want at the end of your layering process is a layered bed up to two feet tall. You'll be amazed at how much this will shrink down in a few short weeks.