



## No-Dig Gardening - Fact Sheet

A no-dig garden is built on the surface of the soil by laying alternating layers of lucerne, straw, manures, compost and mulch. The method was developed by the late Esther Deans, a dedicated Sydney gardener, through many years of research and trials in her own garden.

### Why build a no-dig garden?

Creating a no-dig garden is an easy, and fun way to create a new vegetable and herb garden or to rejuvenate an existing garden.

The no-dig garden method is an organic method of gardening, using no toxic synthetic chemicals making it ideal for gardeners of any age and for any home or school. The layering and mulching method of no-dig gardening is great for suppressing the growth of weeds further reducing the need for chemical treatments.

A no-dig garden will give good results no matter what type of soil you have in your garden as it is built on the surface of the soil.

### How to create a no-dig garden

The no-dig garden is created by layering lucerne, straw, manures, compost and mulch – much like a ‘thin’ compost heap, in a specific order, or recipe.

Once built, you can immediately plant out your new garden. Planted on top of the no-dig garden, the plant sends roots down into the different garden layers to access food and water.

### No-dig gardening facts

- Esther Deans, the creator of the no-dig gardening method, was testament to the benefits of growing your own healthy organic food, living and gardening into her mid 90's.
- Esther Deans published several books on the topic of no-dig gardening. Her first book called *Growing without Digging* was published in 1981 by Harper and Row (Australasia) Pty Ltd and is still available.
- The no-dig garden recipe is quite straight forward and there are some clear basic skills you will need to learn and understand for greatest success.

*To learn more about no-dig gardening come along to one of Kimbriki Eco House and Garden's **No-Dig Edible Gardening** workshops.*

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