

# Grow More With Less: Sustainable Garden Methods

by Vincent A. Simeone





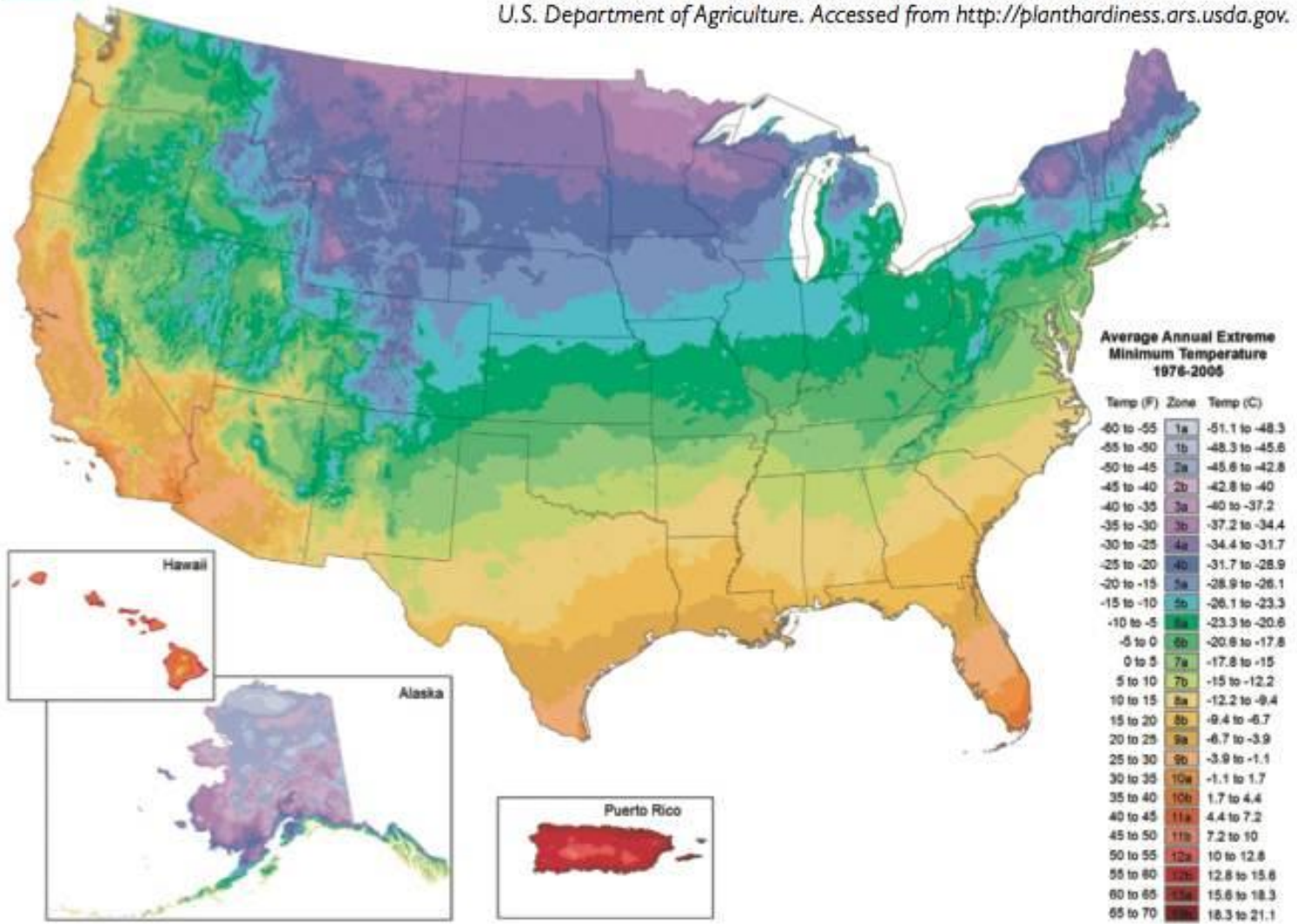






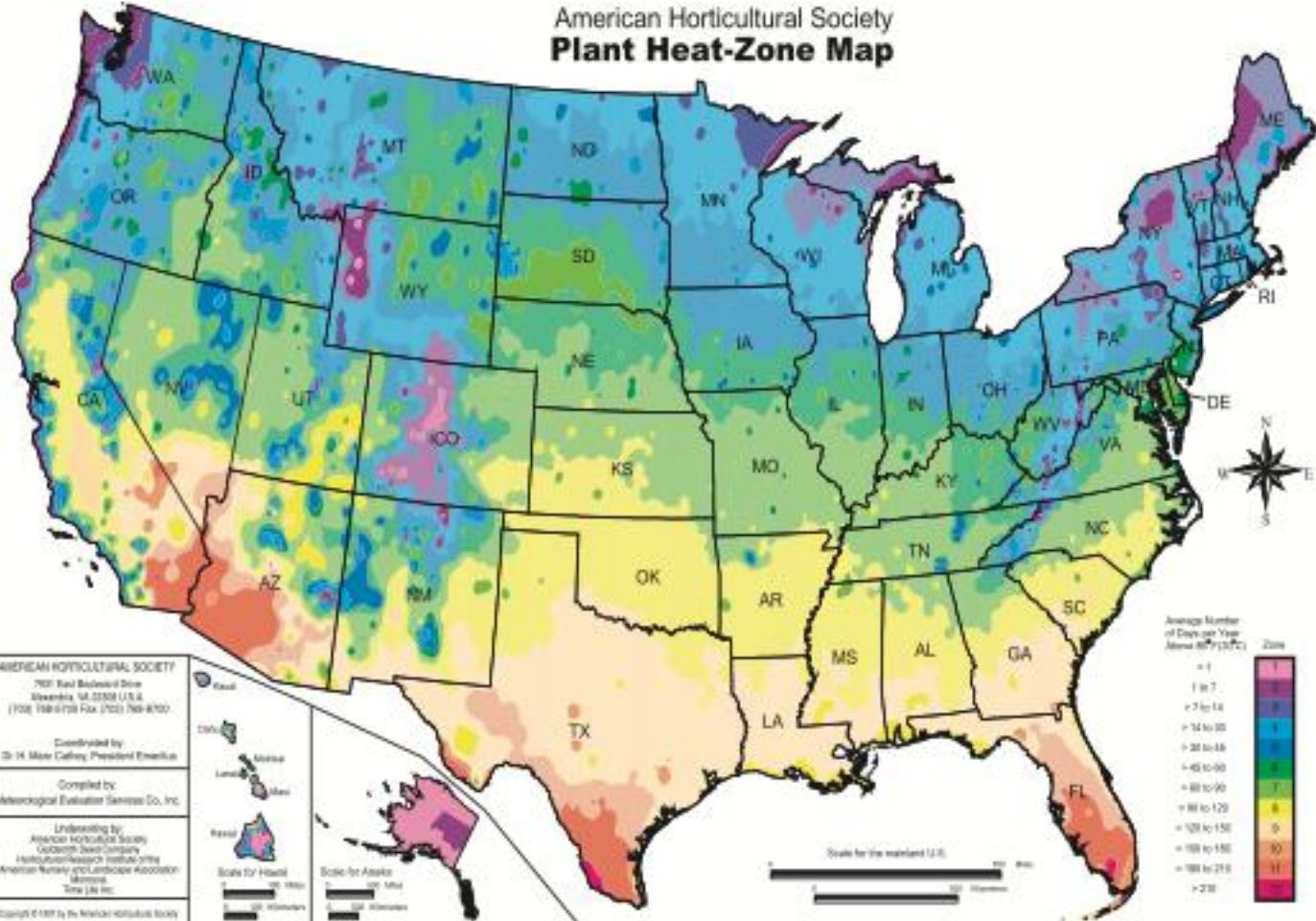
# USDA Plant Hardiness Zone Map

USDA Plant Hardiness Zone Map, 2012. Agricultural Research Service,  
U.S. Department of Agriculture. Accessed from <http://planthardiness.ars.usda.gov>.





# American Horticultural Society Plant Heat-Zone Map



## **DEFINING SUSTAINABILITY**

By definition sustainability is the capacity to endure. It is the belief that living systems can persevere and adapt no matter what the circumstances. For humans, sustainability is the long-term maintenance of the world around us, which has environmental, economic, and social implications, and encompasses the concept of stewardship and the responsible management of natural resources. Most important, the sustainability movement must include the idea that what we do today should not negatively affect future generations. In the context of nature, sustainability relates to how biological systems remain diverse and productive over time, a necessary element for the long-term well being of humans and other organisms.



# Sustainability

- Recycling
- Water Conservation
- Energy Conservation
- Using “Green” Products
- Composting
- IPM
- Proper Plant Selection



# Our Impact on the Environment

- Pollution (GHG)
- Carbon Footprint (CO<sub>2</sub> and other emissions)
- Pesticide and fertilizer use
- Water use and lack of water conservation initiatives
- Impact humans have on the animal kingdom
- Humans as consumers and lack of recycling/energy consumption issues

































































*Using a rotary mower without a bag but with a mulching blade is a great way to recycle grass clippings.*







# Mowing Methods

- Mow Grass higher in summer-3 1/2" to 4"
- Do not remove grass clippings
- Mow natural areas once or twice a year
- Do not mow in times of drought
- Water weekly for a few hours, once or twice



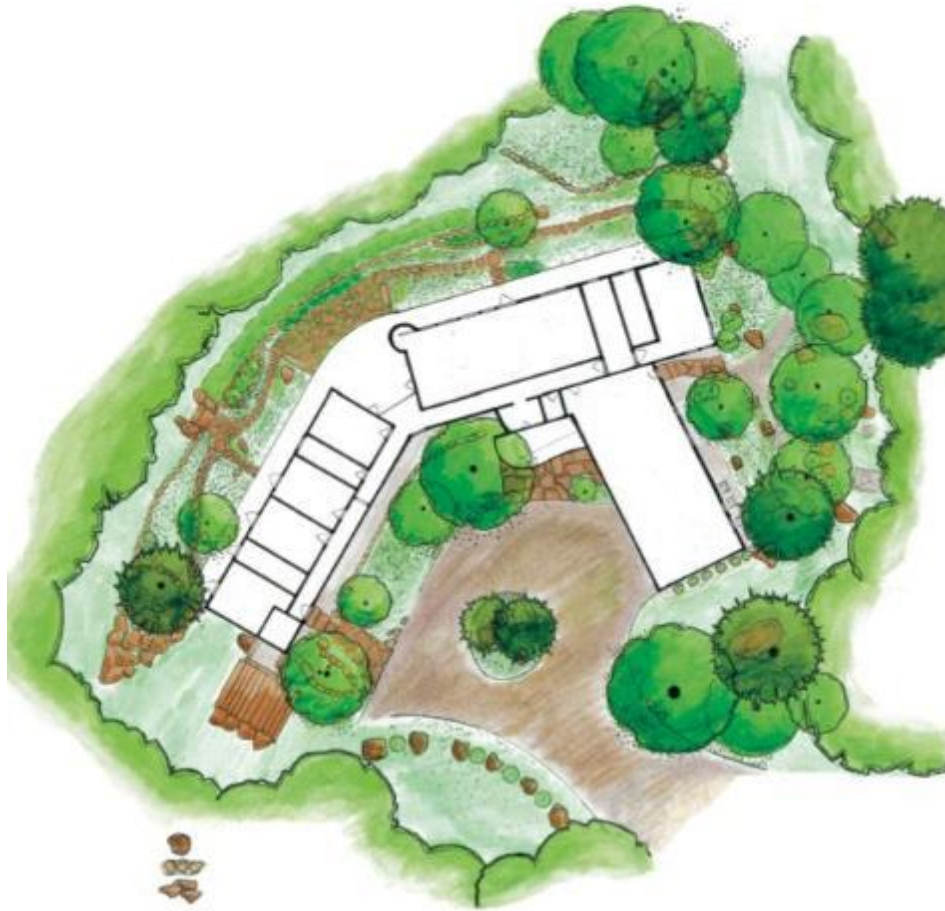


# No Mow Lawns/Low Maintenance Turf





## SAMPLE LANDSCAPE DESIGN PLAN

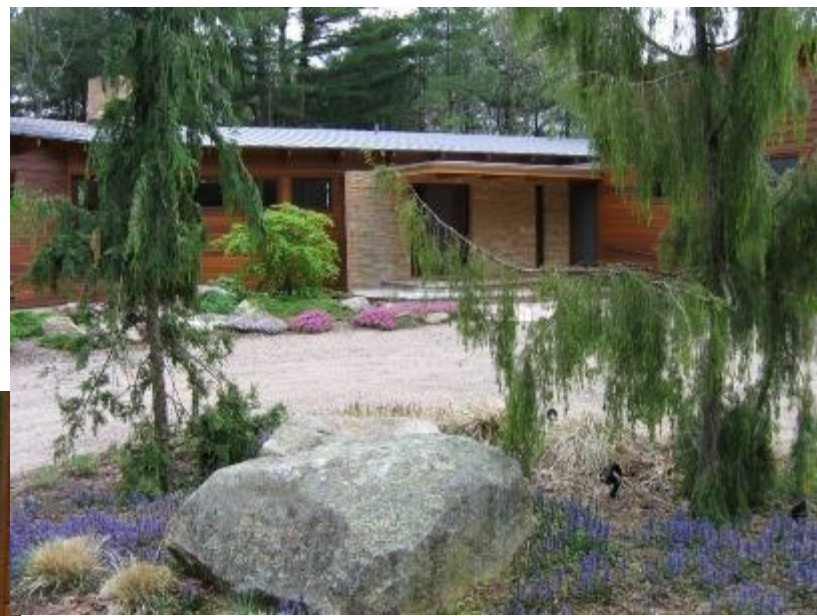


This landscape plan features the creative use of low maintenance groundcovers such as plum yew (*Cephalotaxus*), cranesbill (*Geranium*), Russian Arborvitae (*Microbiota*), creeping phlox (*Phlox*) and sweet bax (*Sarcococca*), which replace the need for a traditional, high maintenance lawn.





















*Rich, organic soil is ideal for growing a wide variety of plant life.*



*A soil pH test kit is essential for determining how acidic or alkaline your soil is.*









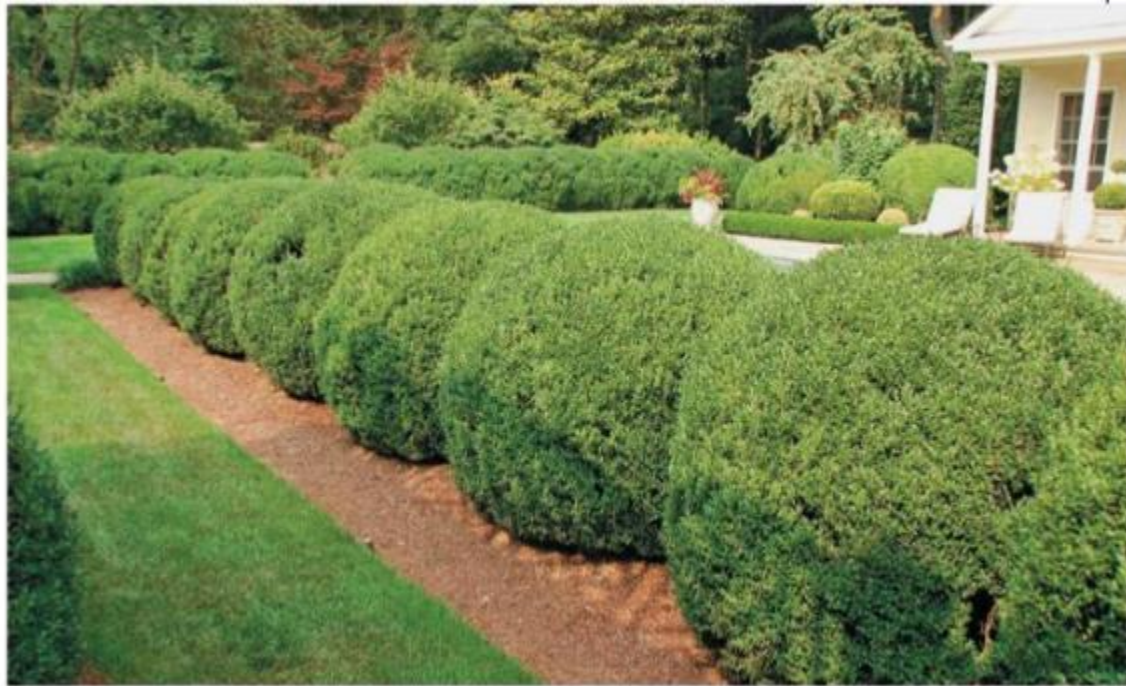












*Developing a clean edge and using a high quality mulch will keep weeds at bay and protect the vulnerable roots of your valuable garden shrubs.*















## Compostable Items Versus Trash

Good	Not Good
WOOD CHIPS	BONES
LEAVES	CAT LITTER
GRASS CLIPPINGS	CHARCOAL AND BRIQUETTES
HERBACEOUS MATERIAL	COOKED FOOD
HEDGE TRIMMINGS	DAIRY PRODUCTS
COFFEE GROUNDS	OILY OR GREASY FOODS
EGGSHELLS	MEAT
MOST FRUITS AND VEGETABLES	GLOSSY PAPER
ANIMAL MANURE	FISH SCRAPS







*Prefabricated compost bins come in all shapes and sizes.*



*Worms are excellent at turning your raw materials into usable compost.*













Permeable pavers can have small gaps and be installed like brick or they can have larger gaps where grass can grow through.

The installation of a rain garden takes careful planning but can be a fun and rewarding project.





































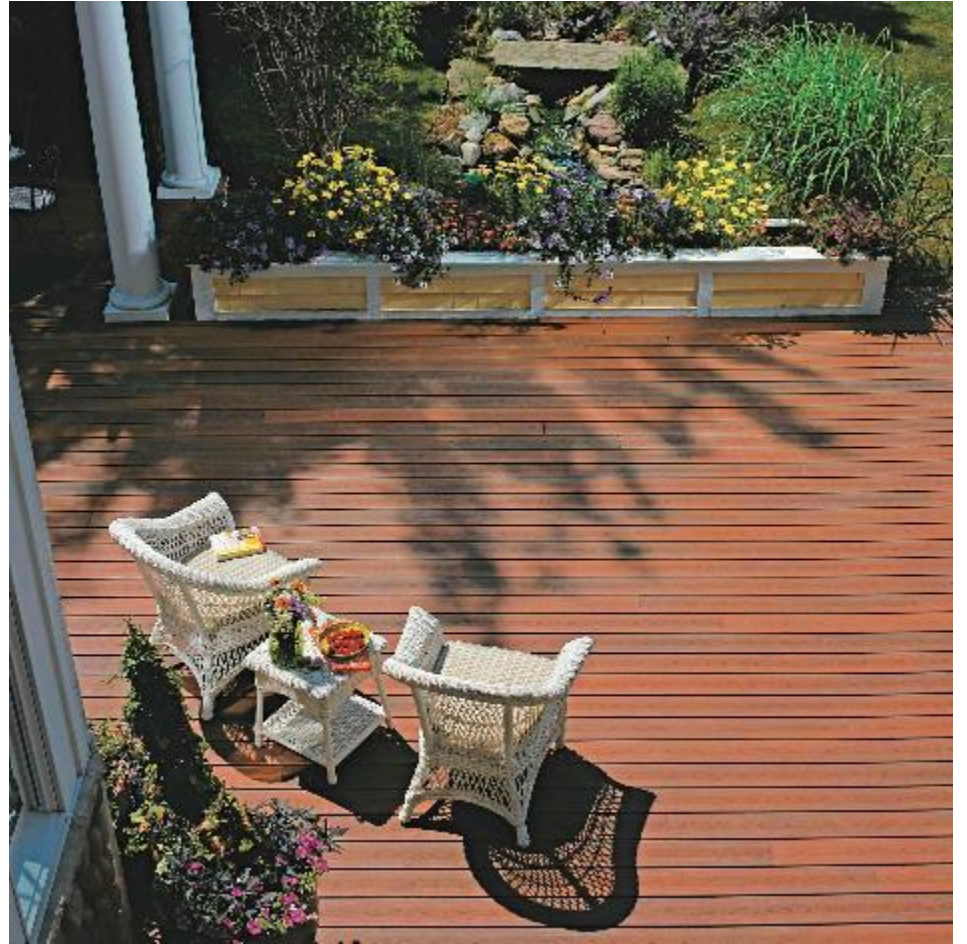






















## Naturalized grass areas





Kingbirds benefit by naturalized rough on golf courses















*Bat boxes mounted about 15 feet high in a tree will help attract bats to your garden.*



With the recent collapse of honey bee colonies everything we plant to support pollinators is essential not just for flowers but for food cops.















*Native bees and other pollinators are extremely important for fruit production.*









The eastern box turtle eats slugs and other harmful garden pests.

"Both snakes and turtles are shy animals that prefer secluded, quiet areas of the garden."



A garter snake patrols the garden in search of food.





are found in groups. If you have a natural or artificial pond big enough to sustain these fascinating animals, painted turtles can be entertaining and beneficial visitors to the garden. Some helpful turtle tips are:

- Although not aquatic, box turtles need a water source, and they will often be found at the edges of streams and ponds.
- Box turtles will eat a wide variety of plants, fruits, and insects, and they prefer slugs.
- Painted turtles have a varied diet and are nature's cleaners. They eat fish, insects, snails, plants, algae, and dead animal matter.

### BIRDS OF A FEATHER

It is hard to imagine a garden without the sweet chatter of birds. A garden is not complete without the song and dance of birds as they glide across the landscape in search of food and shelter. Our feathered friends are not only



*The northern cardinal will forage for fruit and seed all year.*

### Garden-Friendly Bird Species

Name	Habitat	Beneficial Food Plants
AMERICAN ROBIN	LOWER HALF OF TREES, BUILDINGS, LIGHT FIXTURES	DOGWOOD, HOLLY, JUNIPER, SUMAC
BALTIMORE ORIOLE	SHADE TREES	BLACKBERRY, CHERRY, SERVICEBERRY
EASTERN BLUEBIRD	NEST IN TREE CAVITIES, NEST BOXES	SLDERBERRY, HOLLY, DOGWOOD, JUNIPER
CHICKADEES	NEST BOXES, NATURAL CAVITIES	SEEDS AND BERRIES
DOWNY WOODPECKER	NEST IN CAVITIES OF TREES	DOGWOOD, SERVICEBERRY, ACORNS, GRAINS
HOUSE WREN	NESTING BOXES, LOW SHRUBS, BUILDING CREVICES	DOES NOT EAT PLANTS; EATS MOSTLY INSECTS
HUMMINGBIRDS	NESTS IN SMALL TREES OR SHRUBS	NECTAR FROM PLANTS SUCH AS BUTTERFLY BUSH, HONEYSUCKLE, LAN-TANA, TRUMPET VINE, COLUMBINE
NORTHERN CARDINAL	NEST IN SMALL TREES AND SHRUBS	DOGWOOD, HOLLY, MULBERRY, SUMAC, GRASSES
NORTHERN MOCKINGBIRD	SMALL TREES AND SHRUBS	HOLLY, BLACKBERRY, DOGWOOD, SUMAC
PHOEBES	NESTING PLATFORM, EAVES OF BUILDINGS AND OTHER STRUCTURES	HACKBERRY, SERVICEBERRY, SUMAC
PURPLE MARTIN	TREE CAVITIES, NESTING BOXES, HOLLOW GOURDS	DOES NOT EAT PLANTS; EATS MOSTLY INSECTS
TITMICE	NATURAL CAVITIES, FENCES POSTS, PIPES, NESTING BOXES	VARIOUS SEEDS AND BERRIES, ACORNS, BEECHNUTS
YELLOW WARBLER	NEST IN SMALL TREES	VARIOUS BERRIES

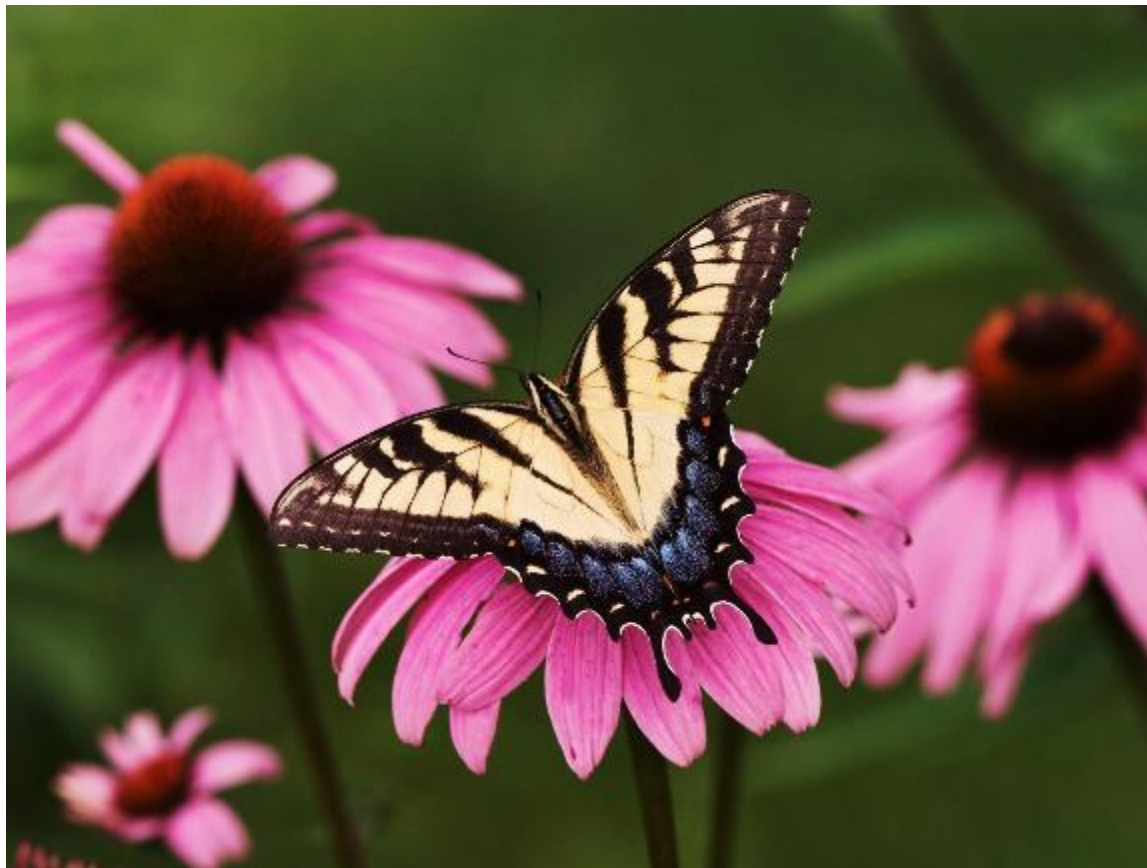




*There are a wide variety of bird feeders that will help supplement the diet of many bird species.*







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Ash	<i>Fraxinus</i>
Rose	<i>Rosa</i>
Filbert	<i>Corylus</i>
Walnut	<i>Juglans</i>
Beech	<i>Fagus</i>
Chestnut	<i>Castanea</i>







































































































## Top Five Reasons to Hire a Landscape Designer:

1. Your garden is just too large to design yourself, and you need professional help.
2. You are a plant novice, but you know the overall look that you are trying to achieve.
3. You do not have the time to design your garden, but you have the money to pay a professional to do so.
4. You're planning significant installation of infrastructure, such as walkways, arbors, or land clearing, which is outside your scope of ability.
5. You would like a professional landscape designer to give you fresh ideas that you might not otherwise have.

## Things to Consider for the First Six Months of Garden Development:

- Develop a garden plan on paper.
- Take a soil test and have a complete soil analysis on nutrients and soil pH.
- Develop a compost program and add to soil as an amendment.
- Based on the soil test, start to add lime, fertilizer, and other materials to boost soil fertility.
- Make sure soil is graded properly and address drainage issues.
- Make a checklist of specific plants or garden features you want to acquire.
- Lay out and mark garden features such as new trees, garden beds, berms, rain gardens, lawn, and so on.
- Start collecting and aging compost and mulch for use over the next six months to a year.
- Start to amend and turn over soil in areas designated for vegetables or cut flowers.
- Where you're developing grass meadows or native lawns, kill lawn areas or open spaces by laying down layers of newspapers and compost and plant with a cover crop such as winter rye grass.



## **SITE ASSESSMENT: THINK FROM THE GROUND UP!**

Before you can determine the right plants for your garden, you need to take a close look at what your garden has to offer. There are many environmental factors that go into the proper growth and cultivation of plants. These factors include soil type and pH, light exposure, wind exposure, surrounding vegetation, wildlife considerations, and so forth. Ask yourself these questions about your site:

- What type of soil do you have? Is it clay, loam, or sand?
- What is the soil pH? Is your soil compacted or in need of amendments?
- Is your garden in full sun, part sun and part shade, deep shade, or a combination?
- Do you live on an exposed site with frequent wind?
- Does your garden have smaller microclimates or areas that are slightly different in temperature than the rest of the garden?



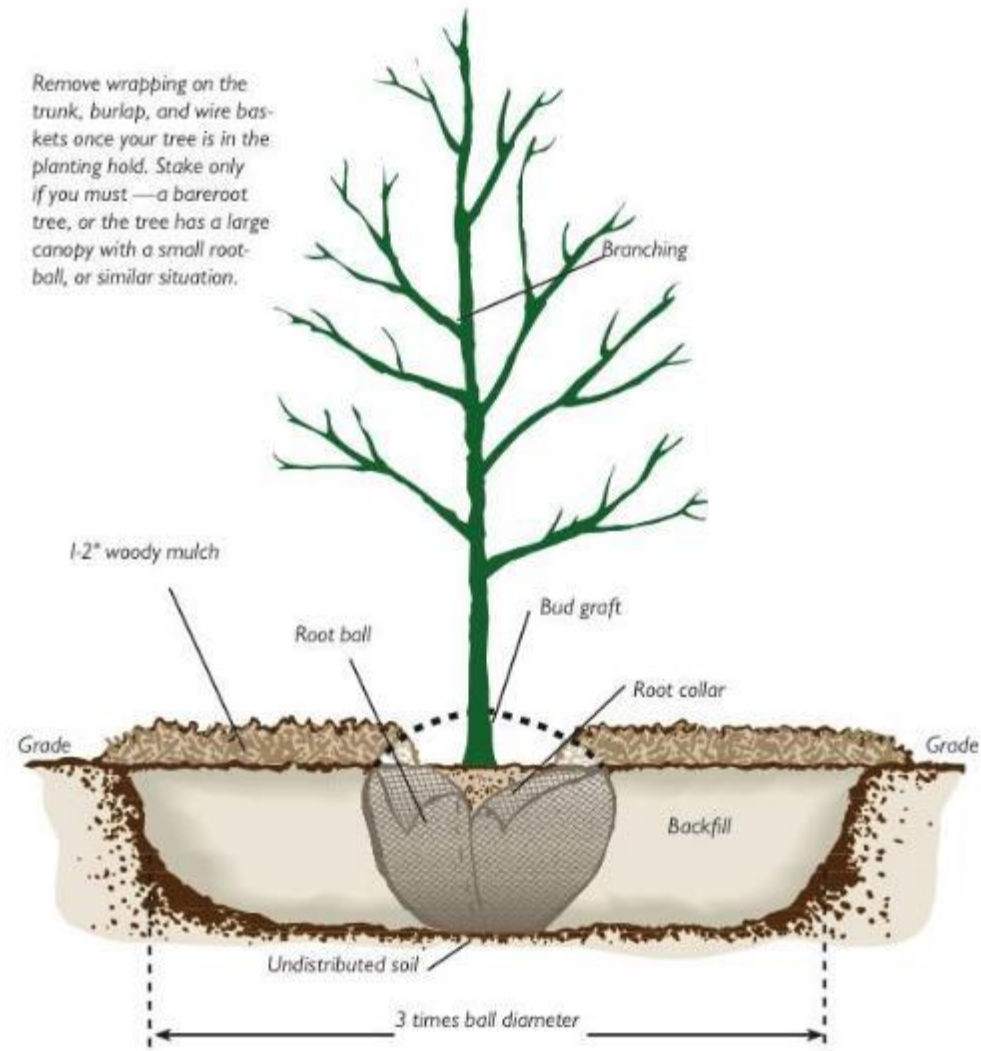
## Sample Garden Schedule

Activity	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sep.	Oct.	Nov.	Dec.
<b>PLANTING</b>												
SUMMER VEGETABLES					12 TOMATOES							
EVERGREENS				6 AZALEAS								
FALL BULBS										100 DAF-FODILS		
<b>FERTILIZATION</b>												
TREES			X	X	X				X	X	X	
HERBACEOUS PLANTS			X	X	X	X			X	X	X	
<b>PRUNING</b>												
SPRING-FLOWERING TREES AND SHRUBS (AFTER BLOOM)					X	X	X					
SUMMER-FLOWERING TREES AND SHRUBS		X	X	X								
CONIFERS (CANDLE PRUNING)												
BROADLEAF EVERGREENS			X	X	X	X	X					
MULCHING			X	X	X	X	X	X	X	X	X	
<b>PESTICIDE APPLICATIONS</b>												
PRE-EMERGENCE WEED KILLER			X	X								
POST-EMERGENCE WEED KILLER		X	X	X	X	X	X	X	X	X		
FUNGICIDE					X	X						
<b>LAWN MAINTENANCE</b>												
ESTABLISHMENT			X	X	X	X			X	X		
OVERSEEDING									X	X	X	
AERATING			X	X	X	X			X	X		
DETHATCHING		X	X		X	X						





Remove wrapping on the trunk, burlap, and wire baskets once your tree is in the planting hole. Stake only if you must—a bare root tree, or the tree has a large canopy with a small root ball, or similar situation.







*Properly spacing your shrubs so they have adequate room to grow is important.*

















































































































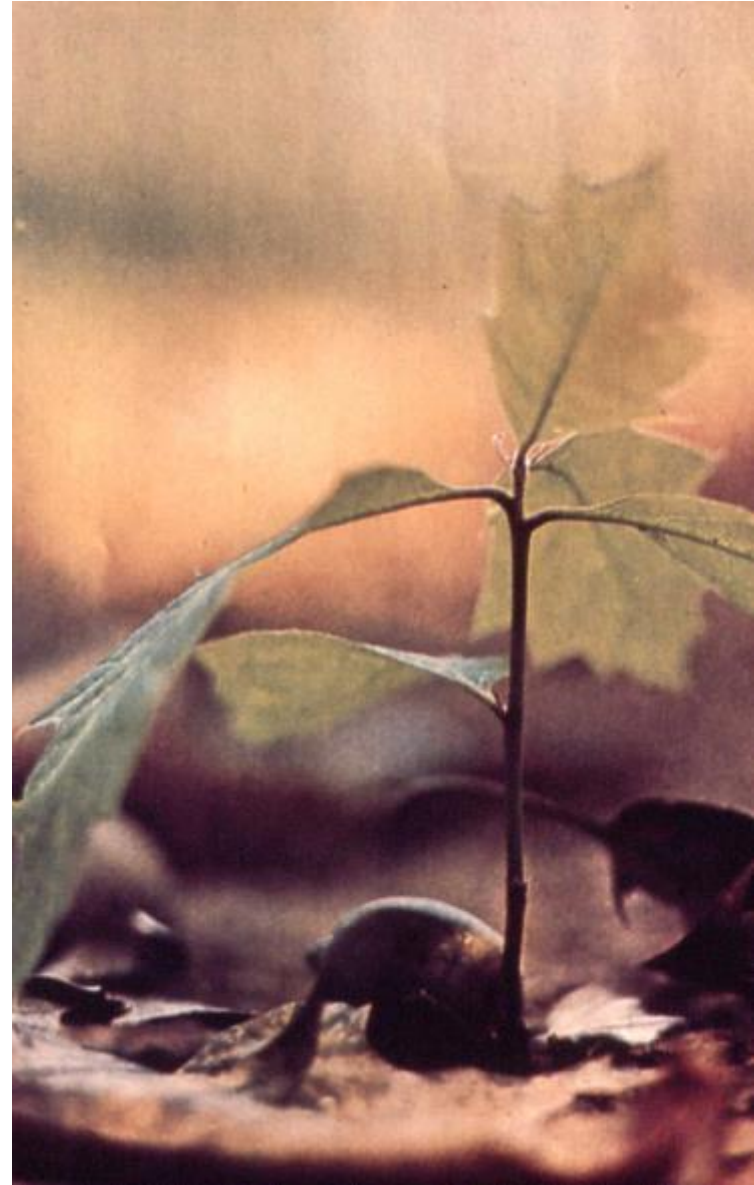












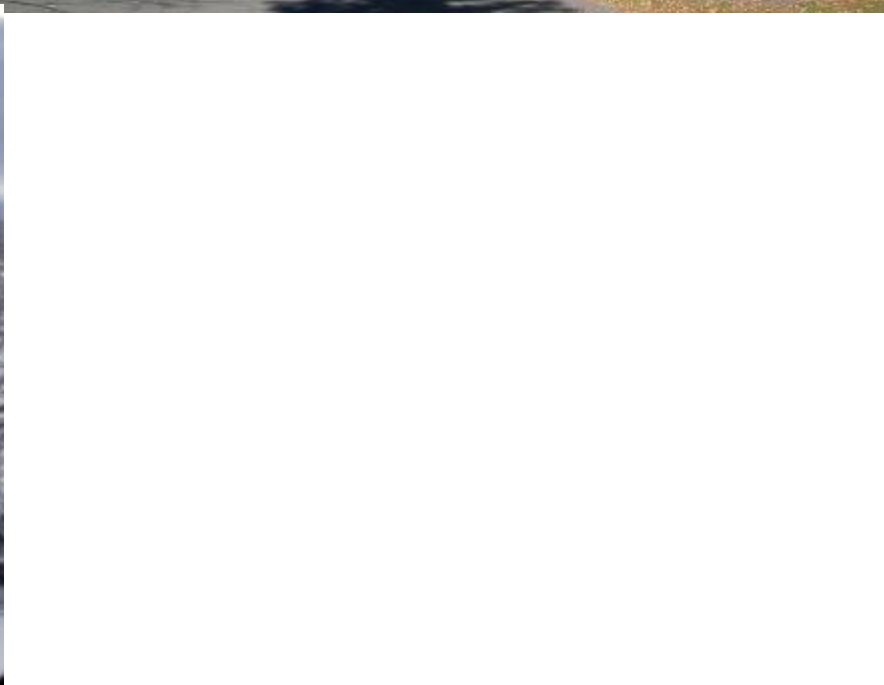




















**"It's not  
easy  
being  
green."**

**-Kermit the Frog**





## GROW MORE WITH LESS

**SPEND LESS** money, **USE LESS** water, **DO LESS** work,  
and still have a lawn and garden you love.

Horticultural expert and gardening consultant Vincent Simeone offers the home gardener detailed and practical ways to create a sustainable home landscape. *Grow More with Less* covers all the eco-friendly essentials in one straightforward handbook. Simeone makes the what, how, and why of sustainable gardening unmistakably clear:

- why we should plant for the long-term future
- how to choose the right plant for the right place
- how to manage invasive species
- how to make the most of your lawn (regardless of its size)
- why IPM (integrated pest management) is important in fighting insects and pests
- how to conserve water with proper irrigation, rain barrels, and cisterns
- how to feed your garden naturally through composting
- and more!

It's a small world and the only one we've got. You can do your part to be eco-friendly by starting in your own backyard. Go green in your garden with the help of this easy to use guide and save plenty of time and money in the process.

CATEGORY: Gardening

UPC



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# GROW MORE WITH LESS

**Sustainable Garden Methods**  
**LESS WATER • LESS WORK • LESS MONEY**



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