

A quick guide to growing fruits & vegetables

Follow these simple steps for growing edibles in harmony with nature.



Care for your soil

Use organic matter (eg. horse/cow manure) to put nutrients back in. Minimise digging and use tap root crops (parsnips) and plants such as comfrey to help aerate the soil.



Save water

Install a water butt to collect rainwater; water less to let your plants grow longer roots down; water at night or in the early morning to reduce evaporation; use a watering can to minimise water loss.



Plant herbs

Plant herbs around your patch as they often have strongly scented leaves which help repel and confuse pests. Grow them in pots to move around your patch.



Make your own compost

Self made compost is economical and good for the earth. Use your garden and vegetable waste to make your own compost.



Work with the weather

A changing climate means we need to adapt. Choose more tolerant plants to grow and sync up your sowing dates with the weather.



Don't be greedy

Give a little bit of your harvests back to nature. Pick your fruit, but leave some for the birds and mammals.

Grow alongside nature and see the benefits in action and every little change you make will make your plot that little bit wilder.





Mix it up

Avoid planting too many of the same plants in one area. Planting flowers and herbs amongst your fruit and vegetables will attract pollinators and beneficial insects for pest control.



Make a beetle bank

A great pest control solution is ground beetles! They are ferocious predators of slugs and other pests. Create beetle banks throughout your plot to provide the perfect habitat for them.



Mulch beds and keep soil covered

Use untreated wood chip, cardboard, or straw to cover soil or green manures like red clover. This helps retain nutrients and water in the soil, helping your plants grow in dry weather.



Create habitats

Create habitats like ponds, bog gardens, hedgerows, mini wildflower meadows, and hibernaculum to attract wildlife to your patch. Hosting a variety of wildlife is beneficial for pest control and pollination.



Try a different approach

If something's not working, don't be afraid to try something new. There're so many other plants you can try to grow. Explore different ways of gardening like forest gardens or permaculture.



Rotate your crops annually

Change location where you grow your vegetables to prevent pests and disease building up in the soil.



Companion Planting

Companion planting is all about growing plants which have mutual benefits in the same space. Companion planting is a great organic and natural option for pest control. Here're some common companions you can plant!



Nasturtium

A sacrificial plant which is loved by cabbage white butterflies and aphids. Let them feed on this plant instead of your prized vegetables.



Calendula

A good plant to grow anywhere, but particularly great around brassicas (cabbage family).



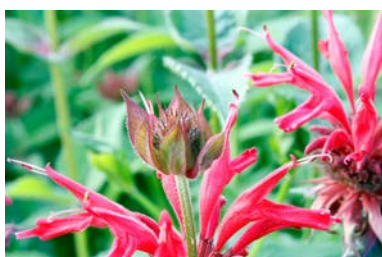
Borage

Its flowers are loved by bees which in return help pollinate your crops.



Lavender

The strong scented flowers attract bees, hoverflies and butterflies which will pollinate your crops. The strong scent deters aphids, so plant lavender near carrots and leeks.



Bee Balm (Monarda)

Bee Balm's scented flowers attract pollinators to your crops and deter pests.



Marigold

Marigold attracts hoverflies and parasitic wasps which help to control aphids.



Hyssop

Hyssop's scented flowers attract pollinators to your crops. Plant them near brassicas (cabbage family) as they also deter white cabbage butterflies.



Herbs

Mint, chives and basil are all useful plants to grow amongst your veg as their strong scented leaves deter aphids. Grow some in pots and move around your plot.



Fennel

Herb fennel's flowers attract hoverflies which feed on aphids.