Organic Gardening
growing cellular nutrients
for your health
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1 Introduction
So let’s get started... - Essential things for a healthy garden - A question of space - The right position - Sun, wind and shade - Berries love half shade - Patches - Careful Planning – sketches of patches

2 Living soil: Everything about fertile ground
First step: Counting earthworms - Smelling - Soaking - Feeling - How to recognize and understand your soil - Natural vegetation – learn about your soil by analyzing natural vegetation. - Humus and compost

3 All about composting
Finding the right place - What happens in the heap?

4 Sowing, Seedlings and Planting
Organic seeds - Don’t use hybrid seeds - Germinability - Seedling soil - Pots and sowing boxes - Light or dark sprouting - Watering - Selection of seedlings - Preparing the patch - Rows

5 Efficient gardening: How to plant what, and where
Good neighborhoods versus bad neighborhoods - Supportive plants and their uses

6 All about healthy plants, pests and diseases
Snails - Nettles - Sawdust - The right insects - Flowers - A hideout for animals - Pests - Diseases

7 All about bees
Pesticides killing bees - Understanding the bee - Food plants

8 Springtime – a new life cycle is starting...
Building a hotbed - Prepare your garden patches - Veggie-care - Herbs

9 Summer – Gardening from June to September
Maintenance - Preservation - Drying herbs in salt

10 Autumn and Winter
Veggie storage - vitamins in winter! - Your patches still need attention - Cold tolerant veggies