



## No Dig Gardening

### Kimbriki Eco House & Garden

This No Dig Garden idea was first developed in Australia by Esther Deans. She published a book about 'NO DIG' in 1977, which has sold in excess of 60,000 copies.

"Esther Deans Gardening Book – Growing without Digging" Pub. Harper and Row ISBN 06 312 0011.

### Making the no-dig garden

Starting from scratch you can make a no-dig garden bed in about 1.5 hours on the lawn, over an existing garden, or even directly on cement paths or hard rocky ground if you like. No-dig gardens are a great way to enrich a new piece of ground or a tired old existing garden. Create a garden edge with bricks, rocks, concrete blocks or timber (try and use secondhand materials if possible). You might even use an old 'dingy' as your garden container.

- One bale of lucerne hay and one bale of straw is enough for a garden bed 2m x 1.8m.
- Moisture is a KEY ingredient in this process from the beginning (remember the A.D.A.M. principles). We suggest you fill a couple of garbage bins with water for dunking the newspaper, hay & straw.
- Select a sunny spot (minimum 4-5 hours per day) and put down a covering of wet newspaper about 10-15 pages thick, overlapping at least the width of your hand.
- On top of the paper, place a 10-20cm deep layer of high protein lucerne hay or chick pea hay, make sure it is thoroughly wet. Sprinkle a light peppering of organic fertiliser - blood and bone and/or pelletised poultry or cow manure, over the lucerne hay layer.
- Now add a 20cm deep layer of straw (for aeration), also thoroughly wet. Sprinkle a light peppering of organic fertiliser - blood and bone and/or pelletised poultry or cow manure, over the straw layer.
- Now sprinkle a 'dusting' of Dolomite Lime over the entire surface of the garden (about a handful sprinkled per square meter).
- We also recommend a 'dusting' of Basalt Rock Dust over entire garden (to add beneficial minerals).
- Now make 'birds nest' hollows into the straw and put up to 5 litres of rich 'finished compost' into each 'birds nest' hollow. Now plant your seedlings or seeds, into the mounds of compost.
- Water the entire garden well, with soft nozzle watering cans or hose.
- Now mulch carefully over the compost and straw with a thin layer of lucerne 'chaff' mulch to prevent drying out.
- Water each day for first week, then as needed (every 2-4 days).

*See diagram overleaf*

## No-dig gardening instructions

6. Sprinkle on organic fertiliser

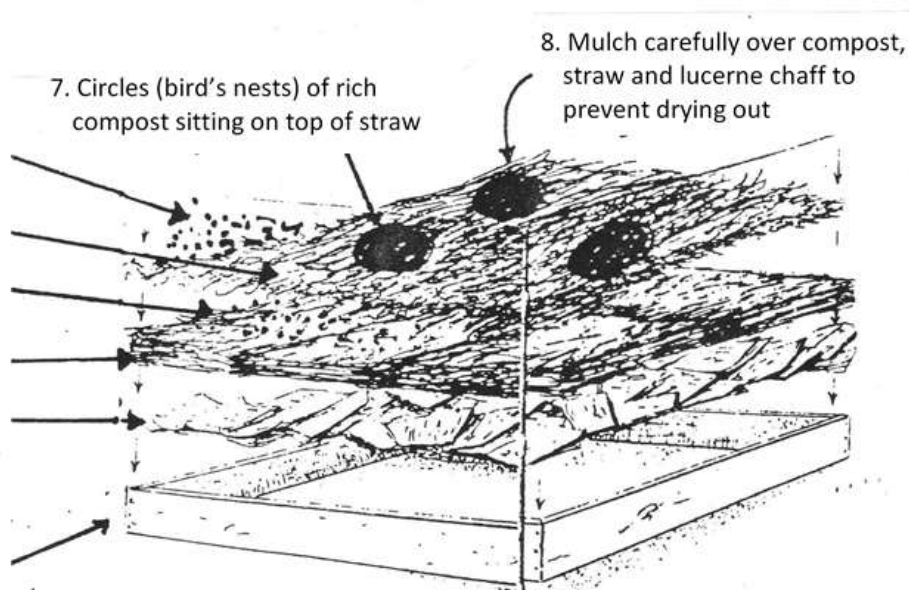
5. Cover with loose straw 20cm thick

4. Sprinkle on organic fertiliser

3. Lucerne or meadow hay  
5-10cm thick

2. Newspaper layer 10-15 pages thick

1. You may wish to build a brick or  
wooden edge to your garden. It is  
not essential



**NB Newspaper, straw and hay MUST be all be 'dunked' in water before adding to garden**

For more information  
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