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I am going to use the seed of an avocado to grow an avocado tree. As it will grow, I will try to trim the leaves and prune the branches to create a bonsai tree. I live in an apartment downtown, so I am surrounded by air contaminants. My avocado tree will improve my apartment air quality by removing certain toxins from the air. It will also brighten my mood as I will have to care for it on a regular basis.



1.Remove Seed 2.Peel Seed 3. Wrap in wet paper towel 4. Put in Ziploc bag for germination

I live next to a park that has a community garden. For \$40 a year I could rent one of the beds and start gardening as early as this spring. To decide what to plant in my garden I rely on what I usually buy from my local farmers market as the vegetable and fruit sold in the market are all grown in the region (South Central Indiana). The following list includes plants that are adapted to our climate and soil. I further verified it by looking at the [website of Purdue consumer horticulture](#) that provides services for home gardeners. This is a list of what I would plant:



- 1) Potatoes (Red Norland)
  - A staple of most kitchens, I personally prefer the red variety because it has a smooth skin.
  - In his food group, potatoes are the most environmentally sustainable option. They have the lowest levels of greenhouse emission when compared to both pasta and rice.
- 2) Basil (Napoletano)
  - I love thai cuisine and this herb is a preferred seasoning in a variety of their dishes.
  - Very easy to grow and does very well outdoor.
  - The water footprint of basil is rather low
- 3) Tomatoes (peacevine)
  - This plant loves heat and lately the summers have been very warm in Indiana.
  - Personally, I prefer the taste of the cherry tomatoes because of how sweet they are. The peacevine variety is perfect for my region.
  - I will make sure to rotate my tomato planting yearly to ensure healthy soil.
- 4) Beans (lima beans)
  - This plant also loves the heat.
  - As a new vegetarian, lima beans are a good source of proteins.
  - Also, to optimize the nutrient in my soil, prevent disease and pest it is recommended that I plant beans after planting tomatoes.
- 5) Carrot (Imperator)
  - This is a spring vegetable that enjoys milder weather.
  - They do well in raised beds as carrots need well-drained soil to grow.
  - They are good hosts for insect populations, which provide food for the birds.
  - They are rich in antioxidants, and they will keep my eyes healthy.
- 6) Sunflower (ruby moon)
  - I personally like the look of sunflowers as they always face the sun.
  - I also like the taste of the sunflower seeds so I could harvest them or just leave them for the birds.

To promote more regenerative farming, I will use the following practices in my garden:

- 1) I will compost to reduce my waste and put more biomatter in the soil to nourish it, benefitting microorganisms in the soil.
- 2) I will look at the weather forecast to plan when I should water my garden to conserve water and promote constant soil moisture.
- 3) I will incorporate native plants as they are known to absorb storm water, support soil quality and preserve biodiversity.

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fabmrvincent PGC Day 11: This is a sketch of my proposed urban garden with crop rotation to promote healthy soil. @turninggreenorg @kisstheground #PGC2021

9 SECONDS AGO



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