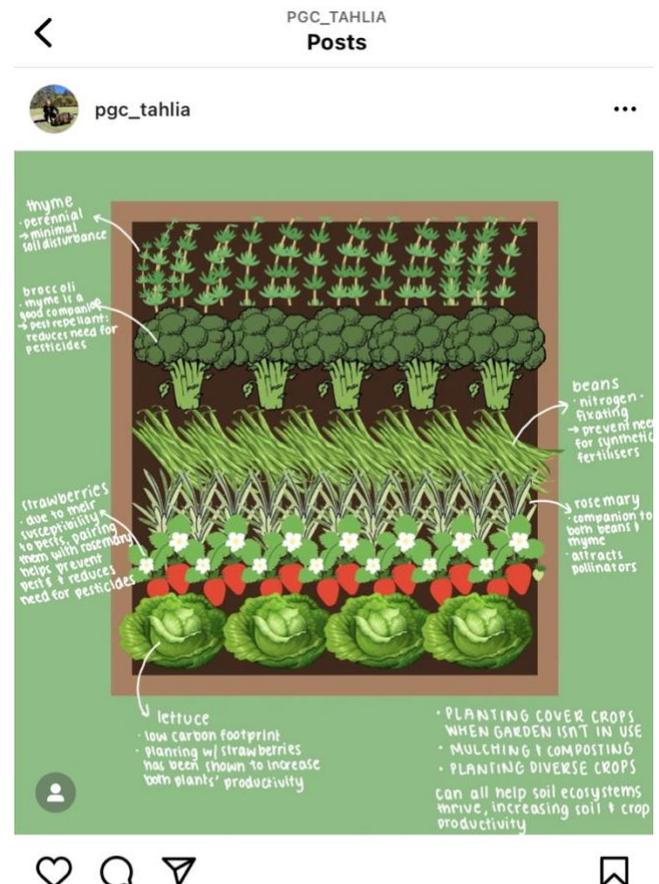


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Day 11 – Greenest

My garden:  
What will I plant?

- Thyme
  - Perennial plant – they have extensive root systems, reducing erosion and can store carbon deeper in the soil. Since they don't need to be planted every year, soil disturbance is minimised, allowing soil microorganisms to thrive (Green America, 2018).
  - Grows well in all climates and areas – since Australia has a very temperamental climate these should be able to grow outside regardless of conditions
  - Drought resistant
  - Attracts pollinators – increased sexual reproduction and productivity of the garden, decreased reliance on plant propagation and disturbance of soil ecosystem
- Broccoli
  - Thyme is a good companion plant to broccoli as it acts as a pest repellent, reducing the reliance on insecticides which negatively impact soil health, surrounding ecosystems and people.
  - Can be grown all year round in most areas of Australia
- Bush beans
  - Can be planted between September to January
  - Nitrogen fixating crops – these beans put nitrogen back into the soil, improving soil fertility and preventing the need for synthetic fertilisers in order to top up nitrogen stores in the soil (The Conversation, 2016)
- Rosemary
  - A good companion plant to both the beans and thyme
  - Attracts pollinators, and flowers in late winter/early spring, when not many other plants provide pollen, less competition



pgc\_tahlia I've been so surprised to learn what conscious planning goes into creating a productive and regenerative garden/farm! By planning to optimise our soil health through using appropriate regenerative techniques such as cover cropping, mulching and composting, we are able to preserve all the incredible benefits that soil provides to us and our agricultural productivity!  
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- Perennial plant – they help to stabilise soils and support soil microorganisms
- Are a hardy plant – drought resistant and can handle both hot and cold temperatures which works well for Australia’s temperamental climate
- Repels pests that prevents the need for herbicides that can run off into aquatic waterways, negatively impacting marine species.
- Strawberries
  - Good companion plant to both the thyme and rosemary due to their insect repelling properties and the susceptibility of strawberries to pests – minimises the need for pesticide usage that can harm the productivity and fertility of the soil and the climate
- Lettuce
  - Planting lettuce with strawberries has been shown to enhance both plants’ productivity
  - Use of leafy plants may hide berries from the direct view of birds and other wildlife
  - Lettuce has a low carbon footprint and is relatively fast growing

Agricultural and climate friendly practices to take into account:

- Mulching/composting: adding this organic matter will help to conserve the water and nutrient holding capacity of the soil, increase the microbiological activity in the soil, and may also help to keep weeds under control (Bezona, 2021)
- Cover crops: once all food has been harvested prior to the winter, planting cover crops such as clover or peas that help sequester carbon, reduces erosion, improves and maintains water holding capacity and keeps the soil biome covered in order to maintain its fertility
- Companion planting/polyculture: the symbiosis between many plants that I chose for my garden allows increased productivity of the plants, often through attracting pollinator, and reduced need for pesticide use. The increased diversity also allows for the accumulation of organic matter, preventing the depletion of a single nutrient by one crop. Rather, when planting a polyculture, a nutrient that has been depleted by one crop is topped up by another crop, thus maintaining the soil nutrient cycle

<https://greenamerica.org/blog/methods-regenerative-agriculture-1#:~:text=Perennials%20have%20extensive%20root%20systems,grow%20back%20the%20following%20season.>

<https://theconversation.com/green-beans-why-pulses-are-the-eco-friendly-option-for-feeding-and-saving-the-world-64014>

<https://regenerationinternational.org/2021/09/13/composting-and-mulching-to-build-healthy-soils/>

<https://greenpedal.org/blog/6-reasons-to-introduce-diversity-in-sustainable-agriculture>