

Name: WaterBuffalos
Username:WaterBuffaloes23
School: Poolesville High School

Plan:

- What will you plant? Include at least 6 varieties.
 - **Goldenrod, milkweed, black-eyed susan, crimson clover, tomatoes, cucumbers**

- Share the attributes of each plant. Tell us why you are planting each and how they will contribute to healthier soils, climate and people.
 - **Goldenrod:** Native to my area, attracts 118 species of butterflies and moths as they are important caterpillar host plants. They are a vital late-season food source for pollinators, such as bees, as they bloom in the crucial time of year in which bees must collect enough nectar to support the colony through winter. Goldenrods also have very fibrous root systems: penetrating deeply into the soil, binding it together, and reducing the risk of erosion during heavy rainfall or winds.
 - **Milkweed:** Native plant that attracts 12 species of butterflies and moths, including the Monarch butterfly. In fact, Monarch caterpillars exclusively feed on milkweed leaves. Planting milkweeds provides critical habitat for monarchs during their life cycle, supporting their populations, and aiding in their conservation. Milkweeds also support pollinator diversity as their flowers are rich in nectar, providing essential food sources for bees, butterflies, moths, and other insects.
 - **Black-eyed Susan:** The state flower of Maryland, the Black-eyed Susan, is incredibly adaptable. They are drought-tolerant once established, making them a sustainable landscaping option. In addition, they are visually appealing with their bright yellow to orange flowers and dark centers. I imagine the Black-eyed Susans in my garden will make for excellent bouquets.
 - **Crimson Clover:** Crimson clover is a nitrogen-fixing legume, enhancing soil fertility by providing a natural source of nitrogen for other plants and reducing the need for synthetic fertilizers. Additionally, crimson clover can also be used as a cover crop. When planted in between main crops, it helps improve soil structure and organic matter content, promoting soil health and reducing soil erosion.
 - **Tomatoes:** Tomatoes are rich in essential vitamins and nutrients, including vitamin C, potassium, folate, vitamin K, and antioxidants. They are also a versatile ingredient, and can be used for recipes like my favorite egg and tomato stir fry.

Name: WaterBuffalos

Username:WaterBuffaloes23

School: Poolesville High School

Home grown tomatoes also taste better to me, as they are almost always fresher and juicier than store bought options.

- **Cucumbers:** Cucumbers share similar nutritional and taste benefits. In general, growing vegetables at home reduces dependency on store-bought produce and can potentially save on grocery costs.

- What agricultural and climate-friendly practices will you take into account? Share at least 3 and their impact.
 - **Cover Cropping:** Cover crops, like legumes and grasses, protect and enrich the soil, preventing erosion and nutrient runoff. Thus, this regenerative farming practice fosters healthier ecosystems, improved water retention, reduced chemical inputs, and ultimately contributes to sustainable agriculture for a more resilient and fruitful future. Crimson clover will be the primary cover crop planted during the fall and winter. This will allow for the main edible crops, tomatoes and cucumbers, to thrive during their seasons.
 - **Composting:** After cover crops are removed during their off seasons, the plant waste can then be composted along with other compostable materials. The end-result of composting can then be used for the garden, providing an organic fertilizer. This nutrient-rich compost boosts soil structure, water absorption, and microbial activity, all crucial for healthy plants. Plus, by composting, we're diverting waste from landfills and reducing harmful emissions
 - **Reducing Chemical-Use:** Planting goldenrods and milkweeds attracts natural predators of pests, such as ladybugs and predatory wasps, reducing the need for chemical pesticides. The aforementioned compost also reduces the need for chemical fertilizer. Pesticides can harm soil microbiota and further disrupt the delicate balance of ecosystems by running off into our waterways. This shift towards natural alternatives supports biodiversity, encourages pest-predator relationships, and safeguards pollinators

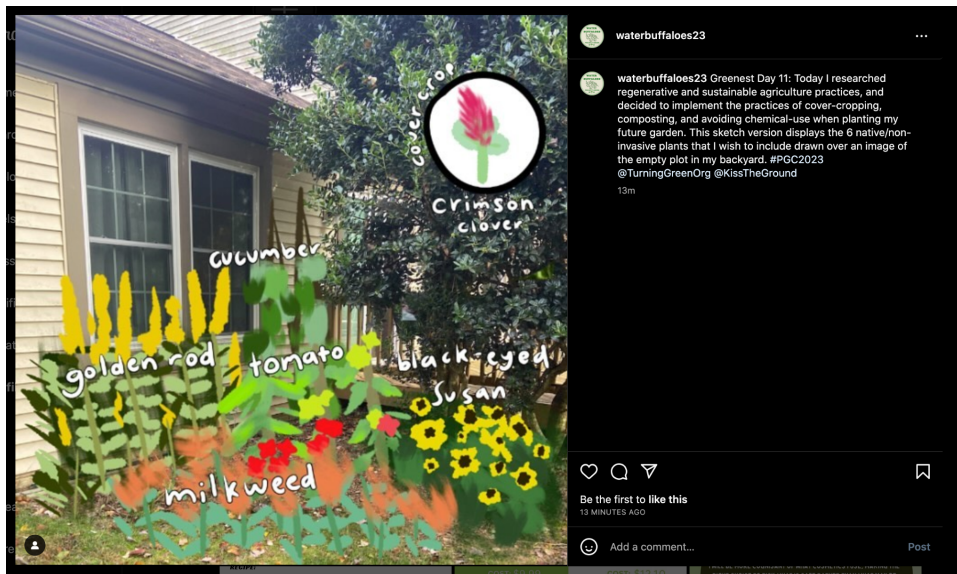
- Draw a sketch of your proposed garden and post on Instagram with a caption from your planning and thinking. Be sure to tag @TurningGreenOrg, @KissTheGround, any resources used or organizations referenced, and #PGC2023.

Sketch:

Name: WaterBuffalos
Username: WaterBuffaloes23
School: Poolesville High School



Post:



Caption:

Greenest Day 11: Today I researched regenerative and sustainable agriculture practices, and decided to implement the practices of cover-cropping, composting, and avoiding chemical-use

Name: WaterBuffalos

Username:WaterBuffaloes23

School: Poolesville High School

when planting my future garden. This sketch version displays the 6 native/non-invasive plants that I wish to include drawn over an image of the empty plot in my backyard. #PGC2023

@TurningGreenOrg @KissTheGround

Link:

https://www.instagram.com/p/CyTGFePLO7k/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZ
[A==](#)