



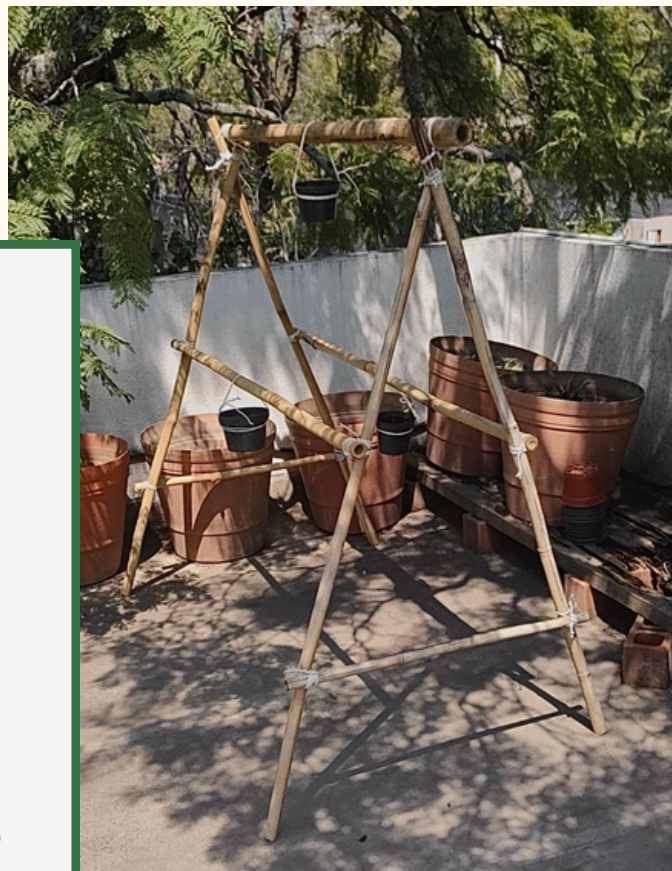
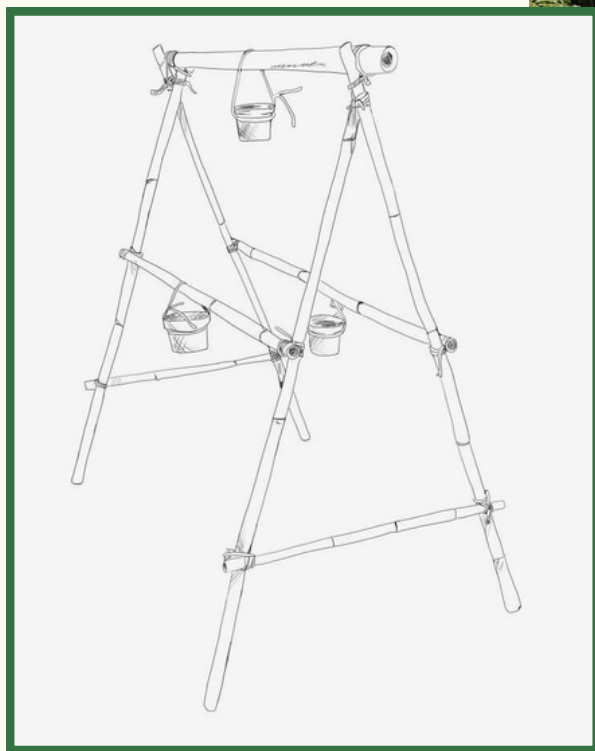
Garden project

@50shadesofgreen_mx

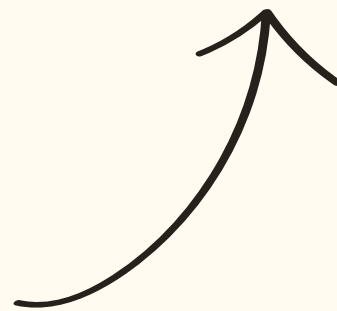


Space efficient garden plan:

DIY plant rack



How I saved space in my urban garden using dry bamboo



Attributes and benefits of:

6 Plant varieties



GREEN PEAS:

- **Nutrient-Rich:** vitamins A, C, and K + minerals iron and potassium.
- **Nitrogen Fixing:** have nitrogen-fixing bacteria in their roots, enriching the soil with nitrogen.
- **Climbing Plants:** some varieties requires support like plant racks
- **Cool-Season Crop:** thrive in cooler temperatures, suitable for high altitudes (mexico city)

CHERRY TOMATOES:

- **High in Antioxidants:** various health benefits.
- **Indeterminate Growth:** they continue to grow and produce fruits for a long time
- **Yield large amounts:** constantly available

ARUGULA:

- **Fast-Growing:** quick-growing leafy green
- **Rich in Nutrients:** vitamins A, C, and K + folate, calcium, and magnesium.
- **Fresh:** can clip what you need (no need to refrigerate)

BASIL:

- **Versatile:** Basil is a key ingredient in various cuisines.
- **Medicinal Uses:** has medicinal properties and health benefits.
- **Fresh:** can clip what you need and keeps living

CARROTS:

- **Rich in Beta-Carotene:** form of vitamin A important for eye health.
- **Deep-Rooted:** Carrots have long deep roots making them drought-resistant to some extent.
- **Hardy:** can handle harsh weather
- **Edible at any size:** pull it when i need it

RADISH:

- **Quick Maturation:** fast-growing vegetables
- **Variety of Types:** e.g different colors, size and flavors.



Contribution to:

Healthier soils, climate and people

1. HEALTHIER SOILS:

- **Crop Rotation:** Growing diverse crops supports soil fertility by balancing nutrient needs.
- **Nitrogen Fixation:** Peas enrich soil with nitrogen naturally, reducing the need for harmful synthetic fertilizers.
- **Organic Matter:** Plant residues, like carrot tops, add nutrients as they decompose, enhancing soil structure and fertility.

2. HEALTHIER CLIMATE:

- **Carbon Sequestration:** Plants absorb carbon dioxide, diminish climate change by storing carbon in biomass and soil.
- **Reduced Carbon Footprint:** Local cultivation decreases transportation energy, lowering greenhouse gas emissions.

3. HEALTHIER PEOPLE:

- **Nutrient-Rich Diet:** crops provide essential vitamins and minerals
- **Healthy Eating Habits:** Fresh produce encourages balanced diets, promoting healthier eating habits in communities.
- **Support for Local Agriculture:** Buying local produce sustains farmers, grows the economy, and fosters sustainable practices, building a healthier community.



Agricultural and climate-friendly doings + their impact.

Green practices

NO-TILL FARMING:

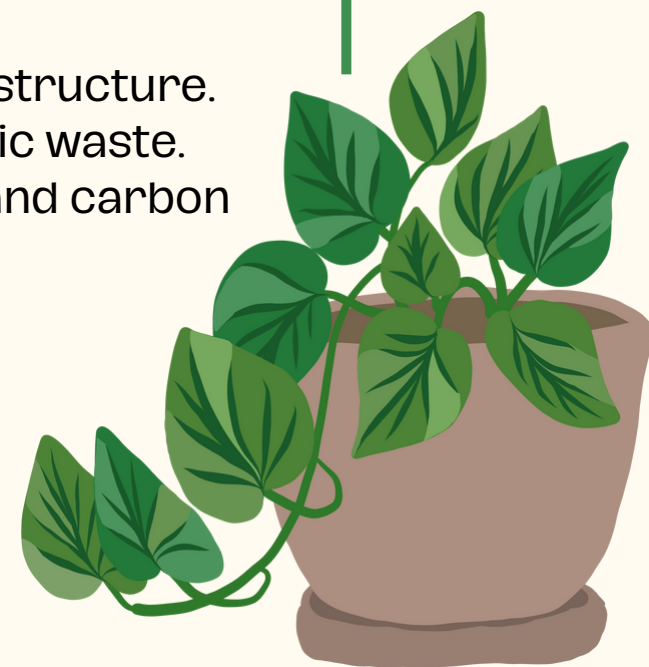
- Preserves soil structure, promoting natural health and fertility.
- Boosts carbon sequestration, fostering healthier, fertile soil, mitigating climate change.
- Prevents erosion, preserving habitats and maintaining water quality.

BIODIVERSITY ENHANCEMENT:

- Attracts diverse insects, reducing the need for chemical pesticides.
- Enhances resilience against pests, ensuring stable, sustainable agriculture.
- Varies nutrient uptake, yielding healthier, more productive soil.

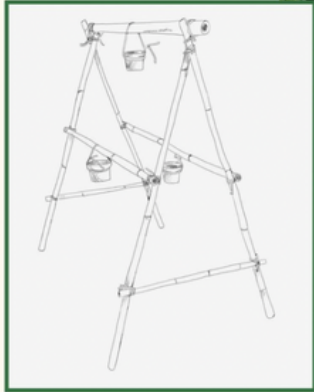
COMPOSTING AND WASTE RECYCLING:

- Produces nutrient-rich compost, enhancing soil fertility and structure.
- Reduces methane emissions, stemming from diverted organic waste.
- Enhances water retention, reducing synthetic fertilizer use and carbon footprint.



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DIY plant rack



How I saved space in my urban garden using dry bamboo



50shadesofgreen_mx

50shadesofgreen_mx Day 11: SOIL (greenest challenge)

Transforming my urban garden with dry bamboo on my rooftop and eco friendly practices. such as crop rotation for healthier soils, carbon sequestration, no-till farming, biodiversity enhancement, and composting. Start your own garden too, make sure to follow regenerative agriculture requirements and be creative!

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@TurningGreenOrg, @KissTheGround, #PGC2023.

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