DAY-15

NAME: NICHETHA.D
CHALLENGE: GREENER
SCHOOL NAME: National Public school, Agara
INSTAGRAM ACCOUNT: **go.greenergy_365**

Regenerative Garden Plan

Chosen Space:
My terrace which is very well ventilated and bust spot in my home to plan my regenerative garden plant.

Plant Selection (6 plants)

🌿 Plant Selection (All Edible, Pot-Friendly, and Unique)

1. **Winged Bean** ➤ *Why:* Grows vertically in a pot with a small trellis or balcony railing support.
   ➤ *Benefit:* Fixes nitrogen in the potting soil, improving fertility. Every part (leaves, pods, flowers, roots) is edible!

2. **Chaya (tree Spinach)**
   ➤ *Why:* Excellent for large pots; thrives in heat and regenerates from cuttings.
   ➤ *Benefit:* Long-term leafy green source that reduces replanting waste. Adds organic matter to soil as leaves fall. *(Boil before eating!)*

3. **Ginger**
   ➤ *Why:* Perfect for deep pots; underground rhizomes improve soil aeration and microbial life.
   ➤ *Benefit:* Adds flavor to food, supports immunity, and boosts soil structure naturally.

4. **Water Spinach**
   ➤ *Why:* Ideal for shallow pots or containers that retain some moisture.
   ➤ *Benefit:* Grows fast and acts as a “living mulch,” protecting the soil from drying out.

5. **Amaranth**
   ➤ *Why:* Thrives in containers, even poor soil.
   ➤ *Benefit:* Edible leaves + grains; great biodiversity plant that attracts bees and butterflies.

6. **Mint**

   ➤ *Why:* Best kept in its own pot (it spreads fast).
   ➤ *Benefit:* Repels pests naturally, feeds pollinators, and can be harvested year-round.

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Why These Plants

This mix is **balanced for pots** and **regenerative in nature**:

- **Vertical plants** (Winged Bean, Amaranth) save space.
- **Deep-rooted species** (Ginger, Chaya) improve soil aeration.
- **Ground covers** (Mint, Kang Kong) reduce moisture loss.
- **Nitrogen fixers** (Winged Bean) enrich the soil for others.

Together, your pots will act like **tiny ecosystems** — alive, self-supporting, and sustainable.

Sustainable Methods to Maintain a Regenerative Garden

Building and maintaining a regenerative garden means working *with* nature instead of against it. By using sustainable methods, we can grow healthy food while protecting the soil, saving water, and reducing waste. In my potted edible garden, I follow four key practices: **making my own compost, using greywater, mulching the pots, and avoiding chemicals.**

First, **making and using my own compost** turns everyday kitchen waste into valuable “black gold.” Vegetable peels, fruit scraps, and dried leaves decompose into nutrient-rich humus that feeds the soil naturally. This reduces the need for synthetic fertilizers, keeps waste out of landfills, and supports the microorganisms that make soil come alive.

Second, I **reuse greywater** — clean leftover water from washing fruits and vegetables — for watering my plants. This small habit conserves fresh water and ensures that not a drop goes to waste, making my garden more climate-resilient.

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Third, I keep the top of my pots covered with **mulch**, made from dried leaves or coconut husk. Mulching locks in soil moisture, prevents erosion, and slowly releases nutrients as it breaks down. It also creates a cooler, more stable environment for the plant roots.

Finally, I **avoid chemical fertilizers and pesticides**, choosing natural alternatives like neem oil spray and compost tea. This keeps my plants, pollinators, and soil microbes safe and thriving

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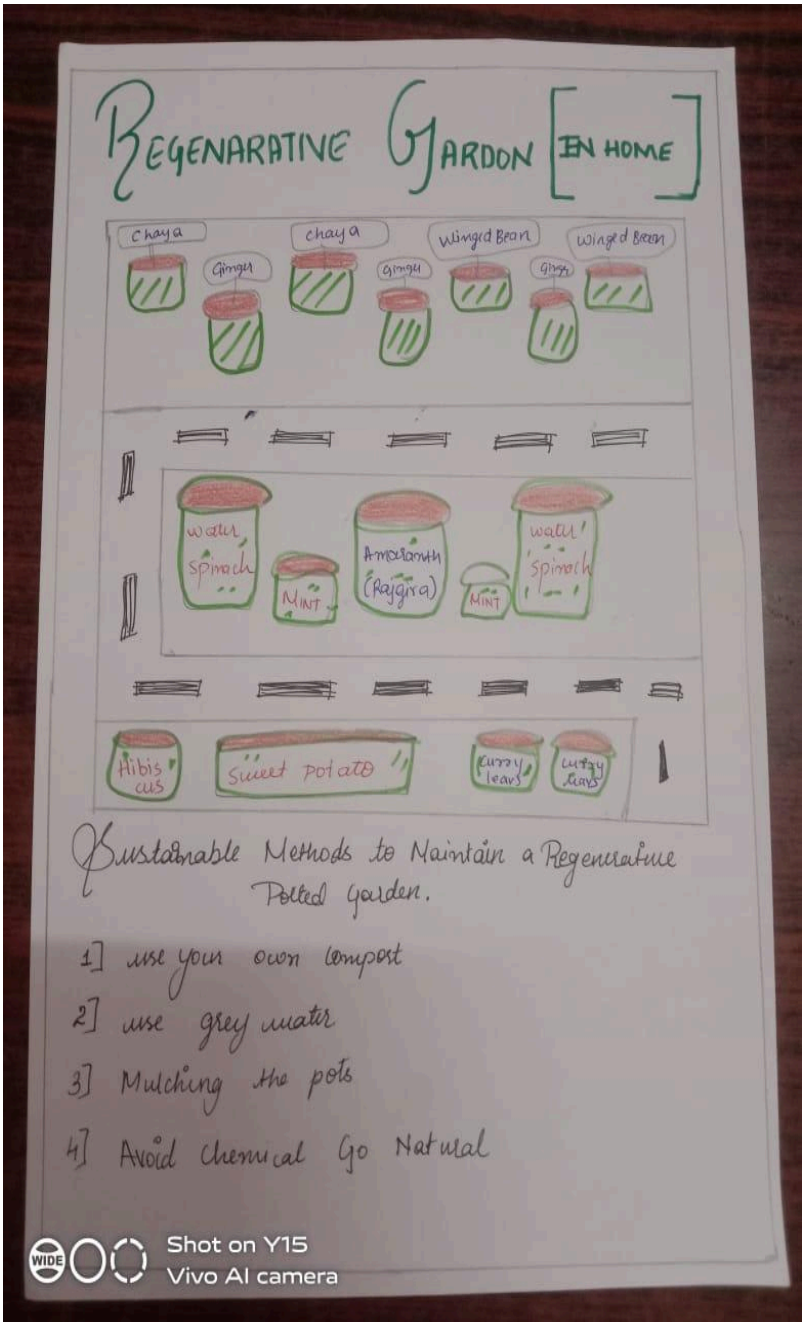
Together, these simple yet powerful methods create a small circular system where nothing is wasted, and every element supports life. My garden becomes not just a source of food, but a living example of how sustainability starts right at home.

MY PLAN (Sketch)



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Garden Layout

The garden is arranged in **three rows of pots**, each chosen for balance between tall, medium, and ground-cover plants:

- **Back Row:**
  Chaya (Tree Spinach), Ginger, and Winged Bean are planted in large pots.
  ➤ These plants have deep or climbing roots that strengthen the soil and add nutrients.

- **Middle Row:**
  Water Spinach, Mint, and Amaranth (Rajgira) grow here.
  ➤ These leafy greens grow quickly, provide ground cover, and attract pollinators.

- **Front Row:**
  Hibiscus, Sweet Potato, and Curry Leaves are planted.
  ➤ They add diversity, with edible leaves and flowers that enrich the garden's ecosystem.

Together, these plants form a small ecosystem where each contributes to soil and plant health — from nitrogen-fixing beans to leafy greens that shade the soil.

Instagram post (link)

https://www.instagram.com/p/DP3umxbiDEB/?utm_source=ig_web_copy_link&igsh=MTQyNXd4bm1zdjd3dg==

THANK YOU