

# What is organic permaculture?

Permaculture is the method of creating a garden that relies on its own organic processes to survive. This means that man made chemicals and pesticides are not used as they do not belong in the natural cycle within a garden. Organic permaculture simply leaves nature to do its own work, understanding that it has a way to balance out any problems that may occur.

For example: a commercially grown garden may rely on many chemicals to get rid of any insects that may threaten their crops. In doing this it also harms other organisms that prove useful in the development of these gardens as well as placing chemicals over these foods. If there is a pest that is eating your garden there is a good chance that there is another animal nearby that will eventually eat that pest. People over the years have invented new ways of growing their food, introducing many man made products to assist with this process. Permaculture is becoming a very popular method that simply copies the processes that the earth has used for millions of years. As the food from a garden that uses permaculture is totally organic, you will find that it is often the healthiest for you. Chemicals can often take out a lot of the minerals that we need to stay healthy. So basically, using organic permaculture to grow your food is cheaper, safer and healthier.

## No Dig Garden

People all over the world are discovering the concept of the 'no dig garden.' Basically this means a garden that is above the ground, removing the need to dig into the earth, which can be really hard work. There are many ways to create a garden like this. Here is an example of one.....

1. Create a structure. Bricks, sleepers or logs can be used as a way to hold everything inside.
2. If building on top of grass, lay down layers of newspaper to stop the grass or any weeds from growing up to the surface.
3. Cover the area with straw, about 10cms thick.
4. Add in some organic fertilizer. Chicken manure is great because it has high levels of nitrogen, which your plants need to grow well.
5. Add more straw with a mixture of compost and organic soil.
6. Plant your seedlings.

This style of garden focuses a lot on creating a rich soil that holds nutrients as well as retaining water needed for the proper growth of plant. This is great for areas that need to save water.

