



INTRODUCTION TO HOME GROWING



Earth-Friendly Gardening



My garden:



What does "organic" mean?





Organic means:

- Less intensive
- No GMOs
- Seasonal
- Free from synthetic fertilizers, pesticides and herbicides



ORGANIC IS BETTER FOR BIODIVERSITY

Organic farming systems are known to increase biodiversity.





Better for the
Environment!



Better for us!





SEASONALITY

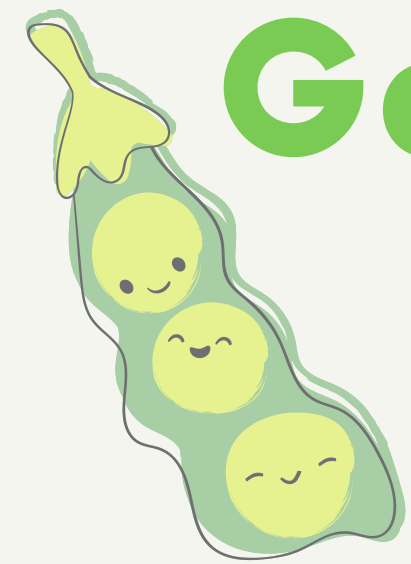


In season in
April!



○ Pollinator-Friendly Gardening!





Gardening Time!

Peas!



My peas so far:



Speaker notes:

Slide 4:

Organic foods may use natural fertilisers, like chicken manure pellets or seaweed powder, or even pesticides derived from natural sources and other natural repellents. E.g. garlic, basil, thyme.

Slide 5:

- Growing vegetables organically is a great way to protect biodiversity at home. Instead of spraying chemicals you can pull weeds by hand or dig them out.
- Down to lack of synthetic chemicals which kill off many insects and plants that naturally live and grow in the the area, particularly soil organisms.

Slide 6:

- As a result, the soil is usually healthier too, as the soil is not being depleted of its nutrients, which in turn means the plants are healthier and more nutritious!
- And they are often fresher, because they don't contain preservatives to make them last longer.

Speaker notes:

Slide 7:

- Growing your own fruit and veg means that you can eat seasonally - One of the most Earth-friendly ways of eating!
- Plants are grown at a time that suits the plant, so they are less likely to require lots of fertilisers, herbicides and pesticides.
- Also, by eating what's in season you can lower your carbon footprint.
 - More likely to be grown outdoors naturally and so they require less energy.
 - By eating what can be grown locally rather than imported from other countries with warmer climates year-round.

Slide 9:

- Pollinator services are valued at €53 million per year in Ireland.
- Some fruit, vegetables and herbs we can grow at home are really good for pollinators, so here are a few examples:
 - Apple trees, green beans.
- Courgettes and other squashes produce these lovely big yellow flowers and loads of them, so they are great for pollinators.
- You get better strawberries when the flowers are pollinated by insects! When they are self-pollinated or wind pollinated, the strawberries can be small & misshapen. Insects like bees are so efficient at getting the pollen to the right part of the flower when they are looking for nectar, that pollinators actually improve the yield and quality of strawberries! Plus the bees get a nice feed of nectar and some pollen!
- Herbs: thyme and rosemary, and if you grow lavender and chamomile you can make herbal tea while helping our pollinators! Plus they look nice!