

MULCHING

While garden compost's main function is to recharge the ecosystem of your soil with an infusion of fresh bacteria and fungi, mulching in spring with any organic layer serves three simultaneous purposes, which is to act as a soil conditioner, weed suppressant and moisture retainer.

Why mulch is important:

- Mulch controls weeds by denying them light. The reason why most weeds do not grow is that mulch that is sufficiently thick or dense will block all light to the soil thereby stopping any annual weeds from germinating or photosynthesizing. Any perennial weeds that do manage to push through are also weaker and much easier to eliminate.
- Mulch also becomes incorporated into the soil beneath it and improves soil structure and the ability to retain moisture and nutrients, so plants become healthier. Very light soil is given more body and very heavy soil is opened out. Mulch must be at least 2" thick to smother weeds and as always never smother the crowns of plants
- Mulch keeps the soil cooler in the summer and warmer in the winter, thus maintaining a more even soil temperature.
- Mulch prevents soil splashing, which not only stops erosion but keeps soil-borne diseases from splashing up onto the plants.
- Mulch prevents crusting of the soil surface, thus improving the absorption and movement of water into the soil.
- Mulch prevents the trunks of trees and shrubs from damage by lawn equipment.
- Mulch can add to the beauty of the landscape by providing a cover of uniform color and interesting texture to the surface.

GARDENING AND BeWELL

Gardening strengthens your immune system.

While you're outdoors basking in the sun, you'll also soak up plenty of vitamin D, which helps the body absorb calcium. In turn, calcium helps keep your bones strong and your immune system healthy. Don't forget to put on sun screen.

