

# Sustainable Gardening: Cultivate a Greener Future

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Imagine a world where a small ecosystem exists in every backyard, promoting a healthier and more environmentally friendly planet for future generations. Sustainable gardening is more than just growing food, it is the aim is to create a thriving ecosystem that serves both the local biodiversity and the human population.

## My Journey towards Sustainable Gardening

It began 2 years ago in my home country of India, and I continued it in Canada starting just 3 weeks ago in my uncle's backyard. It has been a journey full of growth, learning, and above all, the satisfaction that comes from helping to make the world thrive. The icing on the cake is the fresh, chemical-free vegetables!

## How to create a Sustainable Garden

Are you wondering how to grow a sustainable garden on your own? Here are some techniques that I thought were helpful:

- **Composting:** Use kitchen waste like fruit and vegetable waste, eggshells, and garden waste like leaves and branches. The thick layer of organic compost on the soil's surface will be burrowed by worms and other organisms, improving the soil's structure, and providing nutrients to plant roots; all of which enhance the soil's overall health. *(Roebuck, 2023)*
- **Encouraging Biodiversity:** Plant native species that can adapt well to the local climate and require less water and maintenance. This will help promote biodiversity in the garden. *(Gardener, 2024), (Native Gardening, n.d.)*
- **Avoid harmful chemicals:** Avoid using chemicals like synthetic fertilizers or chemical pest control, which are major sources of greenhouse gas emissions and soil pollution. Instead, use plants for natural pest control. Plants like bay leaves, lemongrass, mint, etc. can be used as companion plants or covered with a net to protect the plants from animals. *S, V. (2023b, December 18).*
- **Reduce water use:** Start making the most of rainy weather for an eco-friendly garden by

investing in a water harvesting system. You could use a large container or a water butt to collect rainwater from the drainpipes, which will help with water conservation. Water use can also be decreased by using irrigation techniques like drip irrigation. (Talerico, 2023)

- **Recycled materials:** Use materials like old wood for raised beds or old containers for planting can be used. Plants can also positioned to climb on walls, fences, and hedges to fill the available space and make it green. (M, 2023)

When it comes to sustainable gardening, why wait? Take a step toward a better future because every little action matters. Happy Gardening!



Photo by [fotofabrika](#)

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