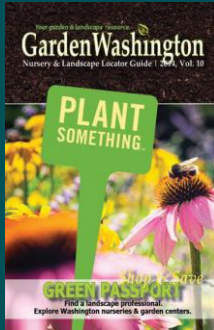


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## Three Steps to Create Restoring Gardens for Life



By Kate Easton  
Landscape Designer  
Certified Professional Horticulturist

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## Environment



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## Built Environments



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## Eco-systems



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- ❖ Sustainable by design
- ❖ A product of thoughtful decisions
  - ❖ Design
  - ❖ Implementation
  - ❖ Hygiene
- ❖ Improve with Time



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- |                         |                        |
|-------------------------|------------------------|
| ❖ Unity                 | ❖ Repetition & pattern |
| ❖ Sequence & flow       | ❖ Contrast & texture   |
| ❖ Proportion & scale    | ❖ Use of senses        |
| ❖ Balance & boundaries  | ❖ Focal points         |
| ❖ Alignment & proximity | ❖ Simplicity           |

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- ❖ Takes the long view
- ❖ Considers the environment, ecology and eco-systems
- ❖ Works with the climate
- ❖ The Human Element
- ❖ Builds from the bottom

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- ❖ Plant growth is limited by the least available factor
  - ❖ Light
  - ❖ Heat
  - ❖ Air
  - ❖ Water
  - ❖ Nutrients
  - ❖ Mechanical support (rooting medium)
- ❖ Soil supplies all, except light
- ❖ Soil improvements can improve plant vigor and growth

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- ❖ Design for long term use and enjoyment
  - ❖ Movement through the garden
  - ❖ Plants for the ecosystem and climate
    - ❖ Habitat
    - ❖ Water and soil conservation
    - ❖ Greenhouse gas mitigation
  - ❖ What will this look like in the future?



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- ❖ Microclimates
  - ❖ Temperature
  - ❖ Soil structure
  - ❖ Native nutrients
- ❖ Manage water
  - ❖ Bio-swales
  - ❖ Rain gardens
  - ❖ Green roof
  - ❖ Pervious surfaces
  - ❖ Catchments and cisterns
  - ❖ Work with topography



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- ❖ Build good soil
  - ❖ Texture
  - ❖ Nutrients
  - ❖ Micro-organisms
- ❖ Creates habitat
  - ❖ Worms
  - ❖ Arthropods
  - ❖ Nematodes



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## Wild Life



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## For the Birds

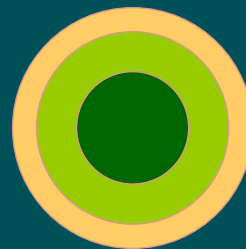


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- ❖ Right plant, right place
  - ❖ Microclimates
  - ❖ Adaptability
  - ❖ Hydrozones
  - ❖ Natives and non-natives
- ❖ Kinship
- ❖ Polyculture
- ❖ Bug Gardens

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- ❖ "...Intelligent placement of plant species with similar needs in areas having appropriate microclimate, soil, and water conditions so that all plants in that area thrive."



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Forrest Lockhart  
UC Cooperative Extension, El Dorado County Master Gardener  
<http://ceeldorado.ucdavis.edu/files/15307.htm>



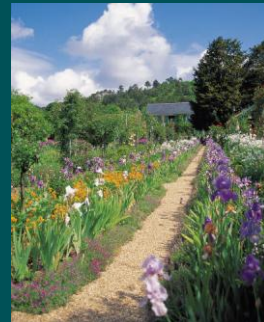
- ❖ Selecting plants from the same family
  - ❖ Tend to have similar cultural requirements
    - ❖ Soil, light, nutrients
- ❖ Preserves genetic diversity through biological conservation
  - ❖ Abundance of species and individuals
  - ❖ Foster random mutation and adaptation

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See Shapiro, Howard-Yana, Harrisson, John (2000) Gardening for the future of the earth. Seeds of Change, a Bantam Book, Random House

- ❖ Plant multiple families for diversity
  - ❖ Roseaceae, Asteraceae, Liliaceae, Carophyllaceae, Apiaceae, Lamiaceae, Urticaceae, Carophyllaceae, Iridaceae, Scrophulariaceae, Polygonaceae
- ❖ Some families tend to attract beneficial insects or trap others

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- ❖ Biocontrol system criteria
  - ❖ Floral diversity for chemical and visual clues to stimulate contact;
  - ❖ Alternative prey and hosts to ensure availability of preferred food;
  - ❖ Providing refugia and microclimates for hiding and over-wintering; and
  - ❖ Providing supplemental nutrition (pollen for protein; nectar for carbohydrate).

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### ❖ Design criteria tactics

- ❖ Varying plant heights and textures for habitat structure
- ❖ Choosing plants with a long blooming seasons for pollen and nectar availability
- ❖ 'Banker plants' for breeding and dispersing;
- ❖ 'Trap plants' to monitor populations
- ❖ Plants that are sustainable, easily maintained; and
- ❖ Plants with visual appeal

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## Diversity of Pollinators



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## Diversity of Predators



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### ❖ Plant families that meet all these criteria

- ❖ Asteraceae / Compositae (aster)
- ❖ Umbelliferae / Apiaceae (carrot)
- ❖ Brassicaceae / Cruciferae (mustards)
- ❖ Lamiaceae / Labiatae (mints)

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Based on research at Kwantlen University, BC, Canada

### ❖ Materials

- ❖ Pervious surfaces
- ❖ Recycled items

### ❖ Methods

- ❖ Proper soil preparation
- ❖ Proper planting

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Garden Vision designs living art		Planting Guidelines	
	Ball & Burlap	Bare Root (most fruit trees, cane fruits)	Container
<b>Hole size</b>	Twice width of root ball and ½ to 2 times as deep	Twice as wide and as deep as deepest root.	Twice as wide and deep, or as needed to accommodate loosen root ball.
<b>Placement in hole</b>	TOP of root ball is about ½ - 1" higher than ground level	Graft joint or trunk flare is 1-2" above ground level.	TOP of container soil is even with ground level. EXCEPT Rhody/Azalea which are ½" above ground level.
<b>Special steps</b>	Remove twine, burlap, wire cage. OK to leave lower half of burlap in hole if opened out.	Mound first backfill so roots are evenly arranged and not kinked in hole. Place support stakes in hole (if needed) without damaging roots. Connect tree to stakes.	Carefully remove container. Tap sides and slide plant out while holding main stem in other hand. Cut away pot if needed. Carefully tease roots out if circling. Mound first backfill so roots are evenly arranged in hole.
<b>Backfill steps</b>	Replace removed soil plus any amendments added 1/3 at a time, tamping lightly in-between. Add any slow release fertilizer after second third.	Once plant is centered in hole and graft at proper location, backfill soil plus amendments in two equal portions, tamping light in-between. Add any slow release fertilizer after second third.	Once plant is centered in hole and graft at proper location, backfill soil plus amendments in two equal portions, tamping light in-between. Add any slow release fertilizer after second third.
<b>Watering</b>	Weekly (more often if hot weather) until plant recovers from transplanting. Taper off to every 2 weeks then monthly through dry season for 1-2 years.	Weekly (more often if hot weather) until plant recovers from transplanting. Taper off to every 2 weeks then monthly through dry season for 1-2 years.	Weekly (more often if hot weather) until plant recovers from transplanting. Taper off to every 2 weeks then monthly through dry season for 1-2 years.
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Garden Vision designs living art		Hygiene
<ul style="list-style-type: none"> <li>❖ Minimize tasks to maintain <ul style="list-style-type: none"> <li>❖ Watering</li> <li>❖ Fertilize, or not</li> <li>❖ Weed, or not</li> <li>❖ Mulch</li> </ul> </li> <li>❖ Integrated Pest Management <ul style="list-style-type: none"> <li>❖ Use least toxic alternative</li> </ul> </li> </ul>		
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Test soil moisture at 4-6" depth. Field capacity soil feels wet. Soil at 70% of field capacity feels 'nicely damp.'

Test:

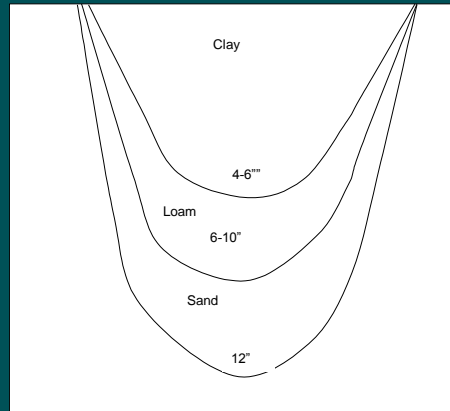
Ball of soil from 5-6" deep squeezed:

-feels gooeey and sticks together when above 70%

-sticks together but breaks easily when around 70%

- won't form a ball at all when 60% or less

Penetration of 1 Inch of Applied Water



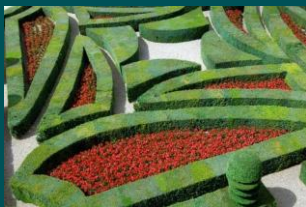
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- ❖ Plants need sun, water, and food
  - ❖ Choose those that fit the place, soil available and your time to care for them
- ❖ Plants will grow
  - ❖ Choose those that will look good over long periods of time with less maintenance
- ❖ Plants will compete
  - ❖ Give them enough room to growth to their mature size
  - ❖ They don't stop growing
- ❖ Ecological succession will occur
  - ❖ Fight it or accept it
    - ❖ As trees grow, it gets shadier, grass is replaced with shade tolerant groundcovers
    - ❖ Thin tree branches to maintain enough sun to keep the grass

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- ❖ Vehicle average size: 8' x 18'
- ❖ Vehicle turning radius: 17 – 40'
- ❖ Back & turn: 35' plus 54'
- ❖ Driveway width: 12 – 14'
- ❖ Entry walk width: 4.5' – 6'
- ❖ Garden path width: 3' for equipment, 1 ½ - 2' if not
- ❖ Table for 2: 6' x 9'
- ❖ Table for 4: 10' x 10'
- ❖ Table for 6: 11' x 11' or 10' x 13'
- ❖ Steps:  $2R + T \leq 26"$  (typical 6" x 12", 7" x 9")
- ❖ Deck to ground clearance: 6"
- ❖ Deck plank spacing: 3/16" to 1/4"
- ❖ Railings: 48" high
- ❖ Bench height and depth: 18" and 16"
- ❖ Pergola height: 8-10'

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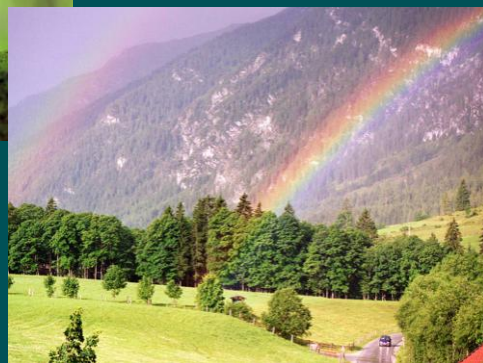
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## Questions?



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- ❖ Garden Washington  
<http://gardenwashington.com/>
- ❖ Institute of Sustainable Horticulture  
<http://www.kwantlen.ca/ish/>
- ❖ WSU Ag  
<http://extension.wsu.edu/agriculture/Pages/default.aspx>
- ❖ Soil Food Web  
<http://www.soilfoodweb.com/>
- ❖ WSNLA  
<http://wsnla.org>
- ❖ APLD  
<http://apld.com>
- ❖

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- ❖ Institute of Sustainable Horticulture  
<http://www.kwantlen.ca/ish/>
- ❖ Plant lists  
<http://appserver1.kwantlen.ca/apps/plantid/plantid.nsf/search>  
<http://www.greatplantpicks.org/>  
<http://plants.usda.gov/>
- ❖ Great Plant Picks  
<http://wwwgreatplantpicks.org>
- ❖ Alternatives to pesticides, including IPM  
Washington Toxics Coalition at <http://www.watoxics.org/>
- ❖ Integrated pest management  
[http://en.wikipedia.org/wiki/Integrated\\_pest\\_management](http://en.wikipedia.org/wiki/Integrated_pest_management)

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[http://en.wikipedia.org/wiki/Integrated\\_pest\\_management](http://en.wikipedia.org/wiki/Integrated_pest_management)
- ❖ “Start with the Soil”, Grace Gershuny
- ❖ “The New Organic Gardener”, Eliot Coleman
- ❖ Vegetable Gardening West of the Cascades,  
Steve Solomon