



## No Dig Gardening

This No Dig Garden idea was first developed in Australia by Esther Deans. She published a book about 'NO DIG' in 1977, which has sold in excess of 60,000 copies.

"Esther Deans Gardening Book – Growing without Digging" Pub. Harper and Row ISBN 06 312 0011

### Making the No-Dig Garden

Starting from scratch you can make a No-Dig garden bed in about 1.5 hours on the lawn, over an existing garden, or even directly on cement paths or hard rocky ground if you like. No-Dig gardens are a great way to enrich a new piece of ground or a tired old existing garden. Create a garden edge with bricks, rocks, concrete blocks or timber (try and use second hand materials if possible). You might even use an old 'dingy' as your garden container.

- *One bale of lucerne hay and one bale of straw is enough for a garden bed 2m x 1.8m.*
- Moisture is a KEY ingredient in this process from the beginning! (Remember the A.D.A.M. principles.) We suggest you fill a couple of garbage bins with water for dunking the newspaper, hay & straw.
- Select a sunny spot (minimum 4-5 hours per day) and put down a covering of wet newspaper about 10-15 pages thick, overlapping at least the width of your hand.
- On top of the paper, place a 10-20cm deep layer of high protein lucerne hay or chick pea hay, make sure it is thoroughly wet! Sprinkle a light peppering of organic fertiliser, - blood and bone, and/or pelletised poultry or cow manure, over the lucerne hay layer.
- Now add a 20cm deep layer of straw (for aeration), also thoroughly wet! Sprinkle a light peppering of organic fertiliser, - blood and bone, and/or pelletised poultry or cow manure, over the straw layer.
- Now sprinkle a 'dusting' of Dolomite Lime over the entire surface of the garden. (about a handful sprinkled per square meter)
- We also recommend a 'dusting' of Basalt Rock Dust over entire garden (to add beneficial minerals)
- Now make 'birds nest' hollows into the straw and put up to 5 litres of rich 'finished compost' into each 'birds nest' hollow. Now plant your seedlings or seeds, into the mounds of compost.
- Water the entire garden well, with soft nozzle watering cans or hose.
- Now mulch carefully over the compost and straw with a thin layer of lucerne 'chaff' mulch to prevent drying out.
- Water each day for first week. Then as needed (every 2-4 days).

*See diagram overleaf*

For more information  
 visit [www.ecohouseandgarden.com.au](http://www.ecohouseandgarden.com.au)  
 email [kimbriki@kimbriki.com](mailto:kimbriki@kimbriki.com)  
 or contact via Kimbriki Resource Recovery Centre  
 phone 02 9486 3512 Mon-Fri



# No-dig gardening instructions

6. Sprinkle on organic fertiliser

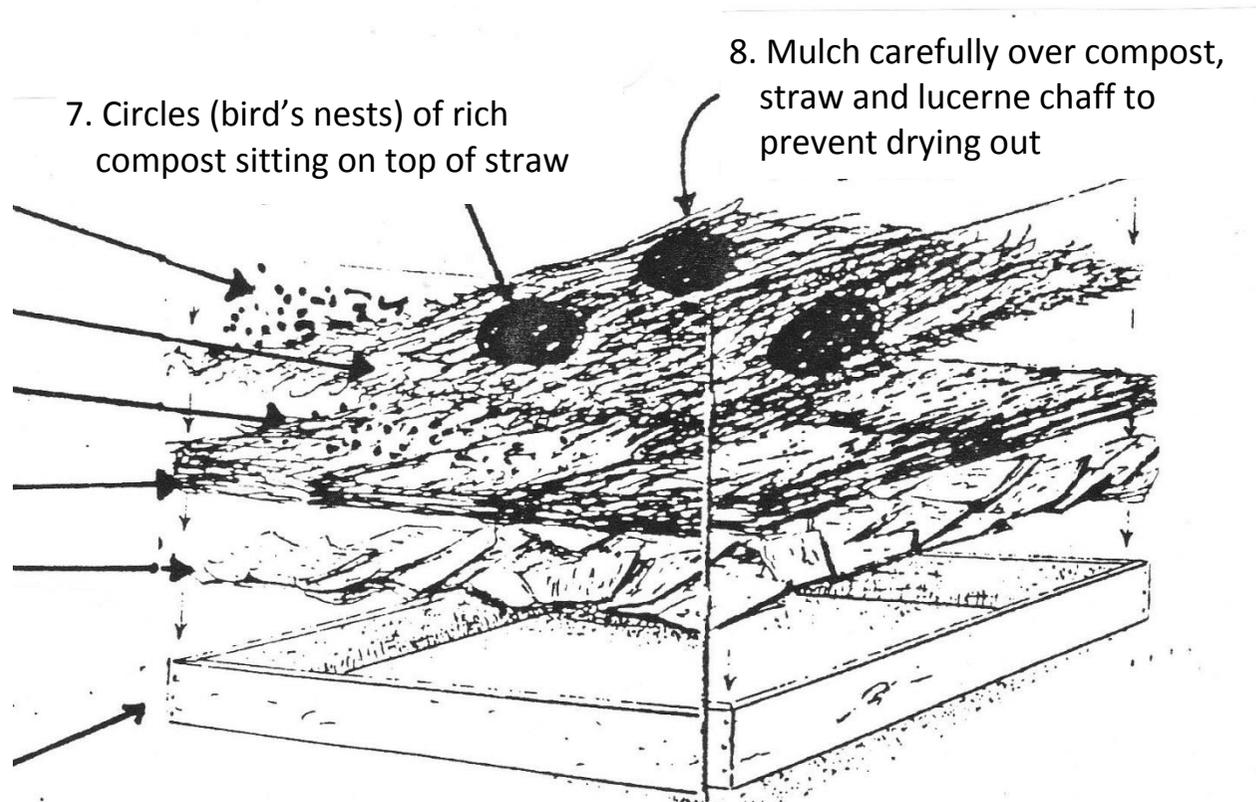
5. Cover with loose straw 20cm thick

4. Sprinkle on organic fertiliser

3. Lucerne or meadow hay  
5-10cm thick

2. Newspaper layer 10-15 pages thick

1. You may wish to build a brick or  
wooden edge to your garden. It is  
not essential



7. Circles (bird's nests) of rich  
compost sitting on top of straw

8. Mulch carefully over compost,  
straw and lucerne chaff to  
prevent drying out

**NB Newspaper, straw and hay MUST be all be 'dunked' in water before adding to garden**