

## 1. Planning for your Garden Space

### (Most Important Step)

- \* Test soil quality to make sure there are no contaminants.
- \* Assess relationship to the house. Is the garden part of the home?
- \* Observe sunniest areas as these will be crucial to grow edibles; Plant south of buildings and obstructions.
- \* Assess micro-climates in yard to allow optimal growing space (ie. walls offer more heat)
- \* Decide what plants will benefit your lifestyle; low maintenance, smaller foliage options and consider companion planting for an alternative to pesticide use.
- \* Assess area for convenient water supply (can the hose reach?)

## 2. Attack your Lawn!

Use **sheet mulching** techniques outlined in this brochure to rid of lawn. Start in the Fall to be have your garden ready to plant in the Spring.

## 3. Plant and Enjoy

Start planting in Spring and enjoy your edible garden space all summer long.



## Lawn-2-Garden Resources

### Landscape Contacts

Home Grown Revy (250) 777-2577  
 Magpie & Larch Garden Evol. (250) 837-8650  
 Little Big Works Revy (250) 837-4291  
 Thor's Landscaping (250) 837-3851

### Garden Supply Contacts

RONA Building Supplies (250) 837-6144  
 Westcoast Seeds (westcoastseeds.com)  
 Take to Heart Wood Supplies (250) 837-4822

### Training/ Courses

Victory Gardens (training consultations)  
 Northwest Community College-  
*Start your own edible garden* (online course)  
 Okanagan College- Horticultural Certificate  
 (regional/online availability)  
 Green City Acres- SPIN Workshops/ consultations

### Information Resources

#### ONLINE

Victorygardensvancouver.ca  
 Lawntogarden.org  
 Revelstokelocalfood.com  
 Ediblegardenproject.com (N. Vancouver SPIN)  
 Greencityacres.com (Kamloops SPIN)  
 Youngagrarians.org (Landsharing Info)

#### BOOKS

Edible Estates: Attack on the Front Lawn Book  
 (Fritz Haeg)  
 The Edible Front Yard Book (Ivette Soler)  
 Edible Landscaping: Urban Food Gardens

Presented by the Food Security Team  
 Communication Connections (Revelstoke) Society



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# Creating an Edible Garden in your Yard

Want to convert your thirsty, unsustainable lawn into a viable, productive garden space?



A guide to converting your lawn into garden space

*"Edible gardens puts us back in touch with the land that we live on, the people around us, and the food we eat."*

- Soler

## Why Make the Switch?

Lawns can be an enjoyable feature of our living space.

However, increasing concerns about climate change, water shortages and the environmental impacts of fertilizers and pesticides have some Canadians rethinking the conventional lawn and moving towards an environmentally sustainable gardening space.



Driveway converted into garden space.

## Problems with Lawns

### Water Use & Pollution

- \* Lawns require excessive amounts of water. In 2013, Revelstoke used an additional 200 million litres of water during hot summer months.
- \* 60% of fertilizers and pesticides seep into the water systems; killing fish, birds and other wildlife.
- \* Chemicals used to treat lawns can cause birth defects, nerve disorders and cancer. Children are particularly vulnerable to pesticide exposure.

### Air Pollution

- \* An hour of lawnmower use is equal to the emissions of a car driving 550 kms.
- \* Grass clippings thrown into the landfill contributes to greenhouse gases.

### Noise Pollution

- \* Lawn mower noise can cause disruption with neighbors.

## Benefits of Edible Gardens

- \* Fresh healthy food at your door step
- \* Lower grocery bills
- \* Physical activity for all ages
- \* Reduce your environmental impacts
- \* Support pollinators by being pesticide-free
- \* Reduce your water consumption

*"One of the most purposeful and important things a person can do is to grow their own food. —It's work that directly helps you thrive, nourish your family, and maintain your health"*  
by Liza Barnes & Nicole Nichols, Health Educators

## Lawn-to-Garden in 5 Steps

**Sheet mulching**—a simple eco-friendly technique that reduces the cost of grass removal. As the lawn decomposes, it suppresses weeds and enhances the soil, which improves plant health.

**Step One:** Mark the designated area by cutting the edge in with a shovel.

**Step Two:** Spread a 2-inch layer of composted soil on top of sod, which helps decomposition.

**Step Three:** Cover compost with cardboard to protect from the sun and keep moist.

**Step Four:** Add organic materials on top (ie. grass clippings).

**Step Five:** Add 3-inches of mulch and start planting!!

## Dinner for four or Dinner for more?

Urban farming is popping up everywhere using SPIN practices (**S**mall **P**lot **I**ntensive), where you can turn your backyard into a profitable farming business and sell to your local community. Looking for more land or do you have vacant land that can be utilized? Visit *Young Agrarians'* website for land sharing resources (*see resources section*).

## Revelstoke's Own Edible Garden

Christine Nielsen is just one of many Revelstokians who have given up lawn for garden space. We asked Christine about her switch from a front yard lawn to a bee-friendly edible garden beauty.



Nielsen's front yard: Before & After

### What inspired your design?

I was inspired by *potager-style* gardening and I like the look of messy wilderness contained by natural borders.

**What steps did you take?** I started with a small corner of my yard then expanded out over time. I used the sheet mulching technique as it is the most eco-friendly and easiest.

**What is in your garden?** I have mixed ornamental perennials (flowers, foliage) with raspberries, strawberries, currants, herbs, garlic, tomatoes.

**Does your garden require more work than your previous lawn?** The initial actions can be time consuming (building beds) but after, there is minimal work required.

**Did you face any city bylaw concerns?** There are no city bylaws restricting front yard gardens as long as the space is maintained.

**What advice can you offer inspiring gardeners?** Start small and plan big! Don't overwhelm yourself.