



SUSTAINABLE LIVING

www.oaklandnursery.com

Phone 614.268.3511

GOING ORGANIC (sustainable gardening)

Organic gardening has undergone a remarkable transformation. From an oddball 60's movement, organic gardening has become the cure for so many abuses heaped upon or tortured growing fields. Organic gardening is, in fact, at the heart of sustainable living. Using organic methods to grow gardens and food or to produce products is really a attempt at living a rich life while ensuring the health of the earth in return. And that is sustainability in a nutshell. Here are some aspects of going organic.:

Growing Your Own Food

You can grow more delicious, nutritious and fresher fruits, vegetables and herbs than just about anything found in the area supermarket. Whether your home is in the country, city, suburbs, or even a condominium, gardening is a joy not reserved for those with a huge yard. Grow your plants in a large scale planned out garden, a raised bed high density garden, as container grown fruits and vegetables, or in kitchen sill herb pots. Get started by visiting your local Oakland Nursery, browsing the WEB, and reading up on the topic.

If you don't have a green thumb, or the time to devote to growing your own, take heart. Organic food is very mainstream now. Most food markets have lots of organic food selections, and there are several dedicated organic food stores in Columbus.

The big thing to remember when purchasing organic health food is to buy locally whenever possible. The farm markets, farmers markets, organic food stores, and neighbors that sell these products, have put into action, our desire to live healthy. They deserve our support. Besides, we are all a great source of information to each other. So look locally first, because a green pepper grown organically, then shipped a thousand miles away for sale doesn't seem very organic.

The next step is to garden organically. Are you applying synthetic pesticides and fertilizers to your lawn and garden? Yes. Is there a better way? Yes! There are organic alternatives to synthetic fertilizers, and non-toxic ways to control the insects and diseases in the landscape. By using composts, mulches and organic fertilizers, you can restore life and richness to the yards soil and grow just about anything.

From yard to body, the next step is organic products for the body and home.

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Health food stores, farmers markets and the internet are chock full of organic products for skin care, cosmetics, shoes, clothing, jewelry, products for cleaning, and a world of products for green living. Many of these products are produced in regions of the country or world that actively practice sustainable methods to preserve ways of life and provide a living wage.

It is amazing how many products in our home are downright toxic. Cleaners, paint, carpeting, furniture, etc. all can emit harmful substances that pollute the indoor air we breathe. Though not organic per se, Green products strive to avoid these harmful effects found in conventionally made home items. Keep your eyes open in stores for those green and sustainably made products that can shrink the footprint we leave on our planet.

Resources.

www.gardensimply.org: A good place to start your organic gardening journey.

[Rodales III. Encyclopedia to Organic Gardening 2002 Rodale Books.](#)

www.localharvest.org. Local Harvest provides a website to find local food sources such as farmers markets, organic food stores etc.

www.localmatters.org. Dedicated to teaching people where their food comes from and promoting local producers.