



SUSTAINABLE GUIDELINES

Sustainable gardening focus on an ecological production management system that promotes and enhances biodiversity, biological cycles, and soil biological activity. It is based on minimal use of off-farm inputs and on management practices that restore, maintain, and enhance ecological harmony.”

Sustainable gardening emphasizes working with nature, soil building, preventing problems before they occur, and using only natural, non-toxic, or minimally toxic substances if intervention is required.

FERTILIZERS

The best fertilizer money can buy is already in your raised bed. Compost is truly a revitalizing and magical gardening mixture. It provides nitrogen, phosphorus, and potassium, as well as other elements (calcium, magnesium, sulfur, and micronutrients). Furthermore, compost aerates soil, breaks up clay, binds together sand, improves drainage, prevents erosion, neutralizes toxins, holds precious moisture, releases essential nutrients, and feeds the microbiotic life of the soil. No chemical or additive comes close to providing so many benefits.

RECOMMENDED

Sustainable compost (N, P, K), Animal manures (ideally composted or aged before use) (N), Alfalfa meal (N), Blood meal (N), Hoof and horn meal (N), Kelp or seaweed (liquid or powder) (N), Fish emulsion (N, P), Rock phosphate (P), Soft phosphate (colloidal) (P), Bone meal (P), Wood ashes (K), Granite or feldspar dust (K), and Greensand (K).

PROHIBITED

Synthetic fertilizers of any kind (e.g. Miracle Gro), Any formulations containing sewage sludge (e.g. Milorganite), DAP and MAP (ammonium phosphates), Chilean Nitrate, Superphosphate (acidulated phosphates), Chilean Nitrate of Potash 15-0-14), Muriate of Potash, KCl, (0-0-60), Charcoal ashes (from BBQ, stove, etc.) and Cigarette ashes

PESTICIDES

Sustainable methods promote a healthy ecosystem where birds, insects, plants, microorganisms, and people all reach a natural balance that is beneficial for all. The first line of pest control for the sustainable grower should be a careful evaluation and maximization of the soil and nutrients for a plant. Good compost and loose, rich soil are often the best solutions for pests. Make sure plants receive enough water and sunlight, choose plants that grow well in South Florida.

RECOMMENDED

Beneficial insects (ladybugs, praying mantids, trichogramma wasps, lacewings, tachinid and syrphid flies, etc.), Hand-picking, Traps (pheromone, sticky, water, food, etc.), spraying with garlic, onion or vegetable oils, Insecticidal soaps (preferably biodegradable soap solutions), BT (bacillus thuringiensis), Chitin, Diatomaceous earth, Bicarbonates (sodium bicarbonate – baking soda, and potassium bicarbonate), Sulfur, Isopropyl alcohol, and Hydrogen Peroxide. OR make your own using garlic cloves, water and hot pepper flakes or fresh hot peppers.

USE SPARINGLY

Neem Oil

NOT RECOMMENDED

Pyrethrum, Quassia, Rytania, Sabadilla

PROHIBITED

Synthetic pesticides, insecticides or fungicides of any kind (Bug B Gon, Captan, Diazinon, Insectagon, Kelthane, Lindane, Malathion, Permethrin, Sevin, Thuricide, etc.), Nicotine in any form, Formulations containing copper (e.g., Bordeaux Mix), Rotenone, Pyrethroids (synthetic pyrethrum), Synthetic herbicides of any kind are prohibited (Preen 'n Green, Roundup, Weed-B-Gon, etc.)