



## *Sustainable Landscaping—Building Healthy Soil*

### WHAT IS HEALTHY SOIL? — HEALTHY SOIL IS A LIVING SYSTEM THAT INCLUDES:

- **Inorganic material**—rock/mineral particles.
- **Air** (especially oxygen) and **water**.
- **Organic material**—living organisms: roots, worms, microbes, etc.; decomposing/decomposed organisms.

### CHARACTERISTICS OF HEALTHY SOIL:

- A self-balancing natural **ecosystem** with stable populations of plants & soil organisms.
- Approx. 5% organic matter with a stable, slightly acidic pH that keeps nutrients supplied in plant-available forms.
- Continuous **nutrient cycling** throughout the soil system. Plant roots exude sugars & proteins that attract & feed soil organisms. As these organisms die/decompose or are eaten by others, nutrients are released back to plants.
- Strong “crumb” or granular **soil structure**, with a mixture of pore sizes that hold both air and water.

### WHAT CREATES SOIL STRUCTURE? — THE LIFE IN THE SOIL.

- Soil organisms decompose organic matter, slowly producing humus, highly resistant to further breakdown.
- Soil organisms produce glues and filaments that bind tiny mineral particles and humus together into soil crumbs.
- Worms and other burrowing creatures continuously open pathways for roots, air and water.

### BENEFITS OF GOOD SOIL STRUCTURE:

- Maintains critical soil air space while acting as a rainfall reservoir...soil becomes like a sponge.
- Drains excess water quickly, avoiding detrimental, disease-friendly anaerobic conditions.
- Helps soil resist erosion & compaction.
- Allows beneficial soil organisms to flourish; they maintain the structure & keep the nutrient cycle going.

### WHAT DISRUPTS THE SYSTEM & LEADS TO COMPACTION, EROSION, INFERTILITY, ETC?

- Excessive disturbance, esp. rototilling, construction
- Working or even walking on wet soil
- Excessive watering; excessive dryness
- Leaving soil bare (leave some bare for native bees)
- Chemical fertilizers, pesticides, chlorinated water (includes chloramines)
- Excessive pruning/shearing of plants (stimulates excess growth, depletes soil nutrients)

### BENEFITS OF USING COMPOST & MULCH:

- Returns nutrients to the soil; keeps waste out of the landfill.
- Replenishes/supports populations of beneficial soil organisms.
- Helps form soil aggregates, improving soil structure.
  - » Clay soils – improves aeration, water infiltration & percolation.
  - » Sandy soils – increases water-holding capacity, helps hold nutrients.
- Organic mulches decompose in place, providing slower but similar benefits. Sheet mulching is especially effective.
- If you're short on time, keeping the soil covered with an organic mulch is the simplest approach.

### SIMPLE THINGS YOU CAN DO TO HELP YOUR SOIL:

- **Work with, not against the ecosystem...handle with care, put back what you remove.**
- Avoid compaction & excessive soil disturbance.
- Reduce pruning & waste—right plant, right place; design beds carefully.
- Avoid chemical/synthetic fertilizers, overfertilizing, overwatering, severe underwatering.
- Use **compost and mulch** to supply/recycle soil microbes & nutrients, to nurture the soil organisms that partner with your plants, and thus to keep the engine running!



## Building Healthy Soil—Recipes

<b>Aerobic Compost—The Recipe</b>		<b>Serves: Billions</b>
<b>Ingredients:</b> equal parts browns and greens	<b>Add:</b> water as needed to maintain moisture level	
<b>Chop:</b> into small pieces to improve decomposition	<b>Harvest:</b> when soil-like in appearance	
<b>Arrange:</b> into pile; reasonable pile size = 3' x 3' x 3'	<b>Screen:</b> to remove big chunks before adding to soil	
<b>Add:</b> water just to level of wrung-out sponge	<b>Incorporate:</b> into top few inches of soil or potting mix	
<b>Stir (turn):</b> often to maintain uniform decomposition	<b>Enjoy:</b> a beautiful & healthy garden	

<b>Mulching:</b> Apply disease and weed-free organic mulch 2-4" thick, keeping it away from the root crowns of plants. Apply coarser mulch more thickly, finer-textured mulch more thinly. Reapply as needed.
<b>Sheet Mulching:</b> Cut or mow weeds. Apply thin layer of compost, cover with dampened newspaper or cardboard, overlapping edges. Cover with 2-4" of mulch as above. Keep damp to hasten decomposition and soil enrichment.

## Building Healthy Soil—Online Resources

- United Nations Food and Agriculture Organization
  - **2015 International Year of Soils.** <http://www.fao.org/soils-2015/en/> A wealth of information & resources. Be sure to check out the quick video entitled *Soils: Our Ally Against Climate Change*.
- USDA Natural Resources Conservation Service
  - **Web Soil Survey.** <http://websoilsurvey.nrcs.usda.gov/app/> Look up information about your soil! (Contact the UC Master Gardener Program of Contra Costa County for assistance with this application.)
- USDA Natural Resources Conservation Service
  - **Soil Health.** <http://www.nrcs.usda.gov/wps/portal/nrcs/main/soils/health/> An excellent overview that is well worth your time.
- US Bureau of Land Management
  - **Soil Biological Communities.** <http://www.blm.gov/nstc/soil/index.html> A good supplement to the above.
- Bay-Friendly Landscaping & Gardening
  - <https://www.bayfriendlycoalition.org/HomeGarden.shtml>
- River-Friendly Landscaping (Sacramento)
  - <http://www.ecolandscapes.org/riverfriendly/>
- CalRecycle Home Gardening—lots of composting information
  - <http://www.calrecycle.ca.gov/Organics/Gardening/>
- RecycleSmart (formerly Central Contra Costa SWA)
  - **Home Composting Bins** & other info. [http://www.recyclesmart.org/app\\_pages/view/67](http://www.recyclesmart.org/app_pages/view/67)
- UC Agriculture & Natural Resources
  - **Composting Is Good for Your Garden and the Environment.** <http://anrcatalog.ucanr.edu/pdf/8367.pdf>
  - **Soil Management & Soil Quality for Organic Crops.** <http://anrcatalog.ucanr.edu/pdf/7248.pdf>
  - **Soil Fertility Management for Organic Crops.** <http://anrcatalog.ucanr.edu/pdf/7249.pdf>
- UC Master Gardener Program of Contra Costa County
  - **Composting 101.** <http://ccmg.ucanr.edu/files/172573.pdf>
  - **Using Compost in your Garden.** <http://ccmg.ucanr.edu/files/221120.pdf>