



Nourished Earth

PLANT NURSERY & WORM FARM



GREEN MANURE

Grow it • Chop it • Drop it
Feed your soil naturally — no digging required!



CLOVER

Living ground cover and nitrogen-fixing.



PHACELIA

Pollinator-friendly flowers.



FIELD BEANS

Useful autumn/winter cover.



MULCH

Natural soil cover as it breaks down.

1 CHOOSE YOUR PLANTS



- Clover: living ground cover and nitrogen-fixing.
- Phacelia: pollinator-friendly flowers.
- Field beans: useful autumn/winter cover.

Choose a mix suited to the season and your soil.

2 PREPARE THE BED



- Remove perennial weeds, then lightly rake the surface.
- Sow into moist soil following the seed packet rate and timing.
- Water gently if dry.

3 LET IT GROW



- Keep the soil covered while plants establish.
- If growing for flowers and pollinators, allow some to bloom where practical.
- For a bed you want to plant soon, cut before plants set seed.

4 CHOP AND DROP



- Cut or snip plants at soil level with shears.
- Leave roots in the ground to decay naturally.
- Chop stems and leaves into manageable pieces and spread them over the soil as a thin, even mulch.
- Do not dig them in.

5 WAIT AND PLANT



- Let the mulch begin to soften and break down.
- Move it aside in small planting spots, sow or plant into the soil beneath, then tuck mulch back around plants without touching stems.
- For thick or woody growth, remove excess material to compost.

WHY IT WORKS

- ✓ Protects soil from rain and erosion
- ✓ Feeds soil life as plant material breaks down
- ✓ Helps retain moisture and suppress weeds
- ✓ Keeps soil structure undisturbed
- ✓ Flowering mixes can provide food for pollinators

NOURISHED EARTH TIP

Keep the soil covered, avoid spreading mature seed heads, and leave roots undisturbed. Green manure improves soil over time — results depend on the plants chosen and growing conditions.

