

# Lasagna

## GARDENING

Lasagna gardening or sheet composting is an organic gardening method that results in fluffy, rich soil, with very little work. This is a perfect project for fall time. You are going to build a garden by layering nitrogen and carbon sources, like creating lasagna. It's easy – no digging or tilling.



### NITROGEN SOURCES - Greens

- Grass clippings
- Coffee grounds or tea leaves & bags
- Fruit & vegetable scraps
- Fresh weeds (no seeds)
- Blood meal
- Alfalfa pellets
- Composted manures

### CARBON SOURCE - Browns

- Leaves and sawdust
- Corn Stalks (cut up)
- Pine needles
- Wood chips & shredded bark
- Newspaper & cardboard
- Dryer lint

## HOW TO MAKE A NEW GARDEN OR FLOWERBED

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1. Mow the grass or other vegetation as short as possible.
2. Loosen the soil underneath with a spading fork.
3. Remove the weeds.
4. Cover the area with 4 – 6 overlapping layers of newspaper or cardboard.
5. Wet the area thoroughly.
6. Fill in the area with layers of Nitrogen materials (Greens) and Carbon materials (Browns), ending with Browns, to a minimum of about 18 inches in height.

*Ending with a Carbon layer discourages flies from laying eggs in the nitrogen, such as the kitchen scraps and composted manure, however, you will be creating an attractive playground for the earthworms to loosen up the soil as they tunnel through it.*

7. To speed up the composting process, sprinkle the layers with a Compost Accelerator, as there is little or no heat reaction from the microorganisms to speed the process along.
8. Cover with about 4 – 6 inches of a 4-way garden mix.

*By the time spring rolls around, the garden will be ready for planting. The layers will have decomposed, and it will look and smell like fresh earth. There will be no need for fertilizer next year!!!*



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