



Recipe #1

“The Boreal Garden”

1 wheelbarrow	Mineral Soil
1/2 pail	Yard Waste and Forest Litter
1/2 pail	Peat
1/2 pail	Fish Waste
10 cups	Woodchips, Sawdust, or Shredded Paper
1 cups	Wood Ash
	Water



The Boreal Garden recipe is designed for the North Slave and the Sahtu Regions where soil is thin and acidic. This recipe uses a mix of fish waste and peat, with a healthy dose of forest litter to balance out the nutrients. This can be made according to the recipe above or you can substitute other organic ingredients into the mix including: fruit and vegetable waste, manure or animal hair.

- > Gather mineral soil or sand that is rich in organic matter, loose and dark.
- > Mix in yard waste (leaves, needles, green plants, reeds and aquatic plants, garden trimmings, fireweed), wood ash, and woodchips, sawdust or shredded paper.
- > Bury fish waste in the middle of the pile to avoid attracting animals.
- > Add water to the soil and turn the soil until it feels moist like a wrung out sponge.
- > Keep the pile moist by watering weekly (water is key to maintaining biological activity). Turn the pile with a shovel or pitchfork in three weeks, and again every two weeks (this will help aerate the soil) for the remainder of the summer.
- > If the pile smells like rotten eggs, mix it up or turn it over - it is missing oxygen.
- > In three months, your soil will be ready.
- > Spread directly onto your garden, or use to fill a planter or raised bed.



Recipe #2

“The Dehcho Garden”

1 wheelbarrow	Mineral Soil
1/2 pail	Yard Waste and Forest Litter
1/4 - 1/2 pail	Fish Waste
1/4 pail	Manure
5 cups	Woodchips, Sawdust or Shredded Paper
	Water



This soil mix is designed for the Dehcho garden. This region has relatively good soil that often just needs a boost of nutrients.

Fish and yard waste provide a good base that can be amended with manure if there is some available. Grass clippings and aquatic plants make excellent supplements if they are available. This mix includes a variety of nutrient sources and if enough materials are available can serve as a great recipe for making wholesome soil in bulk.

- > Gather mineral soil or sand that is rich in organic matter, loose and dark.
- > Mix in yard waste (leaves, needles, green plants, garden trimmings, grass clippings) and woodchips, sawdust, shredded paper or cardboard.
- > Add manure if available.
- > Add water to the soil and turn the soil until it feels moist like a wrung out sponge.
- > Keep the pile moist by watering weekly (water is key to maintaining biological activity). Turn the pile with a shovel or pitchfork in three weeks, and again every two weeks (this will help aerate the soil) for the remainder of the summer.
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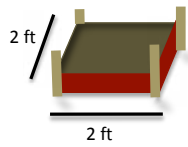


Mineral Soil

Woodchips, Sawdust
or Shredded Paper
Wood Ash
Yard Waste and
Forest Litter
Peat
Fish Waste

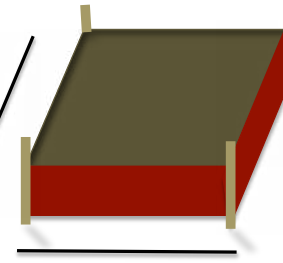
How Much Soil Do You Need?

Bed Size:
(1 ft depth)



2 ft

6 ft



6 ft

Recipe Ratio: **1:1 (~4.5 cubic ft)**

1:10 (~45 cubic ft)

Tips for Success!

- Making soil is not an exact science, so don't worry if you don't have all the right ingredients! Use what you have available. Just make sure you have a source of nutrients (so if you don't have fish, replace it with something that has lots of nutrients).
- It is best to start this process in the spring and cure the pile all summer. It is possible to build soil any time of year, but it will need three months of warm temperatures to cure.
- Bury fish waste deeply to avoid attracting bears.
- Fish waste can be substituted with manure, fruit and vegetable waste, or finished compost.
- 1/4 to 1/2 cup bone meal is an excellent additional fertilizer for this recipe to ensure there is lots of phosphorus and calcium in the soil.
- Look for base materials (sand, clay, and loam) in floodplain areas.
- Soil in the NWT will get very dry if you don't water it, so make sure to keep your pile moist.

Tips for Sustainable Harvest!

- Making soil from local materials is more sustainable than importing it from somewhere else. No matter where you are in the NWT, you can find the basic building blocks of soil!
- Be aware of where you are harvesting materials, especially when using a loader or heavy machinery. Peatlands, wetlands, rivers and lakes are very sensitive to disturbance. Care should be taken to disturb these areas as little as possible.
- Giving back to the land is an important traditional and ecological practice. Treat animal materials with respect and use in garden soil only if it is both culturally and personally appropriate for you.

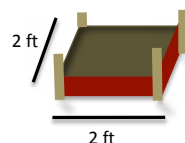


Mineral Soil

Woodchips, Sawdust
or Shredded Paper
Manure
Yard Waste and
Forest Litter
Fish Waste

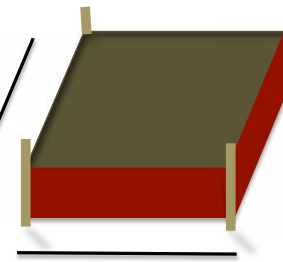
How Much Soil Do You Need?

Bed Size:
(1 ft depth)



2 ft

6 ft



6 ft

Recipe Ratio: **1:1 (~4 cubic ft)**

1:10 (~40 cubic ft)

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- It is best to start this process in the spring and cure the pile all summer. It is possible to build soil any time of year, but it will need three months of warm temperatures to cure.
- Bury fish waste deeply to avoid attracting bears.
- Fish waste can be substituted with manure, fruit and vegetable waste, or finished compost.
- Look for base materials (sand, clay, and loam) in floodplain areas.
- Soil in the NWT will get very dry if you don't water it, so make sure to keep your pile moist.

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Recipe #3

“The Great Slave Garden”

1 wheelbarrow	Mineral Soil
2 - 3 pails	Finished Compost
0 - 1/2 pail	Yard Waste
0 - 1/2 pail	Food Waste
0 - 1 cups	Wood Ash
	Water



This is a very simple recipe for those who want soil immediately. It requires a source of finished compost, like that available from the City of Yellowknife, as a source of nutrients and carbon. By mixing mineral soil or existing topsoil with this compost at a rough 3:1 ratio, you will create a quality soil for growing in your backyard.

- Gather mineral soil or sand that is rich in organic matter, loose and dark. This may be existing soil from your garden, bagged soil, or bulk soil.
- Mix in compost.
- Add water and turn the soil until it feels moist like a wrung out sponge.
- Food waste and yard waste (leaves, needles, green plants, garden trimmings, grass clippings), are optional, and will take several months to fully break down. If added in the fall the result will be better soil in the spring. Finished compost provides an inoculum of helpful microbes that will help break down the other materials.
- By excluding yard waste and food waste from this recipe, you can make soil that is ready to plant in immediately.
- Wood ash should only be included if you know your mineral soil is acidic.
- Mix this soil into existing gardens or fill raised beds or pots.



Recipe #4

“The Tundra Gardener”

1 wheelbarrow	Mineral Soil
1-2 pails	Moss, Lichen and Other Plant Material
2-3 pails	Peat
1 pail	Fish Waste
1/2 pail	Food Waste
10 cups	Woodchips, Sawdust, or Shredded Paper
	Water



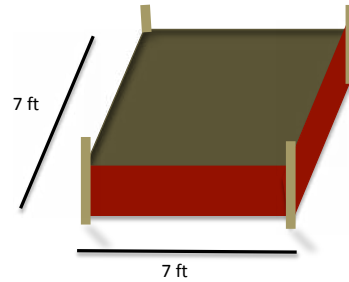
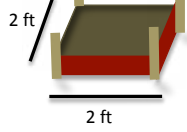
Growing food in the tundra is a real feat, but more and more people are doing it. There isn't a lot of good soil, and there are fewer organic materials available on the Tundra. This recipe uses fish waste as a base fertilizer with a small proportion of base mineral material, but a good supply of peat, moss, or lichens.

- Gather mineral soil or sand that is rich in organic matter, loose and dark.
- Mix in peat and plant material. This can include: moss, lichens, leaves, needles, grasses, reeds and aquatic plants, garden trimmings, or fireweed.
- Mix in food waste, woodchips, twigs, sawdust and shredded paper or cardboard.
- Bury fish waste in the middle of the pile to avoid attracting animals.
- Add water to the soil and turn the soil until it feels moist like a wrung out sponge.
- Keep the pile moist by watering weekly (water is key to maintaining biological activity). Turn the pile with a shovel or pitchfork in three weeks, and again every two weeks (this will help aerate the soil) for the remainder of the summer.
- If the pile smells like rotten eggs, mix it up or turn it over - it is missing oxygen.
- In three months, your soil will be ready.
- Spread directly onto your garden, or use to fill a planter or raised bed.



How Much Soil Do You Need?

Bed Size:
(1 ft depth)



Recipe Ratio: **1:1 (~5 cubic ft)**

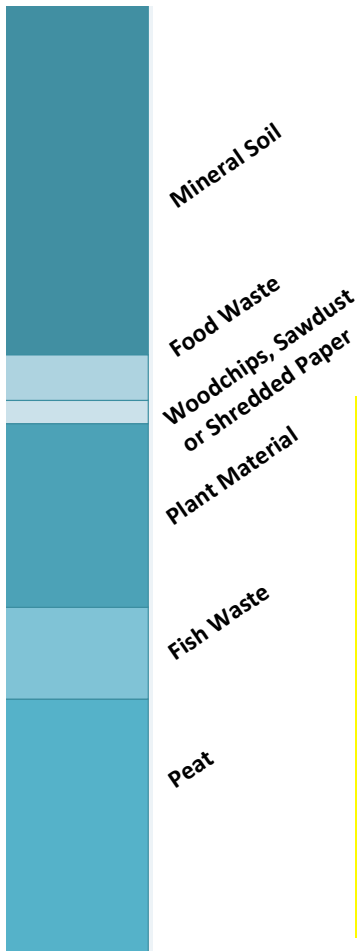
1:10 (~50 cubic ft)

Tips for Success!

- Making soil is not a science, so don't worry if you don't have the right ingredients! Use what you have available. Just make sure you have a source of nutrients (so if you don't have fish, replace it with something that has lots of nutrients).
- If finished compost is unavailable, other nutrient rich materials like manure, hair, fish, and bone meal can be substituted.
- 1/4 to 1/2 cup bone meal is an excellent additional fertilizer for this recipe to ensure there is lots of phosphorus and calcium in the soil.
- Be sure to test your soil pH. Some soils are highly basic and wood ash should not be added to these soils. Don't use ash from pellet stoves, as it can be high in contaminants.
- Soil in the NWT will get very dry if you don't water it, so make sure to keep your pile moist.

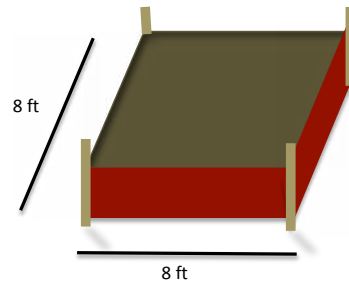
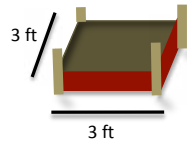
Tips for Sustainable Harvest!

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How Much Soil Do You Need?

Bed Size:
(1 ft depth)



Recipe Ratio: **1:1 (~7 cubic ft)**

1:10 (~70 cubic ft)

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