



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

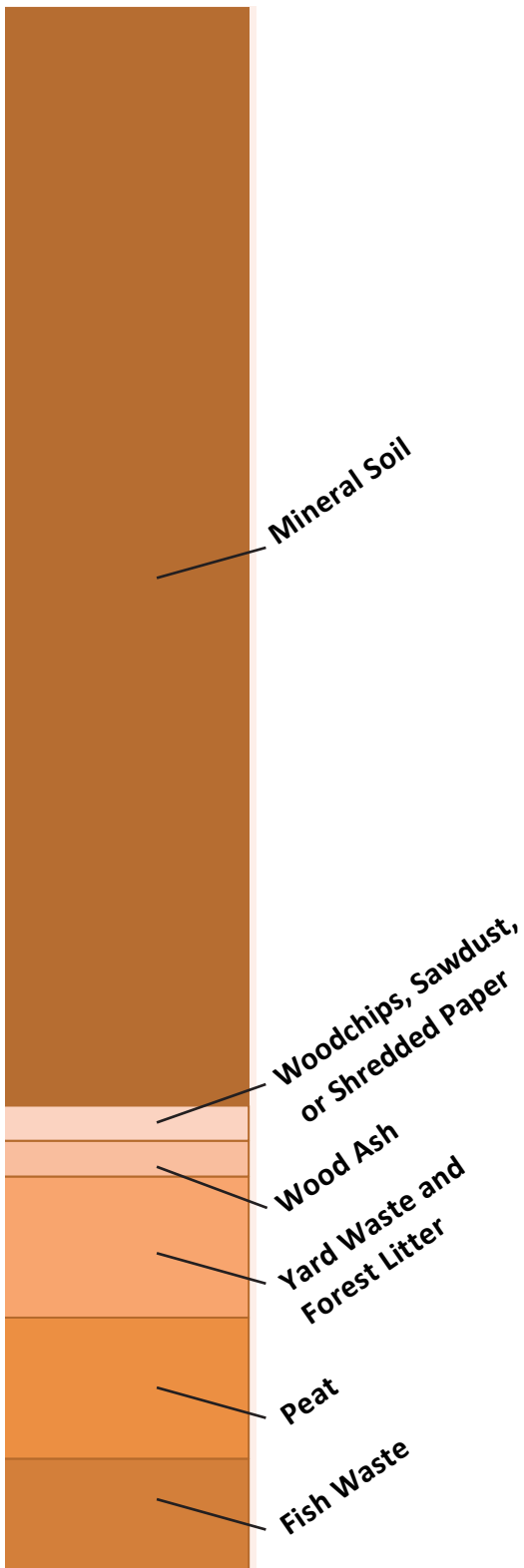


The Boreal Garden recipe is designed for the North Slave and the Sahtu Regions where soil is thin and acidic.

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.

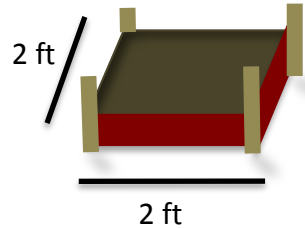
- Gather mineral soil or sand that is rich in organic matter, loose and dark.
- Mix in yard waste (leaves, needles, green plants, reeds and aquatic plants, garden trimmings, fireweed), wood ash, and woodchips, sawdust or shredded paper.
- Bury fish waste in the middle of the pile to avoid attracting 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.





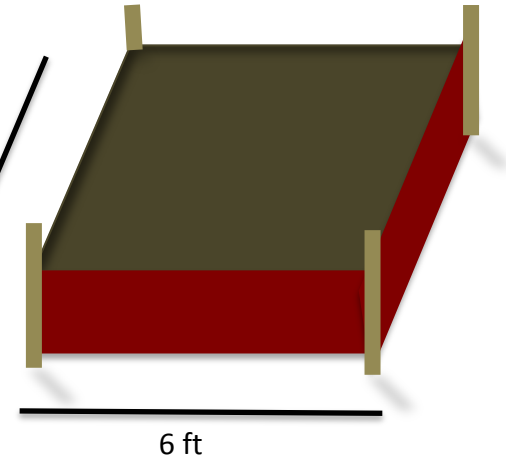
How Much Soil Do You Need?

Bed Size:
(1 ft depth)



The recipe on the front of this card is enough for a garden bed of this size.

6 ft



Make ten times as much for a garden bed of this size.

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.