



# **“Regenerative Gardening Principles”**



**\*Deal with compacted soils 1st**

- 1. Context**
- 2. Cover**
- 3. Diversity**
- 4. Reduce Disturbance**
- 5. Living roots**
- 6. Integrate Animals**
- 7. Always Learning & observant**

# Plant Health Pryamind

Plant makes  
tannins,  
esential oils

4

Insects  
become  
resistant

Desease  
resistant

3

Increased Lipids  
Waxy coat

Plant is producing high  
levels of photosynthesis

Flea  
Beetles

2

magnesium, sulfur, boron, cobalt,  
molybdenum,  
seaweed, humic substances, crab  
shell, shrimp shell

Complete Protien Synthesis

1



B, Cu, Fe, Cl, Mn, MO, Zn

COMPLETE PHOTOSYNTHESIS

John Kempf Plant Health Pryamind

How to get to level 4? Divesrity of microbes high populations

# “Practices to get healthy plants”

1. Start with the best seed possible
2. Treat seed or planting area with beneficial soil microbes (compost extracts, biological seed treatment (for example Bio Coat Gold))
3. Plant your starts before they are stressed (root should not be root-bound)
4. Plant in the right soil temperature
5. Plant with companions (intercrop)
6. Check for compaction and address it two to three times in the first year
7. Do a soil test and make adjustments accordingly (do a Soil Health Assessment test to know how much Nitrogen your current microbes have provided)
8. Add microbe foods at planting time to the soil (kelp, seaweed, worm castings, molasses, crab or shrimp, compost extracts)
9. Mulch wherever you do not have plants growing (how deep depends on how wet your environment is)
10. Water as needed
11. Mist or spray or watering can on micronutrient mixture every week when the birds are singing
12. Check plants for signs of health
13. Check for pests- if you have signs apply micronutrients more often

## Best Practices

**Slugs**, make sure you are not over-watering.

Increase how often you apply micronutrients

If slugs are eating your plants you need to get your plants healthier

Remove slugs only if needed by hand

They are territorial so if you remove the big ones lots of little ones will move in

Mulch with wool or diatomaceous earth until you can get your plants healthier

**Powdery Mildew**- mix 1 part milk (whole cows) 3-to 4 parts water. Spray on all sides of leaves

Apply kelp, chitin (crab meal), silicon (mineral)

seawater and molasse

**Aphids** or other insects that eat sap- give plants micronutrients to improve photosynthesis.

Increase beneficial habitat

**Grasshoppers** beetles other higher-order insects-

make sure plants have everything let need for photosynthesis, and increase soil biology.

Select genetics that can resist the pest. Save seeds on plants not affected.



# Resources



## Advancing Eco Agriculture

Bio Coat Gold: Biological Seed treatment  
Planters Solution:  
<https://advancingecoag.com/>

## Bionutrient Food Association

Become a member to buy the Garden Kit (includes plant feed, minerals, & seed biological treatment)  
<https://www.bionutrient.org/members>

## Soil Divia- Billings Montana Company

Soil Diva liquid microbial-stimulant  
<https://soildiva.net/soil-diva/>

## Ward Lab

Soil Health Assessment  
<https://www.wardlab.com/services/soil-health-analysis/>

## SEED Companies

Baker Seeds  
High Mowing  
Landrace Seeds  
Joseph Lofthouse  
<https://lofthouse.com/>  
4. Praire Road Organic  
<https://www.prairieroadorganic.co/>  
5. Johnny's Selected Seeds  
<https://www.johnnyseeds.com/>

## Video Resources

Regenerative Gardening with Patti  
<https://www.youtube.com/@regenerativegardeningwithpatti>  
2. Nicole Masters  
RegenerateLA Training Series 1 | Part 13  
<https://www.youtube.com/watch?v=vhSULED6wCw&t=7s>  
3. Jay Fuhrer  
Gardening Webinar #1 with Jay Fuhrer  
<https://www.youtube.com/@extensionnpara/videos>  
4. Living Web Farm- greenhouse management  
<https://www.youtube.com/watch?v=nEhVlmf4FfA&t=1s>  
5. Plant Health Pyramid- Removing pests and reducing diseases  
<https://www.youtube.com/watch?v=D1wJefaFrVI&t=2s>

# Books

**Soil Owners Manual** by Jon Stika, Greg Young

**A Soil Owner's Manual: How to Restore and Maintain Soil Health**

[https://www.amazon.com/s?](https://www.amazon.com/s?k=soil+owners+manual&i=stripbooks&crd=1EULVI5PH0E23&sprefix=Soil+owners%2Cstripbooks%2C144&ref=nb_sb_ss_fb_1_11)

[k=soil+owners+manual&i=stripbooks&crd=1EULVI5PH0E23&sprefix=Soil+owners%2Cstripbooks%2C144&ref=nb\\_sb\\_ss\\_fb\\_1\\_11](https://www.amazon.com/s?k=soil+owners+manual&i=stripbooks&crd=1EULVI5PH0E23&sprefix=Soil+owners%2Cstripbooks%2C144&ref=nb_sb_ss_fb_1_11)

**Hidden Half of Nature** by David Montgomery and Anne Bikle

<https://bookstore.acresusa.com/products/the-hidden-half-of-nature>

**Great Garden Companions: A Companion-Planting System for a**

**Beautiful, Chemical-Free Vegetable Garden** by Sally Jean

Cunningham

<https://www.amazon.com/Great-Garden-Companions-Companion-Planting-Chemical-Free/dp/0875968473>

**The Ecological Farm: A Minimalist No-Till, No-Spray, Selective-**

**Weeding, Grow-Your-Own-Fertilizer System for Organic Agriculture**

by Helen Atthowe <https://shorturl.at/ahnV9>



## Want more knowledge?

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Regenerative Gardening with Patti

<https://www.youtube.com/@regenerativegardeningwithpatti>