

## ORGANIC GARDENING MADE EASY

by Jerry Schelhorn, Nursery Manager



# Grandma's GARDENS

Using natural rain water for watering your plants is not only organic, but it is one of the most beneficial things you can do for the health of your plants! The chlorine and fluoride put into our water is toxic to plants. My daughter wanted something easy to grow in her window at her college dorm, so I bought her a Chinese Lucky Bamboo thinking this would be a snap. It's just a plant with roots soaking in water. Give it a little light and you should be set to go. Well, the first one died, then the second one died and I couldn't figure out what was going wrong other than it had to be the water. After some research I discovered fluoride can harm plants as well as chlorine. She then started using spring water and has not had any trouble since.

For the home gardener, **gathering rain water and using it is very easy.** There are many models of rain barrels available which are easy to direct a downspout into. They normally hold about 50 gallons and usually come with a tap for a hose connection already installed. The only problem I see with using only one barrel is during dry spells when you will be using a lot of water, you won't have much entering the barrel and you will go through 50 gallons quickly. I would recommend installing one barrel at each of your downspouts. This will also make it much easier to water all of your plants around your home. Another idea would be to purchase a much larger tank from a farm supply store, bury this in the ground, leaving only the top lid exposed. Then tie together and direct all the downspouts with drainage tubing into here. A 1,000 square foot roof will yield 625 gallons of water from 1" of rain!

To draw the water out, simply drop a small sump pump or water garden pump into the tank which is adapted for a garden hose. These pumps should have cords long enough to reach outside the tank for hooking into an extension cord. You can leave the pump with attached hose in the tank, only needing to stretch out an extension cord when needed.

Regardless of how much water holding capacity you end up with, installing a drip irrigation system will save a tremendous amount of water and time. It will prevent you from having to stand there with a hose and will also prevent the spread of fungal spores on leaves by not using an overhead sprinkler. These systems are easy to install and inexpensive compared to traditional underground water lines with pop-up heads. The fixes if needed on a drip system are easy to do, not having to guess where the break is as with buried lines and then having to dig to locate the break. A drip system can be automated with a timer or simply hook a garden hose up to a supply line.

**Prevention is the key to successful organic gardening.** By using rain water and drip irrigation you will prevent disease and create a healthy environment for your plants, plus you will save money on your water bills.

**Another major component to successful organic gardening is properly preparing your soil before planting.** As with proper water and watering techniques, proper soil preparation will go a long way in ensuring your plants are easily maintained and grow vigorously without having to use many maintenance products such as fertilizers, insecticides and fungicides.

A great way of thinking about this is comparing plants to your body. I know if I had to sleep on concrete (poor, hard soil for your plants) and live off of junk food (poor nutrition for your plants caused by municipal water and infertile soils), it would take a lot of medications and doctor's visits to keep me going. The same is true with your plants. The poorer their growing environment, the more product and work you will have to provide them to keep them looking good. With vegetable gardening you will not only see the difference using organic gardening methods, but will also taste the difference. And better tasting those vegetables will be!

Unfortunately, our local soils -- after construction equipment has been used to build our home -- are very poor because we have a fairly shallow layer of good topsoil to begin with in most areas. To be successful you will have to bring in truckloads of fresh topsoil and compost to build your beds from the ground-up and then, when planting, make sure to incorporate generous amounts of Grandma's specialty soil conditioners, planting mixes and starter fertilizers in each planting hole. All of these planting products are organic. We have talented landscape teams you can utilize to make this process easy or if you are the do-it-yourself type, we can give you all the necessary guidance in properly preparing your planting beds.

Now, if you plan on being a real die-hard organic gardener, you will enjoy **making your own compost** to use in soil preparation, to occasionally work in around your existing plants and for using as a top dress mulch which will hold moisture around the plants. As it breaks down further it will condition the soil and add nutrients. The best compost solution I can give you based upon my research would be to construct a compost bin out of a heavy gauge wire fence which can be as wide as you desire, but no more than 3' deep to allow for ease of turning and removal of your finished product. Buy 4" perforated drain tile and cut out larger openings scattered along each section about 1" in diameter. Place these tiles every 3'. You will need to first establish a bottom layer in order to support the tiles. The fencing for the structure and the placement of the tiles will provide your bin with the necessary air to facilitate the break-down of the materials you are adding. This will decrease the amount of pitch fork turning of your added material. Placement of the bin in a well-drained area is also important.

There are many materials you can use to supply your compost bin. In many cases you will be reusing material that would otherwise end up in the trash. Good compost making items include: Leaves, evergreen needles, freshly pulled weeds, grass clippings (mix in well, don't layer), rotted manure, fruit wastes, egg shells, breads, pasta, coffee grounds and any plant based table scraps.

Now, I will tell you about something amazing you can do with your homemade compost. Make your own **home-brewed compost tea!** Compost tea is a very effective natural fertilizer and also suppresses fungal plant diseases. Simply place 10 pounds of mature compost in 10 gallons of water (rain water preferred) in at least a 30 gallon container, leaving the top open for aeration. (A plastic storage tub or bin will work great.) You will need to occasionally stir this mixture during the course of a five to seven day period, then use immediately. If using a plastic bin, keep in the shade so the plastic does not release chemicals into your solution. Use this liquid gold on all your plants or concentrate on the ones which look like they need a boost.

In order for this to be successful, you will need to use compost which is well-aged and mature. It will be dark in color and have a rich, sweet earthy smell. This will probably take a year or two. Adding earthworms will help to speed up this process. If it has an unpleasant odor, it is probably anaerobic and few beneficial microbes will live in this environment. Keep in mind E. coli can be present in a maturing compost pile. Keeping your maturing compost hot by placing it in a well-drained area and providing good aeration with the tubing

and turning with a pitch-fork will help to keep E-coli at bay.

When applying to a food garden, be careful to only apply to the soil around the plant's roots if you want to be 100% safe. You will always want to wash off all harvested food crops anyway. Using compost tea makes the benefits of compost go further. It has been shown that food crops taste better and have more nutritional value when using the tea.

No discussion on organic gardening would be complete without talking about earthworms. **Earthworms are every garden's best friend.** Earthworms will flourish in an organic garden. The use of synthetic (man-made) fertilizers and chemicals will damage your earthworm population if not totally wipe them out! Earthworms are invaluable as they loosen the soil with their burrowing, admitting oxygen and water to help your plant roots grow deeper and stronger. As the earthworm feeds, organic matter passes through its body and is excreted as granular dark castings. An earthworm produces its weight in castings daily. Worm castings are a wonderful fertilizer, rich in nutrients otherwise unavailable to plants.

Have you ever heard of an earthworm farm? You can easily have the pleasure of owning one. All you need to do is purchase a worm bin and some red worms. The bin is made from durable black plastic, with trays that fit on top of a base. The trays have a mesh bottom for drainage and the base catches "worm tea" and dispenses it from a spigot so you can use it as an ultra rich organic fertilizer for your plants. A top keeps the light out and the worms from escaping. Start out by filling the lowest tray with moist shredded paper mixed with compost and garden soil in equal parts. The mixture should be uniformly damp, but not wet. Add the worms to this tray. You can then begin adding appropriate kitchen scraps to the next above tray. After the earthworms turn your starter mixture into castings, the earthworms will migrate up from this tray to the table scraps tray consuming them and transforming the scraps into nutrient rich castings.

As each tray fills with castings, you can repeat the process in the trays above filling them with table scraps. Worms will keep working their way up through the mesh to the new source of food. You can spread the contents of the lower trays which will now be pure worm castings on your garden either as a top dressing or working into the soil around each plant. Worm castings are also excellent to work into potting soils. They will add nutrients no amount of man-made fertilizers ever could and increase the water holding capacity of the potting soil making water more readily available to your potted plants. An advantage of multi-tray bins is that they are portable, so you can set one up outdoors in a shaded area during the growing season, then move it indoors to the basement when cold weather arrives and continue composting. Everyone you invite over will be amazed with the farm!

I want to touch on food gardening in particular because almost everyone nowadays -- even if they maintain that perfect lawn with an arsenal of chemicals -- wants to eat fruits and vegetables which are organically grown. Here at Grandma's we sell neem oil spray which is labeled *Triple Action*. It is plant based and will help to control insects, mites and fungal diseases. This is an easy spray to use and it is labeled organic for food crops. Even though it is an organic solution (meaning the neem oil does not penetrate beyond the outer surface of the fruit or vegetable, only kills insects on contact and it is not a man-made synthetic chemical) it is still best not to endanger beneficial insects, waste your time with spraying and make sure you wash off the neem oil residue before eating. There are other homemade organic sprays which I will provide you recipes for, but you will have to be mindful in their use also.

When it comes to food gardening and trying to totally eliminate the need for even organic sprays, I have two really great suggestions: **crop rotation and the use of beneficial insects**. Crop rotation aids in balancing soil fertility, reducing the need for continuous heavy feeding, and helps to prevent disease and pest problems. Beneficial insects will eat the bad ones - real simple!

The benefits of crop rotation lie in the fact that different crops have different nutrient requirements and affect soil balance differently. Some, like corn and tomatoes, are heavy feeders that quickly deplete soil nitrogen and phosphorus. So, if you plant corn in the same spot each year, the soil will run low on nitrogen and phosphorus more quickly than other parts of your garden. By changing the location of corn each year, you will be able to renew the soil where it grew the year before. Leafy and fruiting crops such as lettuce, spinach and tomatoes are also heavy feeders. Root vegetables and herbs are light feeders. Peas, beans and other legumes add nitrogen to the soil. This should help you understand the effects of different plants on soil fertility.

Another tremendous advantage that crop rotation enables is disease and pest prevention. Crops in the same botanical family tend to suffer from the same pest and disease problems. For example, a potato beetle will also enjoy feeding on tomato leaves and eggplant foliage. Since these beetles overwinter in the soil, if you plant tomatoes in the same spot you had potatoes last season, you're inviting the beetles who enjoyed your potatoes to feast this season on your tomatoes. Likewise, several bacterial and fungal diseases overwinter in plant debris in the soil.

I am providing you with a list of common vegetable family groups so you can come up with a crop rotation plan of your own. You will need to rotate out different family groups each season, also keeping in mind the information I just provided you on plant choices and soil nutrition.

- Family- Amaranthaceae Common crops- Spinach, beets, swiss chard
- Family- Polygonaceae Common crops- Rhubarb
- Family- Asteraceae Common crops- Lettuce, artichoke
- Family- Alliaceae Common crops- Onion, garlic
- Family- Apiaceae Common crops- Carrots, parsnips, parsley, dill, fennel, coriander
- Family- Brassicaceae Common crops- Broccoli, Brussel sprouts, cabbage, cauliflower, kale, radishes, turnips
- Family- Cucurbitaceae Common crops- Cucumbers, gourds, melons, squash, pumpkins, watermelons
- Family- Fabaceae Common crops- Beans, peas
- Family- Poaceae Common crops- Wheat, oats, rye, corn
- Family- Solanaceae Common crops- Eggplant, peppers, potatoes, tomatoes

Keep in mind that cover crops such as clovers and vetches which can easily be seeded in your garden, might need to be included in an occasional rotation. These crops are pest and disease free and will add nitrogen and organic matter to your soil when they are tilled in at the end of the season. They will both feed a lot of bees, so don't feel like you have wasted your garden space for a season. This also is a good reason for keeping two separate food garden beds. If you always had one with a cover crop and alternated them each year you would find your plants healthier and easier to maintain. Herbs are great to mix in around your food crops because they are usually pest and disease free and have low nutritional requirements.

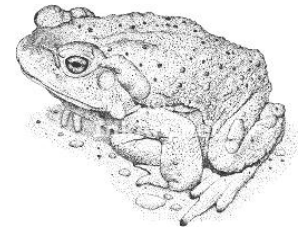
**Beneficial insects** can be used in both food gardens and ornamental landscapes. Keep in mind the term beneficial is relative. For example, we all hate mosquitoes, but their larvae are a valuable fish food and bats eat them by the millions. Bats in turn are important pollinators for fruits in certain parts of the world. Without the “bad insects” the beneficials would not exist either. Who doesn’t enjoy seeing dragonflies dance over the water or a praying mantis lying in wait to capture its prey?

Practicing organic gardening will help encourage beneficial insects to find your property. If you want a headstart you will be able to purchase some of them online for release into your garden. Once you have established a population you will no longer have to continue buying them. This usually occurs after the first season. **Here is a list of some of the most popular beneficial insects:**

- Honeybees are called the “spark plugs” of the garden because of their importance in pollinating fruit bearing crops. These “spark plugs” are in serious decline and the homeowner plays a vital role in protecting the existing populations. We can help by not spraying or spreading chemicals on any flowering plants the bees will land upon to gather nectar and pollen. This includes all ornamental flowers and lawn weed flowers such as clover and dandelions. These chemicals damage the bees’ nervous systems and immune systems. They spread the chemical throughout the entire hive when returning back from gathering trips.
- Parasitic Wasps inject their eggs inside host insects. The larvae grow by absorbing nourishment through their skins.
- Yellow Jackets are greatly feared, but these insects are excellent pest predators. They dive into plants and carry off flies, caterpillars and other damaging larvae to feed to their brood. So don’t destroy their amazing constructed gray paper nests!
- Lady Beetles are the unofficial organic gardening symbol and feed on a variety of damaging hard-to-control insects such as aphids, mealybugs and spider mites. Easily found online for purchase.
- Dragonflies are very attractive and enjoyable beneficial insects to watch. They scoop up mosquitoes and gnats cramming their mouths with prey as they dart in zig-zag patterns.
- Spiders, as most people know, are very skilled at catching undesirable insects. We see mostly the spiders which spin webs, but there are many other types which spin thick silk funnels hiding in burrows or on leaves, while others leap on their prey using silk thread as a dragline. The only poisonous spider which can be found in our area is the Brown Recluse. They are rarely found and if you go online and make a mental note of the spider’s appearance you will feel safe in being able to identify this one. I really enjoy seeing the big Garden Spiders which usually appear later in the season and spin large webs to accommodate their large, striking black bodies with gold and white striping. When approached they start swinging their bodies making their webs vibrate back and forth. I use a small hand-held vacuum to suck up spiders in the house to safely release them outdoors.
- Praying Mantis are much like the Lady Beetles, a very well-known and visible aid in organic gardening. Like the Lady Beetles, Praying Mantis egg masses are readily available for purchase online. They catch their prey with wicked looking claws and then quickly proceed to enjoy their meal. A good test of your bravery is to catch one with your bare hands, of course being careful not to press down too hard to damage the insect. They will wrap their claws around your fingers, but will not draw any blood!
- Bugs! Assassin, Ambush, Damsel, Pirate and Soldier bugs are all predatory bugs which attack soft-bodied insects such as aphids, beetle larvae and thrips. Learn to identify these bugs in your garden and protect them.

- Lacewings have alligator-like larvae which prey upon a variety of small insects including aphids, scale insects, small caterpillars and thrips.

**Beneficial wildlife** such as toads, frogs, snakes, owls, hawks, song birds, butterflies and moths are discussed in my handout entitled “*Gardening for Wildlife*”. I like to ask the question, “Can you grow a toad in your garden?” Toads and frogs are very sensitive to toxic chemicals. I also identify in this handout the number one wildlife killer aside from man-made chemicals which many of us own.



I will now provide you with some useful tips on the use of **organic fertilizers, organic sprays and soil amendments**. Everything mentioned here can be used on both food plants and ornamental plants. For fertilizers, Grandma’s Gardens offers great organic choices. Our *Espoma*® products include Holly Tone, Plant Tone, Tree Tone and Bio-tone which are unmatched in their formulations of organic ingredients and minerals. They contain essential nutrients from a unique combination of the highest quality organics including dehydrated manure, crab meal, cocoa meal, cottonseed meal, dried blood, sunflower meal, kelp, greensand, rock phosphate and potash. The balanced meal of complex organics creates a long lasting reservoir of nutrients that feed plants safely and naturally release valuable micro-nutrients such as magnesium, zinc and iron.

These fertilizers actually improve the overall structure of the soil by adding humus and encouraging soil microbes. *Espoma*® products are also inoculated with beneficial bacteria and mycorrhizae. The bacteria aid in the breakdown of nutrients in the product itself and any nutrients already in the soil, making them in a form available for the plant roots to absorb. The mycorrhizae attach to the plant roots and aid the root systems of the plant in the uptake of these nutrients. These fertilizers are best applied in April and then again in October. If applied per the instructions on package, there is no chance of them burning your plants and they are safe for earthworms! We can help you in picking out the best ones for your plants and advise on how to apply them for the best results.

We have available some good organic spray solutions for damaging insects and fungus. We carry insecticidal soaps for zapping unwanted insects. Our *Triple Action* containing neem oil is a great all-in-one organic solution for killing insects, mites and fungal diseases. The neem oil is extracted from the seeds of the neem tree. Both can be used on ornamentals and food plants safely for humans. However, try to use these products sparingly and only where all else has failed as they will also damage beneficial insects. Never spray directly on flowers that pollinators may visit.

The soil conditioners we carry have been specially formulated with organic ingredients to pack the most punch for creating a better soil environment when doing new plantings. Our original *Grandma’s Planting Mix* is a household name with our customers, and our other prized more recent addition of our exclusive *Grandma’s Acidic Mix* provides the best conditions for planting all of our acidic loving plants. These include hydrangeas, magnolias, azaleas, hollies, river birch, maples and all evergreen trees and shrubs. We highly recommend using our soil conditioners and fertilizers for the best results.

I will provide you with a few homemade spray solutions for insects, disease and weed control for those of you that have the time and energy and who enjoy being as self-sufficient as you can. I gleaned these recipes from **Jerry Baker’s book *The Backyard Problem Solver***.

Here's an all-purpose insect killer he calls his "Clean-up Tonic": 1 cup of baby shampoo, 1 cup antiseptic mouthwash and 1 cup Tobacco Tea. Mix these ingredients together and then use 2.5 teaspoons per gallon of water to make your spray. He provides this recipe for making the Tobacco Tea: Wrap up one-half handful of chewing tobacco in a piece of nylon stocking hose and place it into a gallon of hot water. Soak it until the water turns dark brown. Fish out the hose and strain the liquid into a glass container with a tight lid. Store the tea and use it whenever making the Clean-up Tonic recipe. He recommends spraying every ten days until the problem is under control. I can also tell you to never spray when sunlight of any strength is hitting the leaves of your plants. It is best to spray either very early in the morning or in the evening to avoid leaf scorch.

Although sulfur and copper are listed as organic fungicides because they are naturally occurring elements, they will kill important soil microorganisms and beneficial insects in addition to being toxic to wildlife and humans. So here's a natural fungicide recipe from Jerry Baker's book: one-half cup molasses, one-half cup powdered milk, 1 tsp. of baking soda and 1 gal. of warm water. Mix the molasses, powdered milk and baking soda into a paste. Put the mixture into the toe of a nylon stocking and let it steep in a gallon of warm water for several hours. Then strain and use the liquid as a fungus-fighting spray!

Jerry Baker gives another recipe for controlling black spot on roses which seems to be a common problem here especially on the hybrid teas. Chop 15 tomato leaves and two small onions into finely minced pieces and steep them in a quarter cup of alcohol with a closed lid for at least 10 hours. Use a small, sponge-type paintbrush to apply the brew to any infected rose leaves. Do this only in the evening to give the alcohol time to burn off before the next day's sun hits the leaves.

A great organic weed killer I use all the time at home is mixing two cups of Epsom salts and one teaspoon of dishwashing liquid in one gallon of vinegar. A customer of mine gave me the recipe and I really am amazed at how rapidly the weeds shrivel up. Try to time the spraying on a warm, sunny morning. By mid-day you will smell the weeds cooking and by late afternoon they will be brown! This will totally kill shallow rooted weeds like chickweed. Deeper rooted weeds like dandelions will again raise their heads after a couple of weeks, although smaller and weaker than before. Hit them again and this should finish them off. This spray will of course severely damage any foliage it comes in contact with, so be careful to avoid drift.

Can I address the "elephant in the room"? Our **LAWNS!** I will be totally honest with you. If you desire a perfect, golf course looking lawn, this will be impossible for you to achieve organically unless you start over every two years with newly laid sod. You can, however, maintain a nice looking lawn organically. This will be especially true if have no neighboring lawns or if your neighboring lawn is not fanatically maintained. Using organic methods to maintain your lawn will yield the biggest benefits to your health and wildlife. Just by protecting honeybees from landing on sprayed dandelions or clovers will be a huge help.

Here are **a few suggestions to make a nice looking organic lawn possible.** Always mow to a height of no less than 3" tall. By leaving your grass taller, this will help to prevent weeds from taking root and hold more moisture in the soil by keeping the soil more protected from the hot sun and wind which a shorter lawn would expose the soil to. When watering, water deeply applying at least one inch at a time to discourage shallow rooting. Don't mow when the soil is wet to avoid soil compaction.

Jerry Baker gives this recipe for keeping your lawn looking its best. Mix one cup of baby shampoo, one cup of ammonia and one cup of weak tea together. Pour this into a 20 gallon hose-end sprayer and fill the balance

of the sprayer jar with warm water. Then apply it to your lawn to the point of run-off. He recommends doing this once a month right after mowing.

Corn gluten meal is a great organic pre-emergent weed preventer for use on your lawn and in beds. It is a protein by-product of corn milling and is high in nitrogen, containing 10%, so it also doubles as a fertilizer. It acts by reducing seed germination of many weed species by inhibiting root development during seed germination by desiccating the soil and reducing water uptake. The recommended application rate is 30lbs. per 1,500 square feet. Once the granules are applied, wet it with a fine, soft spray to activate. For best results apply before any stretch of days with temperatures above 50 degrees and nighttime lows above freezing as weed seeds will start to germinate rapidly then. Usually this will be very early on in March in this area. The meal will prevent weeds from germinating for about one month and then you will need to reapply. For best results start with a weed free area as the nitrogen in the meal will only make existing weeds more robust!

For me the only real battle in maintaining an attractive lawn, landscape and food garden is weed control. By religiously using corn gluten meal and the vinegar spray for existing weeds the corn gluten meal misses, this will be a snap!

You may also want to use Milky Spore on your lawn to kill grub worms. Milky spore is a powder when applied to your lawn and then watered in will infect the Japanese beetle grub worms in your lawn with a lethal disease. Within 7-21 days the grub will eventually die and as the grub decomposes, billions of new spores are released into the soil! The best application time is August when the grubs are close to the surface and actively feeding. By doing this you will also be decreasing the adult population of Japanese beetles which emerge in June to feed on a variety of plant leaves and flowers. Re-apply next August to ensure the disease has firmly taken hold in your lawn's soil and then you should be good to go for about a decade!

The last topic we need to cover is **organically controlling animal pests such as deer and rabbits**. This is more of a throw-everything-at-it solution to see what works best for your particular conditions. Grandma's offers an excellent product called *Deer Scram* which many of our customers swear by. It is applied by lining out the powder in 3" wide bands on the ground around any plant material which is being eaten. Re-apply after a heavy rain or every two weeks until the disturbing animals get the hint.



For animal repellents, you can also make homemade concoctions which should include plenty of hot peppers blended in water. These you can spray directly on the plants, and they also act as insect deterrents. Deodorant soap bars hanging or laying near effected plants, urine and human or pet hair laid on the ground near plants, and mothballs all will aid in keeping animal pests at bay. A customer told me of a really good mechanical solution to keeping deer away. Keep AM talk radio on from dusk to dawn outside. He kept the plugged-in radio covered with a bucket with a stone on top to prevent the bucket from blowing away, or you could purchase one of those decorative fake rocks which cover unsightly items. The radio only needs to be kept at a low volume as deer have very good hearing.

I hope I have been able to provide you with concise and easy to understand ideas for having a totally organic property. Many of you are probably already eating more organic foods than ever before as our society as a whole is becoming more aware of the dangers of man-made chemicals being sprayed on and used in the preparation of our foods.



**Permaculture** is combining the best of natural landscaping and edible landscaping on a site which is able to sustain itself and the gardener. We have the ability to develop our properties until they meet all of our needs, including food ( fruits, vegetables and chickens for both meat and eggs), shelter ( structures), energy (wind and solar) and entertainment ( the beauty of our created landscape with all the fragrances, colors, textures and wildlife it attracts). This can all be achieved in a healthy organic manner which not only betters our lives, but will serve as an inspiration to those we allow into our oasis. You will be surprised at how much of this you will be able to achieve on even a small property. Zoning may prevent the energy and the chickens, but everything else should be allowed no matter where you live.

I would also like to mention that you will by no means need to utilize all of the organic solutions I detailed. These are only suggestions to use if a problem should arise and then it may only be a one time or occasional necessity to use. By far the most important steps in all of this are starting with the right soil and maintaining proper plant nutrition with the fertilizers I suggested. If you are trying to grow anything including a lawn on heavy clay, poor soils (which is what most of us inherit when we buy a property in SW Ohio), you will need to aggressively build-up new planting soils as I detailed earlier. Starting with this good foundation will make having a low maintenance garden and property much easier.

Thank you for taking the time to attend this seminar on organic gardening. We are more than eager to help you at Grandma's Gardens with all the advice, products and physical help you need to realize your goals.



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GARDENS

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