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## BALANCE

The author recommends that those who want to adopt an organic lifestyle should go about it gradually. An approach to an organic lifestyle is to start with staples.



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Instead of chemical oils, use cold pressed; grow vegetables in your garden and use them in the kitchen. Try to buy food from local producers.

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100 Steps to a Plastic-Free Life » My Plastic-free Life

1. It starts with a good base mix. My preference is approximately 50% sphagnum peat moss, 33% aeration (we

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use 1/3 large... 2. The next thing to consider is your major nutrients (nitrogen, phosphorus, potassium, calcium, magnesium, and sulfur). 3. Trace minerals and micro-nutrients are important! ...

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8 Steps for Making Better Garden Soil -  
Mother Earth News

Steps to Grow an Organic Garden: 1. Pick A Place For those of you, who are just starting with gardening, choosing an appropriate place is essential. If you

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already have your garden set up, you need to simply invest certain amount of efforts, time and money to move to organic treating.

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6 Easy Steps To Grow An Organic Garden  
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certification system that verifies farmers or handling facilities located anywhere in the world comply with the USDA Organic Regulations. Certification entails five steps: **STEP 1: Develop an organic system plan.** The organic system plan is the foundation of the organic certification process.

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Organic 101: Five Steps to Organic Certification | USDA

Sustainable Baby Steps is here to help guide you on small changes to make a big difference, for your health, the health of our planet, and our future. At home, in the



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garden, simple living, natural health, essential oils, we have loads of resources on ways to go green. And, wherever you are on your

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Sustainable Baby Steps

12 Ways to Live More Sustainably. Every

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day we make choices in our lives that affect the environment, the climate and other species. From what we eat to how many children we decide to have, there's a lot we can do to "choose wild" and reduce our environmental footprint to leave more room for wild animals and plants.

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12 Ways to Live More Sustainably -  
Center for Biological ...

Add layers of carbon, which is composed of brown material (such as garden trimmings and leaves) with nitrogen (which is waste that is green in color, such

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as old leafy greens from the kitchen).

After adding a few layers, top off your pile with a 4 to 6 inch layer of soil.

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3 Ways to Farm Organically - wikiHow  
Continually add organic matter – one of the building blocks of healthy soil, which

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decomposes and recycles nutrients to feed your plants. 4. Keep your soil covered, never bare. A layer of mulch, living ground cover or a short-term cover crop are easy solutions.

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