

"It's simple, when youth grow vegetables, they tend to eat them!"

Kathy Tierney, Registered Dietitian
Damar Services, Inc., Indianapolis

Soil Health Hero

In the fall after a tough season, Kathy and the Marion County SWCD planted cover crops to regenerate the soil. In the spring, she cut and laid them on top of the garden beds. She added compost and fertilizer with guidance from a soil test, sowed and transplanted crops, then fortified the no-till mulch garden with clean alfalfa hay.



Cover crop use was so successful that Kathy continued its use with another planting in fall. Damar enjoyed a significant increase in vegetable production and dramatically fewer weeds, attributed to the use of the beneficial practices of planting cover crops, mulching and minimal soil disturbance.



Cover crops are planted in Damar's garden in fall. Some cover crops live throughout the winter, providing living, beneficial roots in the soil in spring.



Damar Services, Inc.

Size: 14 wood-framed raised beds

Type: School garden

Practices: Cover crops, mulch, no-till

Benefits: Enhanced soil health, moisture retention and weed control



Once cut, cover crops can be applied as a mulch to help retain water, improve water quality and add nutrients back into the soil.



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