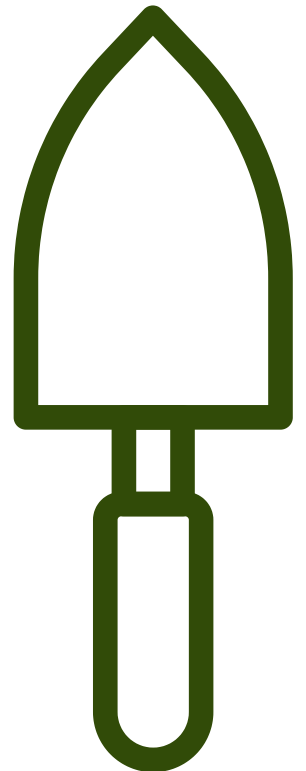




Shambhala Living
— Grow . Nourish . Connect —

MY GARDEN JOURNAL



GROW

NOURISH

CONNECT



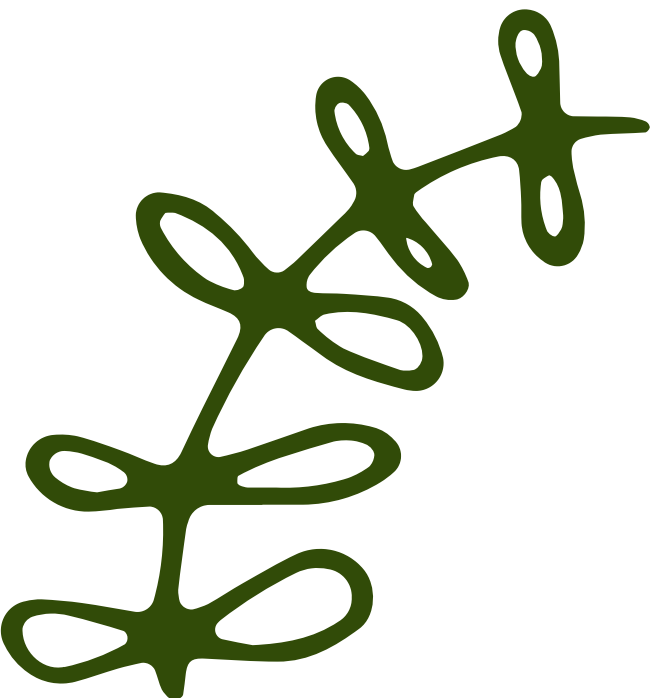
www.shambahalaliving.com.au



*"How can humankind regulate its affairs so that its chief possession, the **fertility of soil, is preserved?**"*

*On the answer to this question, **the future of civilization lies.**"*

Albert Howard, 1942



Name:

Location:

Year:





GROW

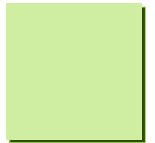
LIVING SOIL

THE 4 ESSENTIAL INGREDIENTS

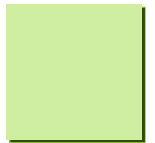
Mineral: Sand, silt and clay particles



Organic Matter: Decomposing plant and animal life



Living Organisms: Micro-organisms, earthworms and other soil biota



Air and Water: Gases and moisture



GARDEN PLAN



NOTES:



GARDEN WISH LIST:





NOURISH SEEDLINGS

STEPS TO GROW SEEDLINGS

Know your Growing Zone

What seeds grow in your place and best time to plant



Start with High Quality Seeds & Seedlings

Keep it in a cool dry place



Good Seed Raising Mix

light, free draining, moisture retentive soil medium



Germination Place

With right moisture and temperature



SEEDS TO GROW

SEEDS TO GROW NOW:



SEEDS TO GROW LATER:



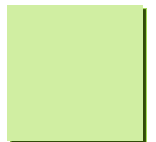


CONNECT COMPOST

THE SHAMBHALA COMPOST RECIPE

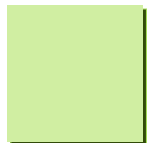
Nitrogen

Green Materials, Nitrogen rich materials (i,e food scraps)

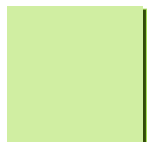


Carbon (Twice the volume of Nitrogen)

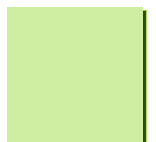
Brown Materials, Carbon rich materials (i,e dried leaves, coco fiber)



Water



Oxygen



COMPOSTING

DATE STARTED COMPOST:

OBSERVATIONS:

GOALS:

THINGS TO IMPROVE:

NEW LEARNINGS:



MONTHLY OVERVIEW

Month: _____

MON	TUE	WED	THU	FRI	SAT	SUN
						

GOALS:

NOTES:



WEEKLY HIGHLIGHT

Date: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DAILY DIARY

Date: _____

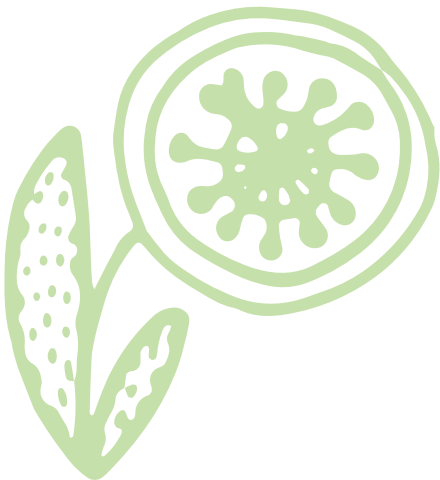
MY DAY:



GOALS:

PRIORITIES:

NEW LEARNINGS:



Notes:



Printing Instructions:

Print page 1-8 with 1 copy each

Print 12 copies of Month Overview

Print total of 48 copies of Weekly Highlights

Print Daily Diary as desired or needed (as often as you do gardening)

Print Notes as desired or needed

Arrange it as follows:

Page 1-8

Month Overview (1 page)

Week Highlights (4 pages)

Daily Diary (as desired or needed)

*Repeat steps from Monthly Overview to Daily Diary until 12 months in year is completed

Notes (as desired or needed)

Enjoy planting!

