

## Sheet mulching/ Assembled by Tome Shaaltiel, Presented by Joan Plisko

Sheet Mulching is a permaculture soil building method for your garden, there are many ways to do it, some call it Lasagna gardening. Essentially it is creating layers of compostable materials that build nutritious soil for planting a garden.

### Why we do it?

- Weed control
- Starting a garden bed or farm field in place of a grassy space (soccer field, lawn) without tilling, digging, and disturbing the existing soil
- Lacking available fertile soil to plant in- soil made of pure clay or pure sand
- Fertilize nutrient lacking soil- creating a soil amendment
- Long term mulching
- Cheap
- Reuses materials that would otherwise go to the landfill

**\*Do not** use if your soil is unfit because of pollution - like lead poisoned soil. Make a raised garden bed in that case.

**\*Test your soil before sheet mulching or starting to plant in the ground if you never did in that location.**

You can try a DIY soil test here are 4 example: <https://www.thespruce.com/easy-diy-soil-tests-2539856>

Or try buying a soil test: [https://www.lowes.com/pd/Soil-Test-Kit/999989630?cm\\_mmc=shp- -c- -prd- -lwn- -bing- -pla- -123- -gardening- -999989630- -0&kpid&placeholder=null&msclkid=13ced12240ab1f7dbb098fb2c785190e&gclid=CK3N45S03ugCFdjBswodUGgH7g&gclid=ds](https://www.lowes.com/pd/Soil-Test-Kit/999989630?cm_mmc=shp- -c- -prd- -lwn- -bing- -pla- -123- -gardening- -999989630- -0&kpid&placeholder=null&msclkid=13ced12240ab1f7dbb098fb2c785190e&gclid=CK3N45S03ugCFdjBswodUGgH7g&gclid=ds)

### How we do it?

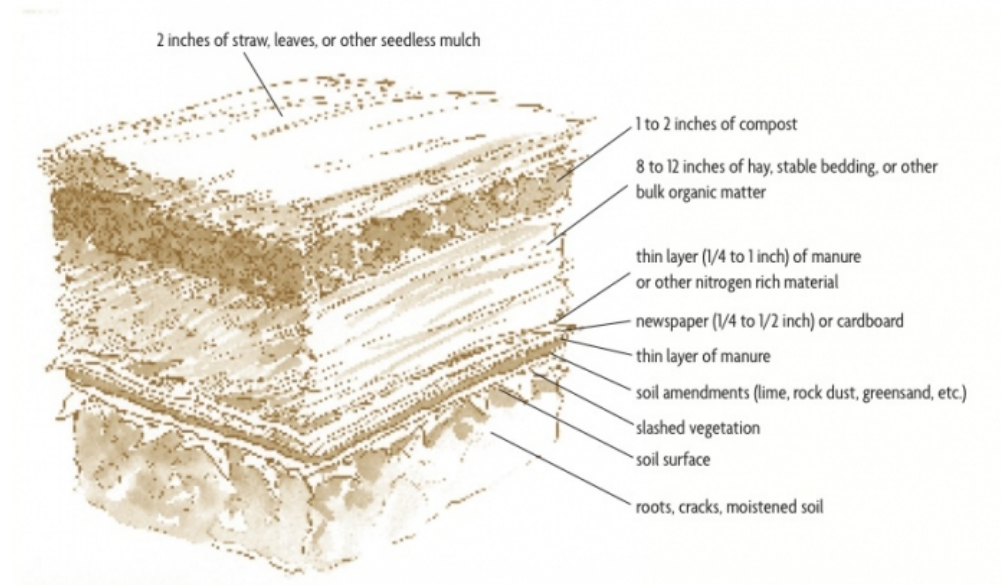
There are several key components:

**First**, a weed barrier like cardboard is laid down to smother weeds. In theory (and quite often in practice) the cardboard decomposes after the weeds have all died and turned into compost.

The **second** ingredient is to add compost or build a layered compost pile that will enrich your new garden bed.

The **third** step is to add a thick layer of mulch on top, to keep new weeds from getting established.

**\*Make sure** to add a lot of water in between the layers.



**Resources:**

<https://tobyhemeway.com/resources/how-to-the-ultimate-bomb-proof-sheet-mulch/>

<https://www.permaculture.co.uk/articles/9-easy-steps-sheet-mulching>

Patricia Lanza's *Lasagna Gardening* book <https://www.ebay.com/itm/372968078589>, or [Edible Forest Gardens](#).