

# Build your Garden

## 1. Introduction – Understanding the Ecosystem of Indoor Plants

**Objective:** To introduce you to the holistic approach of natural farming in indoor gardening.

- **Gardening as a Connection Practice:**
    - Plants thrive when we understand their relationship with soil, water, air, and light.
    - Mastering connection means observing and responding to plants' needs, rather than controlling them.
  - **What is Natural Farming in Indoor Gardening?**
    - Minimal human intervention, letting plants grow in an ecosystem-friendly way.
    - Using natural soil amendments, compost, and homemade fertilizers.
    - Avoiding synthetic pesticides and chemical fertilizers.
  - **Why Understanding Seasonal Rhythms and Climate Matters:**
    - Indoor plants are influenced by external seasonal changes.
    - Even in controlled environments, temperature and humidity shifts affect plant health.
    - Recognizing the cycles of plant growth leads to better care strategies.
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## 2. Mastering the Basics – Practical Guidance on Natural Farming Methods

### A. Soil & Nutrients

- **Principles of Natural Soil Health:**
  - Use **living soil**—rich in microorganisms that help plant roots absorb nutrients.
  - Avoid synthetic potting mixes; instead, use a mix of coco peat, compost, and garden soil.
  - Add **vermicompost** or fermented organic matter for slow nutrient release.
- **DIY Soil Amendments for Indoor Plants:**
  - **Banana peel tea** – Potassium boost.
  - **Eggshell powder** – Natural calcium supplement.
  - **Aloe vera solution** – Natural growth enhancer.

### B. Water & Humidity

- **Watering Techniques Based on Natural Farming:**
  - Water based on soil moisture, not routine schedules.
  - Use **rainwater** or dechlorinated water (let tap water sit for 24 hrs).
  - Use clay or terracotta pots to maintain moisture balance naturally.
- **DIY Humidity Control:**
  - Keep a **bowl of water near plants** to naturally increase humidity.
  - Group plants together to create a microclimate.
  - Mist plants with herbal-infused water (neem or aloe extract) to prevent pests naturally.

### C. Air & Ventilation

- **Why Airflow Matters:**
  - Stagnant air encourages mold and weakens plants.
  - Proper air circulation helps in **natural pollination** (for flowering indoor plants).
- **Natural Farming Approach to Airflow:**
  - Keep windows open when possible to allow natural air exchange.
  - Use **charcoal or coconut husk** in a potting mix to improve aeration and help plant grow.

### D. Sunlight & Shade

- **Understanding Natural Light Needs:**
  - Different plants need different light intensities (direct, indirect, or shade).
  - Observe plant movement—leaves shifting or stretching indicate insufficient light.
- **Indoor Gardening Tip from Natural Farming:**
  - Use reflective surfaces (white walls, mirrors) to maximize light.
  - Rotate plants weekly for even light exposure.

### E. Space & Growth

- **Optimizing Space Naturally:**
  - Allow space for airflow and root expansion.
  - Use vertical gardening methods (hanging planters, wall-mounted pots).
  - Repot using **natural fiber pots** (coconut husk, clay) for sustainability.
- **How to Repot Plants the Natural Way:**
  - Use a mix of old soil and fresh compost instead of discarding old soil.

- Add **wood ash** or crushed charcoal to prevent fungal infections.
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### 3. Seasonal & Climate Considerations

**Objective:** Teach how to adjust plant care based on changing seasons, even indoors.

#### A. Seasonal Adjustments for Indoor Plants

- **Spring & Summer:**
  - Increase watering, but avoid overwatering.
  - Add **banana peel tea** every 2 weeks for nutrient boost.
  - Maintain humidity by misting or placing water bowls nearby.
- **Autumn & Winter:**
  - Reduce watering, as plants slow down growth.
  - Stop adding fertilizers; let plants rest.
  - Use **fermented rice water** sparingly for root health.

#### B. Indoor Microclimates & Plant Placement

- **Understand microclimates within your home:**
    - Near windows = warmer, brighter.
    - Near doors = fluctuating air movement.
    - Bathrooms = high humidity.
  - **How to Utilize Microclimates Naturally:**
    - Place humidity-loving plants in kitchens/bathrooms.
    - Use shade-loving plants in darker corners.
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### 4. Homework

**Objective:** You have to practice a key skill from the session.

#### Activity 1: Repotting & Soil Enrichment

- Mix a **natural potting soil blend**:
  - 40% compost
  - 30% garden soil
  - 20% coco peat

- 10% charcoal or husk
- Re-pot your own plants with this guidance.

What works for me is 1:1:1 and

### Activity 2: Troubleshooting Plant Issues Naturally

- Common problems and solutions:
    - **Yellow leaves?** Overwatering or nutrient deficiency. Use diluted compost tea.
    - **Pests (aphids, spider mites)?** Spray with neem oil solution.
    - **Fungal infection?** Sprinkle cinnamon powder on soil.
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## 5. Closing & Takeaways

**What did you understand as** key lessons for ongoing practice.

### Key Reminders:

- Observe plants daily—response over routine.
- Work with natural elements (sunlight, humidity, soil microbes) rather than artificial solutions.
- Experiment with DIY fertilizers and natural pesticides.

### Challenge for You:

- Choose **one** natural method discussed today and apply it for 30 days.
- Document plant changes and share experiences in a follow-up session.