

CLEAN & GREEN

SPRING NEWSLETTER

Spruce up your
Garden
this **Spring**
with these top tips!

pg. 4 - 5

**Veggies, Health
& Gardening**

pg. 6 - 7

**Soil Yourself with
Soil Knowledge!**

pg. 9

The Greeny Bunch!

pg. 8

Swap & Grow

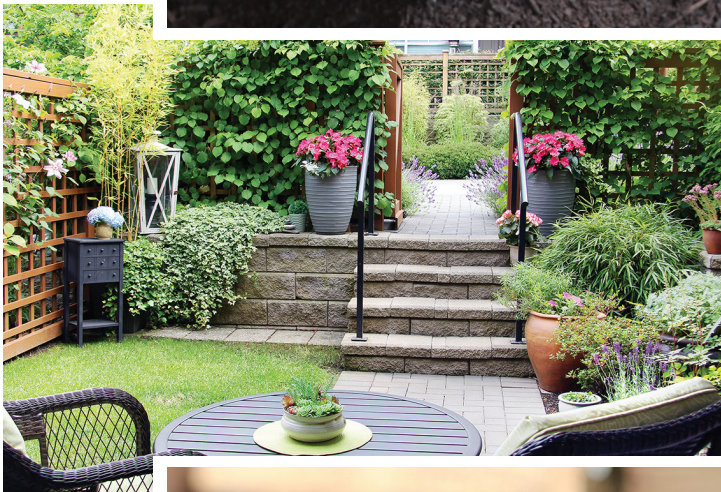
**Starting
this Spring**

pg. 10

Contents

Written & Produced by Gabby Mastroianni
Published by Clean & Green Organics Pty Ltd

Vol. 2, No. 3, Spring 2021
Released 30th August 2021



FEATURES:

- Contents Page
- Green Waste Statistics
Green Waste visual Infographic..... **3**
- Spring Fling
Spring Gardening Tips..... **4**
- The Garden Goods
8 health boosting foods to grow in your garden..... **6**
- Gardening with the Greeny Bunch
Veggie growing guide for Spring..... **8**
- Soil, Fundamental for all Life on Earth
9 Benefits and Impacts of Soil..... **9**
- Swap n Grow
Starting this Spring - Read all about it!..... **10**
- Clean & Green Organics Soil Sale
Spring Soil Sale..... **10**
- Source & Article References..... **11**

PARTNERS:



Check out **Clean & Green Recycling** website to discover more information about Clean & Green services, news and special offers!

www.cleangreenrecycling.com.au



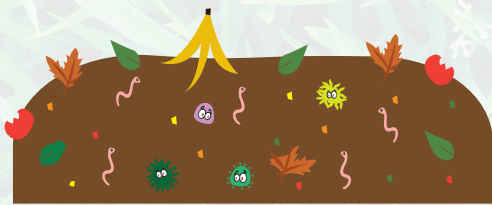
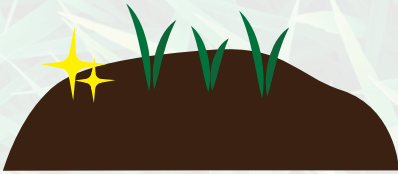
75%

OF ORGANIC WASTE SENT TO **LANDFILL** COMES FROM OUR GARDENS & FOOD.



WHICH COULD BE **COMPOSTED** INSTEAD!

SOIL INHABITS **25%** OF THE WORLD'S BIODIVERSITY



MICROBES & WORMS HELP DECOMPOSE ORGANIC MATTER THROUGH COMPOSTING

1 TEASPOON OF SOIL

CONTAINS MORE LIVING ORGANISMS THAN PEOPLE IN THE WORLD

AUSSIES SPENT



\$2.6 BILLION ON PLANTS

IN 2020

5.3KG GARDEN WASTE AND 7.5KG FOOD & GARDEN WASTE IS AVERAGE KERBSIDE COLLECTION PER HOUSEHOLD



95%

OF THE WORLD'S

FOOD

COMES FROM SOIL



Spring Fling

Spruce up your garden this Spring with these top tips!

Add Value to your Home with a Garden?

Did you know a beautifully designed and well maintained garden can improve the value of your home by up to 25 per cent?!

Culture shifts and covid lockdowns have placed greater importance on our home gardens. Outdoor spaces are considered just as important as indoor kitchen and living spaces.

Potted plant decorations, courtyard landscaping, large gardens with lush grass and flowering trees are in style and here to stay!

How might you spruce up your garden this Spring?



Create a Sweet Scent in Pot Plants

Have a small home or just love to decorate with pot plants? Add these sweet scented blossoms to your home for that beautiful finished touch!

Lavendar is a perfect choice, they're easy to grow and its natural calming scent will create a relaxing home environment.

Gardenias are a must-have home beauty! They grow well in pots, enjoy warm humid climates and produce a sweet perfume.

With love, classic **Roses** produce the strongest scent and grow well in pots and sunny spots!

Pruning, Weeding, Mulching, Feeding!

Spring clean your garden with some easy maintenance tips:

Prune your summer and autumn blossoms, removing any dead branches or leaves. Shape your shrubs and trees to stimulate growth and allow light to pass through.

Remove all your garden weeds and compost them!

Revitalise your garden beds with organic nutrient mulches and compost feeds. These soils help create drainage channels, aerate soils and restore any lost nutrients and pH levels to support healthy growth.

Make the Grass Greener on your Side

Lawn care in spring is crucial for greener healthier looking grass in summer!

Aerate your compact soil with a rake or spikey gardening shoes. Remove any damaged dirt, or dead blades and thatches.

Add Clean & Green Organic Top Dressing over your existing grass or in new areas to support strong soil structures and promote healthy growth.

Sow new grass seeds over patchy grass or newly soiled areas and water thoroughly to encourage flourishing growth!



The Garden Goods

If COVID has taught us anything, it's that our health and well-being is so important!
 Boost your overall health naturally this Spring by adding these deliciously easy to plant and nutritionally-rich fruit and veggies to your home garden!

1.



Oranges

Rich in Vitamin C which is an antioxidant that supports the body's natural immune response. Oranges help your body absorb iron and protects your cells.

Plant: Spring or Autumn

Growth Time: 3 years before first harvest

Conditions: Water regularly, Full sun exposure, Organic matter in soil is best.

2.

Capsicum

Rich in antioxidants called "carotenoids" that can reduce inflammation, decrease risk of cancer and protect cholesterol from damage.

Plant: Late Winter or Early Spring

Growth Time: Approx. 3 months

Conditions: Full sun exposure, Away from strong winds, Organic matter in soil is best.



3.



Blueberries

One of the superfoods! Rich in antioxidants that boost your immune system and protect your cells from aging or disease.

Plant: Early Spring or Late Autumn

Growth Time: Approx. 2 years

Conditions: Full sun exposure, Well drained & high organic matter soil required.

4.



Ginger

Used as alternative medicine to treat nausea, fight the flu and aid digestion. Ginger has antioxidants to support immune health and anti-inflammatory benefits too.

Plant: Spring or Summer

Growth Time: 2-3 years

Conditions: Needs warm humid weather, filtered sunlight and moist soil.

5.



Broccoli

Rich in antioxidants which support your body's cells and tissues. Can reduce inflammation, protects against cancer and other diseases and boosts brain health and longevity.

Plant: Spring, Summer or Autumn

Growth Time: Around 3 - 4 months

Conditions: Full sun exposure, Well drained & high organic matter soil required.



6.

Spinach

Excellent source of iron and calcium essential for bone health. Rich in Vitamins A, C and K1, which helps with reducing the risk of blood clotting.

Plant: Autumn, Winter or Early Spring

Growth Time: Minimum 4 weeks

Conditions: Regular watering, Full sun with partial shade, Organic matter in soil is best.

8.

Garlic

Sometimes used as alternate medicine to help fight the flu and boost immune health. Garlic can also reduce blood pressure and improve cholesterol levels.



Plant: Autumn, Winter or Spring

Growth Time: Approx. 8 months

Conditions: Full sun exposure, Organic matter in soil is best.

7.



Sweet Potato

Full of Vitamins A, B5, B6, C and E, essential for immune support, gut health, blood pressure control and heart health. Considered a superfood!

Plant: Spring

Growth Time: About 4 - 5 months

Conditions: Full sun and warm weather, Well drained & high organic matter soil required.

Gardening with the Greeny Bunch

Yummy goodies to plant in your garden this Spring!

Easy to grow and the whole family can get involved!

All grown & ready to eat by this Summer!

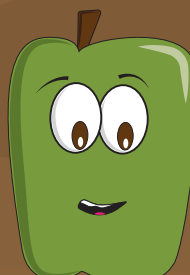


Zach the Zucchini

Growth Time: 2 months

Conditions: Sunny spot with lots of room and well-drained organic compost soil.

Garden Tip: Flowers mean zucchini fruit will appear soon!



Chris the Capsicum

Growth Time: 3 months

Conditions: Sunny spot with no wind and well-drained compost soil.

Garden Tip: All capsicums are green. Some when left longer develop their full colour (red, purple or yellow).



Bobby the Broccoli

Growth Time: 3 months

Conditions: Sunny spot with partial shade and well-drained organic compost soil.

Garden Tip: Water every 2 days



Ethan the Eggplant

Growth Time: 3 months

Conditions: Sunny spot with well-drained organic compost soil, topped with layer of straw.

Garden Tip: Eggplant fruit will appear 6 weeks after flowering.



Betty the Beetroot

Growth Time: 2 - 3 months

Conditions: Sunny spot with lots of room and moist well-drained compost soil.

Garden Tip: Beetroot leaves are edible and full of nutrients!

Soil Fundamental for all Life on Earth

Biodiversity

Healthy soils support microbial, plant, animal biodiversity, and by extension through the food we consume, human life and health.

Human Health

Food nutrition is supported through organic nutrient-rich soils promoting healthy growth, development and immunity.

Quality soil aids global food security, and prevents soil degradation or contamination.

Water Quality

Quality soils exhibit higher rates of water infiltration, which help purify the waterways, reduce erosion, and prevent contaminant or sediment run-offs from degrading the water quality.

Equally, these soils retain more moisture and create natural drainage channels, essential for plant growth and saving water consumption.

National Parks

Soil health impacts bushfire planning and soil management for regeneration and reforestation. Equally impacts tourism industries.

Economy

Soil health impacts agricultural productivity, carbon credits and the international goal for circular economy and sustainability.

Composting organic waste into quality soil supports waste management industries and agricultural production.

The preservation and protection of our environment through good quality soil equally impacts and aids our tourism industries too.

Climate

Quality soil acts as a sponge, soaking up extra carbon in the atmosphere. Equally, composted organics ensure carbon is returned to the soil to support new life and growth.

It also reduces the need for pesticides and other nutrient sprays which can add to greenhouse emissions.

Environment

Good quality soil preserves and enhances our natural environment by protecting our landscapes from the impact of natural disasters, like bushfires, erosion, and landslides, and supporting our biodiversity, food chains and ecosystems so they can flourish and survive.

Air Quality

Good quality soil suppresses dust and volatiles circulating in air, thus improving the air quality.

Infrastructure

Strong soil structures, found in quality soils, support building and infrastructure development.

Soil management helps mitigate damage from landslides, erosion, salinity, acidity or dust storms.

How it works

Swapping Scraps for Soil

Collecting & Composting Scraps

Clean & Green Organics partner with Swap n Grow to collect your organic food and green waste "scraps" from your business place or home to be composted into high quality organic soils.

Using our own collection trucks, your scraps are taken to our composting facility in Bringelly, NSW to be mixed with our other organic materials and layered into compost piles.

Through regular monitoring and analysis, our composts are created to the highest quality to meet Australian Standards, and when ready, are screened and delivered back to your gardens to continue the circle of life!

Swapping & Delivering Soil

An idea born from swapping scraps for soil to grow new life, Clean & Green Organics and Swap n Grow partners contribute to the circular economy by doing exactly that!

Composting organic food and green waste "scraps" into high quality organic compost soils; that are bursting with essential nutrients and micro-organisms for healthy garden growth and development, and that meet Australian Standards.

Every season we deliver you fresh compost soil, made with love from your organic scraps, to use in your home garden. Alternatively, you can choose to donate your soil to a community project or local garden and be a part of the sustainable circular economy!



GIVE YOUR GARDEN THE BEST QUALITY WITH, **CLEAN & GREEN SOILS!**

Using quality soil makes all the difference in your garden!

Clean & Green Organics composts and soils are made from 100% recycled organic materials at our Australian composting facility in Bringelly, NSW.

Made to Australian Standards and certified product of Australia, Clean & Green soils and composts are bursting with nutrients and micro-organisms essential for healthy

plant growth and supporting soil structures with proven results!

With a range of products to suit any gardening needs, let our team assist yours in finding the perfect match for your garden!

Clean & Green Organics offer bulk and wholesale orders all year round! Enquire online or give us a call today to order your high quality soil!



Written & Produced by Gabby Mastroianni
Published by Clean & Green Organics Pty Ltd

Vol.2, No.3, Spring 2021

REFERENCES:

- ABS, 2020, Waste Account Australia Experimental Estimates 2018-19, Australian Bureau of Statistics, 6.11.20, <https://www.abs.gov.au/statistics/environment/environmental-management/waste-account-australia-experimental-estimates/latest-release>
- Arnarson, A., 2019, Oranges 101: Nutrition Facts and Health Benefits, Healthline, <https://www.healthline.com/nutrition/foods/oranges>
- Arnarson, A., 2019, Bell Peppers 101: Nutrition Facts and Health Benefits, Healthline, <https://www.healthline.com/nutrition/foods/bell-peppers>
- Australian Government, 2021, National Soil Strategy, Department of Agriculture, Water and the Environment, <https://www.agriculture.gov.au/sites/default/files/documents/national-soil-strategy.pdf>
- Bjarnadottir, A., 2019, Sweet Potatoes 101: Nutrition Facts and Health Benefits, Healthline, <https://www.healthline.com/nutrition/foods/sweet-potatoes>
- Buckley, E. and Eve, M., 2020, Soil and Air - Where crops meet the environment, USDA, available at: <https://www.usda.gov/media/blog/2016/05/31/soil-and-air-where-crops-meet-environment>
- Carter, J., 2021, Australians bought more plants than ever in 2020 with COVID-19 lockdowns fuelling sales, ABC News, <https://www.abc.net.au/news/rural/2021-03-31/australians-bought-more-plants-than-ever-in-2020/100040258>
- Davies, N., 2021, 12 Ways to Spruce up your Garden for Spring, Love Property, blog, <https://www.loveproperty.com/news/72432/12-ways-to-spruce-up-your-garden-for-spring>
- Hill, A., 2018, Top 14 Health Benefits of Broccoli, Healthline, <https://www.healthline.com/nutrition/benefits-of-broccoli>
- Leech, J., 2019, Spinach 101: Nutrition Facts and Health Benefits, Healthline, <https://www.healthline.com/nutrition/foods/spinach>
- Leech, J., 2021, 11 Proven Health Benefits of Ginger, Healthline, <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger>
- Leech, J., 2018, 10 Proven Health Benefits of Blueberries, Healthline, <https://www.healthline.com/nutrition/10-proven-benefits-of-blueberries>
- Martin, K., 2019, 10 Fragrant Flowers for Pots, Urban Garden gal, blog, <https://www.urbangardengal.com/fragrant-flowers-for-pots/>
- Williams, S., 2018, How a well-styled garden can boost the value of your home by up to 25 per cent, Domain, <https://www.domain.com.au/news/how-a-wellstyled-garden-can-boost-the-value-of-your-home-by-up-to-25-per-cent-20180907-h14k00-762305/>

Check out **Clean & Green Recycling** website to discover more information about Clean & Green services, news and special offers!

www.cleangreenrecycling.com.au



Clean & Green Newsletter editions are released seasonally. For more information about **Clean & Green** news check out our website: www.cleangreenrecycling.com.au