



# GROW YOUR OWN FOOD

## HEALTHY SOIL

---

### HOW CAN I MAINTAIN A HEALTHY SOIL?

Your local nursery professional will be able to advise you on:

- What you can add to your soil to improve it
- How to alter the pH
- What types of plants will do best in your soil

First, you need to take a soil sample to your nursery for analysis. The nursery will be able to do a pH test and determine your soil structure: eg pH 5.5 (acid) and clay loam

### HOW DO I TAKE A SOIL SAMPLE?

#### Step 1

Find a spot in your garden bed where you won't disturb the roots of your plants.

#### Step 2

Dig a hole, approximately 400mm (16 inches) deep and wide enough so you can reach to the bottom.

#### Step 3

Collect a sample (a large handful) from the bottom (400mm) of the hole. Put this in a plastic bag and label "lower level".

#### Step 4

Repeat the process, but this time collect the sample from 200mm (8 inches) deep. You will need to scrape the soil from the side of the hole. Put this in a plastic bag and label "upper level".

#### Step 5

Take the two samples to your local nursery professional for analysis.



### TICKNER'S TIP

Michael Tickner, Adv Cert Hort (read Michael's profile at [www.chw.net.au](http://www.chw.net.au))

"You can do your own pH test at home using one of many products available at your local nursery. You can also use more advanced tests to work out the level of key nutrient levels in your soil."

If you have any questions about your soil sample, ask your nursery professional for advice.

---

[chw.net.au/gyof](http://chw.net.au/gyof)