

Rosmarie Bradley

Helping Nature Heal Inc.

. . . Restoring the Earth

Restoring the Soul . . .

Let's Go Gardening!

Growing Small Flower & Vegetable Gardens

Enjoying fresh flowers, vegetables / herbs is not just for those with large spaces. Learn how to plan, plant and harvest your own in small spaces; using techniques such as raised beds, square foot gardening and containers. Small yards, cramped quarters, balconies and paved areas need not be a deterrent. Learn watering and soil techniques. Planning session, advise and design ideas available to all.

Garden Planning and Design: 4 classes of 3 hrs each

Discussion and illustration of planning techniques, soil type and structure, soil amendments, sun/wind exposure, accessibility, bed types, water and land preparations. Each participant will learn the fundamentals of good planning. Advise and planning will be given to each participant who develops their landscape layout in this informative class.

Learn garden styles and what makes them work in the big picture. Learn what your style is. Discuss your favorite plants, colors, trends. Realize your needs and wants from your landscape. Learn about accessibility, positioning, sun, water, and wind all key factors to designing a bountiful bed.

Mulching and Composting

Feeding your soil, protecting it from erosion, sun and wind exposure. Having a healthy soil is the first step to bountiful harvest. Learn which mulch works best in different soil types. Learn to make your own compost and mulch, how to use already prepared mulches and composts best.

Biodynamics 101

Planting with the moon phases can speed germination of your seeds and help you achieve a superior garden. The Farmers Almanac is based on these principles, and has been used by rural gardeners for centuries. Learn this method to gardening and see the difference it makes in your bed. Learn the four plant groups and the rotation they need for best growth.

Starting from seed with lights

Learn the fundamentals to starting seeds indoors under lights. Learn how to plant and take care of seeds while they germinate, plans for a light table will be given out as well as temperature guidelines, and water requirements charts.

Garden Journal Making

A crafty class for snowed in gardeners. Supply list available at registration.

Why is it so important to be an Organized Gardener? We'll discuss this and many other important aspects of Journaling, good planning and gardening methods.. Each Participant will have the chance to "build" their own journal, which will last a lifetime.

Gardening for the novice

In this class you will learn all you need to know to get started in gardening including such things as design ideas, planting techniques, learning the lingo, taking care of the plants, and much more.

A great class not only for the novice but would be enjoyed by all gardeners.

Environmental Course List

Backyard Wildlife Habitat

Imagine having a natural habitat in your backyard. It doesn't matter where you live whether it's in the city or country with our help you can turn your property into a sanctuary for the Birds and critters. Information about the four key elements needed to achieve this will be discussed during class.

Birds, Bees & Butterflies

Pollination from these creatures is the key to a successful garden. Most plants can't reproduce on their own they need the insects and birds to help pollinate them. Without these creatures some plants would disappear from our planet. Learn which plants attract them to your garden and to keep them coming back year after year.

Enviro Gardening

In this class you will learn how to garden with nature. You will learn all natural organic techniques and learn how to replace chemicals and artificial fertilizers. You will also learn how to conserve native heritage plants.

Living Snow Fence

Learn the science behind a living snow fence, and how they can protect us from blowing and drifting snow, learn how they can protect the wildlife and provide habitat for birds to nest eat and escape. Also learn their many uses beyond snow control.

Restoration Ecology

Learn how to restore your landscape, to its natural wonder and beauty. Wood lot and Acreage owners encouraged to attend. Its about returning the soil structure to a healthy state, and enhancing all aspects of the ecosystem.

Protecting the Riparian Zone

If you have a stream or other water source on your property then you have a riparian zone on your property as well. The riparian zone is the area bordering waterways, lakes and wetlands, keeping them clean and healthy protects our drinking water, flood zone, and farmlands. Learn how to protect these areas in this class.

Rock Gardens

A rock garden is the best way to stop soil erosion while at the same time creating a beautiful landscape feature. In this class learn how to turn hilly, sloped, stony and other awkward terrain into an interesting and unique garden feature. If you do not have the ideal location we can show you how to achieve it. Perfect for cultivation of Alpine Plants and all others depending on soil conditions and location.

Build Nature Trails On Your Land

Invite yourself into the forest, wetlands and grasslands, by creating interesting, fun and adventurous trails on your land. Learn what to look for, and how to plan and implement your nature trail. Possible trail walk available.

The Edible Garden

If you want to achieve the enriching experience of growing your own veggies, herbs, fruits, vines or flowers maybe an edible garden is the way to go for you. We will show you how to design an edible garden as well as teach you the types of flowers that are edible. In this class you will also learn how to make a perfect salad, garnish and snack bed.

Creative Erosion Control

In this class we will learn how to prevent soil loss due to erosion from wind, water, or man made challenges (example: new construction) Students will learn techniques on how to restore disturbed areas by turning slopes into gardens for great erosion control. Terracing , planting methods and styles will also be discussed.

Soil Restoration

Reclaim your soils potential to grow strong healthy plants. Learn to use cover crops, green manures, animal manures, composts and mulches. Soil can be seen as a living organism, learn about the soils ecosystem, and how to treat it properly to ensure wonderful results.

Classes can be designed to meet the specific needs of your group

Workshop Fee Schedule:

\$300 includes three hours of instruction, hand-outs, supplies & materials (if required)
plus 48cents/km out of Bridgewater

Rosmarie A. Bradley B.A., Co. En

671 La Have Street, Bridgewater, NS B4V 2V2

Res: (902) 543-7416 Cell: (902) 521-2538

Email: rosmarie@helpingnatureheal.com