

What Has Dr. Shook Been Reading?  
*Lasagna Gardening for Small Spaces.*  
By Patricia Lanza  
(Rodale 2002)

Inspired by Mother Nature and motivated by a body increasingly resistant to the hours of digging and weeding required for conventional gardening, Patricia Lanza developed Lasagna Gardening. Named after the tasty Italian dish, Lasagna Gardening uses layers of newspaper, compost, yard and kitchen waste to create high yield, low maintenance garden beds. The newspaper chokes out grass and weeds (three cheers for recycling). The layers of organic matter retain water and create a loose, airy, nutrient rich soil medium, thus providing nearly ideal growing condition which allows for spacing of plants much closer than normally recommended. The resulting gardens are well drained, easy to tend and lush with color and vitality.

Like the leafy layers of a forest floor, a Lasagna Garden is a tantalizing Earth Worm paradise. This friend and chief gardener of Mother Nature, will be attracted to the lasagna garden and in doing their worm'ly thing, will transform the layers of paper, leaves, compost and vegetable matter into rich organic soil.

*The Lasagna Gardening for Small Spaces* applies the lasagna technique to container gardening and gardening in spaces in usually considered far too small for any real gardening. Annuals, perennials, bulbs, vines, herbs, vegetables and even a lawn can be planted in spaces large or small, using the Lasagna method.

In addition to lasagna layering particulars and small gardening growing tips, Ms Lanza offers insight into composting, landscaping, chemical free pest control and flower arranging. Ms. Lanza has even includes favorite recipes using the produce and herbs grown in her own Lasagna garden.

I, a chiropractor, appreciated the back friendliness of this no dig gardening technique. I, the Earthling, appreciated the earth friendliness of this water conserving, compost rich gardening technique. I, the Wichita property owner, appreciated the recycling options offered by this gardening technique.

Patricia Lanza paints a lovely picture of her Lasagna Gardens. My only complaint, there were no color photos. I wanted to see pictures -- pictures of both the Lasagna layering process and the completed Lasagna garden.

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