

TABLE OF CONTENTS

1. CREATING HEALTHY GARDENS AND WATERSHEDS	1
Making the Connection: Watersheds, Gardens, and Pesticides.....	3
Some Hazards of Pesticides.....	7
Fact Sheets	
Pesticides and Water Quality	
Use and Disposal of Pesticides	
2. FROM THE GROUND UP: SOIL BASICS	11
Starting with Healthy Soil.....	13
Soil Separation Test	19
Key to Soil Texture by Feel.....	21
Marvelous Mulch.....	23
Living Mulch: Growing Cover Crops.....	27
Gardens From Garbage: Making Compost	29
Brewing Up Compost Tea.....	33
Compost Troubleshooting Guide	35
Answers to Most Frequently Asked Questions.....	37
Worm Bins: Raising Critters With a Sense of Humus	41
3. BASIC GARDENING GUIDELINES	49
Growing Green and Water-Wise: Healthy Gardening Tips for California Gardeners.....	51
Seeds of Change: Basic Guidelines for Growing Plants From Seed	57
Tips for Propagating Perennial Plants.....	63

A Gardener's Glossary.....	69
Fact Sheets	
Tips For a Healthy Beautiful Lawn	
Wonderful Roses	
How to Control Weeds	
4. MANAGING GARDEN PESTS	71
Creating Healthy Gardens with Integrated Pest Management	73
The Pest Patrol: A Garden For Beneficial Insects.....	77
Building a 'Good Bug' Tub	83
Fact Sheets	
Naturally Managing Pests With a Healthy Garden	
Controlling Aphids in Your Garden	
Controlling Ants in Your House	
Living With Spiders the Helpful Hunters	
Keeping Fleas Off Your Pest and Out of Your Yard	
Keeping Cockroaches Out of Your House	
Controlling Yellowjackets Around Your Home	
Controlling Snails and Slugs in Your Garden	
Keeping Mosquitoes Away From You and Your Yard	
Where to Buy Less-Toxic Products	
5. GOING NATIVE! CREATING NATIVE PLANT GARDENS	85
Going Native: Create a Native Plant Garden.....	87
Tips For Growing Native Plants.....	89
California Native Plant List.....	91
Native Plants For Containers.....	95
Planting Under and Around California's Native Oaks.....	97
What Are Pest Plants?.....	101

6. GROWING WILD: CREATING WILDLIFE HABITAT	103
Wild at Heart: Planting a Wildlife Habitat.....	105
Plant a Butterfly Banquet.....	111
Nature's Jewels: Planting a Hummingbird Garden.....	119
Planting a Bird-Friendly Garden.....	125
7. BOOKS	129
General Gardening Information.....	131
Growing Native Plants.....	133
Butterflies, Birds and Wildlife Habitat.....	134
Soils, Composting and Earthworms.....	135
Insects and Pest Management.....	136
8. GARDEN RESOURCES	139
Mail Order Gardening Supplies.....	141
General Gardening Supplies.....	141
Seeds and Plants.....	143
Worms and Worm Bins.....	145
Beneficial Insects and Pest Management.....	147
Garden Catalogs and Directories.....	149
Garden-Related Organizations and Websites.....	151
Gardens to Visit.....	159
Local Nurseries and Gardening Supplies.....	167

Healthy Gardening For People, Pets and the Environment
