

This week on Radio Nova we’re chatting about the advantages of having a more bio diverse garden.

**5 Reasons to Grow a Diverse Garden**

**1. Increase Biodiversity**

Growing diverse plant species promotes biodiversity. Much like farmers practice crop rotation to ensure healthy soil and plants, growing a diverse garden increases soil biodiversity. Diverse plant species promote biodiversity because they support different microorganisms in the soil. Growing a single plant species in an area over time can lead to the depletion of soil nutrients necessary to sustain soil health.

**2. Reduce Carbon Footprint**

Nothing tastes better than just-picked, fresh-from-the-garden fruit and veggies. Plus, serving friends and family a garden-to-table meal that you’ve grown and prepared yourself feels incredibly rewarding. Not only are you enjoying delicious produce at its peak flavour, but it’s also at its most nutritious. And, when you grow a vegetable garden, you’re using food that’s only travelled a few feet to your kitchen.

**3. Support Wildlife**

It is a common belief among gardeners that only native plants can support wildlife. Although native plants are indeed a valuable addition to any garden, various other types of plants, including nativars, cultivars, annual flowers, and food crops, can also offer nectar, pollen, food, and shelter to wildlife.

**4. Create Beauty**

Gorgeous flowers, lush shrubs, fabulous focal point trees—when creating a garden, the underlying goal is beauty. After all, there’s nothing nicer than wandering through a beautiful space filled with flowers, fragrances, textures, and colour.

**5. Reduce Pests and Diseases**

There’s a reason you shouldn’t put “all your eggs in one basket” when choosing plants for your garden. As farmers and experienced gardeners know, planting only one variety of tomatoes, for instance, might mean you’ll end up with no tomato harvest. Pests and diseases can easily decimate a monocultural planting.

**Links for more information:**

[www.woodlandtrust.org.uk/blog/2023/04/increase-garden-biodiversity/](http://www.woodlandtrust.org.uk/blog/2023/04/increase-garden-biodiversity/)

[www.bordbia.ie/gardening/gardening-tips/3-simple-ways-to-add-biodiversity-to-your-garden/](http://www.bordbia.ie/gardening/gardening-tips/3-simple-ways-to-add-biodiversity-to-your-garden/)

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