



# feeding the self

## Double Digging: Hard work pays off

What is it?

Double digging refers to the practice of digging down to one spade depth and loosening the soil to the depth of a second spade (40 – 60 cm in total) when preparing a bed for planting.

Why double dig?

This practice improves the quality of the soil for growing plants in several ways. The soil being turned so far down allows for easier root growth, it retains water better as well as aerates the soil to a greater depth. This means it is possible to plant at a higher density with certain plants, which with food gardens means higher productivity.

How to do it?

Double digging is simple: 1) Dig the bed to one spade heads depth down. Make sure you pile the soil carefully as you will put it back. 2) Use a pick, hoe or pick fork and turn over the soil, loosening it, exposed by the digging. 3) If possible then put down a thin layer of mulch. 4) Return the dug soil into the bed, and you could mix in a little compost here if you thought the bed needed it.

**Good soil preparation** is essential to healthy plant growth.  
A green thumb is as easy as **good soil preparation**.

