



“Also leave a space around the stems and trunks of plants and trees to avoid the fungal disease collar rot,” she says.

It is also a good idea to be mindful about the physical requirements of mulching. Cathy says thorough stretching and bending exercises are crucial prior to the commencement of any mulching job to avoid strains or injuries.

“In fact they are essential to any gardening job,” she says.

To avoid costly mistakes, Cathy says it is vital to measure out the area to be mulched before starting a job and ensure you always employ the use of good quality mulch.

“Don’t use poor quality mulch – remember, you get what you pay for,” she says.

“A good quality mulch is pasteurised, which helps reduce the amount of soil pathogens.”

CHRIS THURMOTT

Main benefits of mulching your garden:

- Mulch helps to retain the moisture in the soil and prevents water evaporation.
- Helps to suppress weeds and reduce the competition from weeds for water.
- Helps to keep the temperature of the soil even.
- Helps prevent run-off and erosion of soil.
- Improves soil structure by encouraging microbial activity. A well balanced soil helps the plants to resist diseases.



IMAGE: RED IMAGES FINE PHOTOGRAPHY.

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