

Lesley and Adrian's food garden at Magill

March 2015

Lesley had done her homework and researched Vital Veggies and the services we offer. She and Adrian have a lovely house in Magill but their back yard had been neglected for a long time and they needed some help to reinvigorate it.



Lesley contemplating some make-over options for the back yard

Adrian has always been a keen gardener but a debilitating health condition has confined him to a wheelchair. He had been given a high galvanised garden bed as a present but hadn't been able to successfully grow much in it. We agreed to remove most of the soil and replace it with Vital Veggies soil, then move this bed and make 2 new garden beds, high enough for Adrian to access from his wheelchair. The distance between each of the beds also had to accommodate the extra width so that Adrian would be able to tend to the plants.



The site for the new garden beds

We were keen to help Lesley and Adrian. The back yard had a lot of potential and they just needed some help to breathe new life into it.

After removing the old in-ground and above-ground garden beds, we had the sand and soil delivered, along with the new pavers.

Then it was time for the important preparation work. We dug up existing pavers to install the automatic underground irrigation system and Roger used the digger to break up and level the ground.



Roger using the digger to help level the ground.

The existing galvanised garden bed was moved and refilled with our special soil and a line of new pavers were laid around it.

For this job we had to build the 2 new garden beds onsite (each 60cm high), then place them and lay the pavers sequentially to ensure they all fitted in together perfectly.



The galvanised bed is now in place on the left, a line of pavers have been laid, and the first new bed is being constructed.

After constructing and placing the final garden bed, we teamed up to quickly fill it with soil - Roger dropped the soil in using the digger and Sally raking it out. We worked together laying the final row of pavers and then did a massive back yard clean up for Lesley and Adrian.

Finally...planting the veggies

We were hoping that Adrian might be able to help with the planting but he wasn't feeling up to it. Sally returned the following day to plant the seeds and seedlings. Although winter veggies aren't as exciting a summer crops there's still a lot to choose from.

The galvanised garden bed is now the herb garden containing dill, fennel, parsley, basil, golden marjoram, chives, thyme, lemon grass and a few others.

Following directions on what the couple can and can't eat, Sally planted peas, kale, broccoli, cauliflower, 5 different varieties of carrots, 3 varieties of beetroot, 2 of turnips, 3 types of radishes, about 6 varieties of lettuces, some rocket, spinach, silverbeet and parsnips.

Whoever said a winter veggie garden was boring?
Not this one!

What a difference we made to this back yard...



Finished view of the new food garden, just after planting

Irrigation and fruit trees

Two lines of irrigation were installed in Lesley and Adrian's back yard: One line waters the 3 garden beds and the other line runs around the perimeter of the back yard to water all the fruit trees and a few other favourite trees.

The fruit trees (lime, lemon, mandarine, apricot, peach and fig) have suffered a little over the years but some regular watering and ongoing fertilisation will give them the nourishment they need to recover and begin producing more fruit.



The rear of Lesley and Adrian's back yard prior to the renovation

Water conditioning device

Lesley and Adrian have researched and investigated many alternative therapies in an effort to help Adrian with his health condition. Lesley agreed to install a water conditioning device for the house and garden only after thoroughly researching its methodology and efficacy. We are convinced that the charged water enhances not only the growing capacity of plants but also our own health.

Life enhancing practices

When we first visited Lesley and Adrian's back yard, we were delighted to find that they had a Paramagnetic Antenna Device (Power Tower). Paramagnetism is the capacity of a soil to receive and store electromagnetic energy from the environment. All of the world's most fertile soils are highly paramagnetic. The towers are used to generate positive magnetic energy that supports and enhances life.

Although a number of farmers around the country have installed these structures and noticed the improvement to crops, they are not a common sight in Adelaide back yards. Consequently Roger and Lesley enjoyed many conversations about energetic frequencies, feng shui, meditation, and alternative health practices.

After completing the food garden, Roger used a few of the leftover pavers to lay a little path from the garden to the chair under the Power Tower. The chair is where Lesley sits each day to meditate and she has remarked on the enhanced energy in the back yard now that it's been renovated and revitalised.

How blessed we are to be able to instal a food garden that can make such a difference to the quality of people's lives.



The new garden beds, the chair and the power tower.