

Five tips for building healthy soil are:

1. **Stop using any chemicals** to encourage a healthy soil microbe population to help feed and protect your plants and avoid harming beneficial insects, pollinators and wildlife.
2. **Avoid digging and compaction** which destroy soil life and structure. Be gentle with the earth – layer UP (see 3) instead of digging DOWN; digging disturbs dormant weed seeds, and deep digging can quickly destroy the living community of microorganisms below. Avoid compacting soggy soil after rain by trying to work it.
3. **Continually add organic matter** – this is one of the building blocks of healthy soil, it decomposes and recycles nutrients to feed your plants. Be proactive and build your soil's health by adding compost, fresh grass clippings and other organic materials that haven't been contaminated with chemicals.
4. **Keep your soil covered, never bare** - cover with mulch or a living ground cover, otherwise weeds will turn up. Use whatever you've got handy such as leaves, dried grass clippings, this provides a healthy environment around your plants and helps feed the soil and retain moisture.
5. **Moisture matters** – the more organic matter your soil has, the greater the moisture holding capacity. Usually at some time of the year your garden will get little or no rain. If your soil is too dry your plants can't access the nutrients.

For fuller information about these tips

<https://themicrogardener.com/5-simple-secrets-to-building-healthy-soil/>