

# Early Fall Mulch Checklist & Moisture Guide

*Retain water, protect roots, and transition your garden with care*

## 1. Best Mulch Materials

- Shredded Leaves – free, great for soil and pollinators
- Straw (not hay) – light, clean, and great for veggie beds
- Compost – feeds and protects soil at once
- Wood Chips – ideal for paths and perennials, not seedlings
- Dried Grass Clippings – nitrogen-rich and free

## 2. How to Apply Mulch Effectively

- Always water deeply before mulching
- Apply 2–3 inches for most beds
- Keep 1–2 inches clear around plant stems
- Use finer mulch around seedlings
- Refresh mulch if it compacts or washes away

## 3. For Beds with Fall Seedlings

- Water deeply before sowing
- Apply a very light mulch (1/4 inch)
- Remove or shift mulch once seedlings emerge
- Add straw or shredded leaves when seedlings reach 3–4 inches

## 4. Soil Restoration Method

- Layer 2–3 inches of compost or aged manure
- Top with 4 inches of straw or leaves
- Water deeply and let rest for 2–4 weeks
- Use for prepping fall planting or overwintering beds

## 5. Journal Prompt

Where do I need to cover—not to hide, but to protect and preserve?

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What kind of nourishment comes through stillness and rest?

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