

# Cool-Weather Mulching Cheat Sheet

Mulching in cooler weather is one of the most effective ways to protect your soil, conserve moisture, prevent erosion, and prepare for spring. Use this guide to choose the right mulch, apply it correctly, and reflect on the deeper rhythms of rest and renewal.

## Recommended Mulch Types & Depths

Mulch Type	Ideal Depth	Best For
Shredded Leaves	2-4 inches	General garden beds, perennials
Straw or Pine Straw	2-4 inches	Vegetable beds, around seedlings
Wood Chips or Bark	3-4 inches	Pathways, around trees & shrubs
Compost	1-2 inches	Nutrient boost for vegetables & flowers
Landscape Fabric + Covering	N/A	Weed suppression in perennials
Gravel or Stone	1-2 inches	Erosion control, decorative areas

## Mulching Tips for Cooler Weather

- Mulch after a deep watering to lock in soil moisture.
- Keep mulch a few inches away from plant stems and trunks to prevent rot.
- Check mulch periodically for compaction or decomposition and refresh as needed.
- Avoid overly thick layers that can suffocate roots.
- Mulch after the first frost for perennial insulation.

## Reflection

As you spread mulch over your garden beds, think about the ways God covers and protects your life during seasons of rest. Just as mulch shields roots from harsh elements, His grace guards your heart and prepares you for seasons of growth.

## Journal Prompt

What areas of my life, like my garden beds, need a layer of protection this season so that the roots can rest and grow strong beneath the surface?

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