

2) Integrate Multi-Function Plants

Mulch makers - Plants with lots of biomass with drops and covers soil

Nutrients accumulators - Plants that pull up nutrients from deep in the soil with long taproots

Nitrogen fixers - Plants that take in nitrogen from atmosphere and make available in the soil.

Pest repellants - Plants that naturally detour pests

Insectary - Plants that attract beneficial pollinators

Tilling - Plants with big deep roots that aerate soils

Wildlife shelter and habitat - Plants that attract beneficial animals into the garden

Food - Plants that feed humans or beneficial animals

Medicine - Plants that provide healing for humans or beneficial animals

Plants need in large quantities of nitrogen, phosphorus and potassium

aka - NPK

There are different ways to use **multi-function plants** - they can be mixed into the vegetable beds, they can be planted at the end of the beds, they can be planted in the beds or in-between planting successions or guilded.

Dynamic Nutrient Accumulators

	N	P	K	Ca	S	Mg	Mn	Fe	Cu	Zn
Borage			z							
Buckwheat		x	x							
Chicory/Be		z	z	z						
Chickweed		x	x				x			
Clover	x	z								
Comfrey	x		x	x		x		x		x
Dandelion		z	z	z		x		x	x	x
Lamb's quarters	x	x	x	x			x			
Lemon Balm		z								
Mongola		x								
Mulien			z		x	x		x		
Nettle	x		x	x	x			x	x	
Parsley			x	z		x		x		
Pappermint			z			x				
Parslane			z		x	x				
Sorrel		x		x						
Sunflower				z			x		x	
Strawberry								x		
Thistle, creeping		z	z					z		
Watercress		x	x	x	x	x		x		
Yarrow	x	z	z						x	