



RED RIDGE FARM PRESENTS

BUILDING  
SOIL  
HEALTH  
GUIDE

A small green seedling with one heart-shaped leaf growing out of dark, rich soil. The seedling is positioned on the right side of the frame, with its stem and leaf extending upwards and to the left. The soil is dark brown and appears moist and fertile. The background is a blurred, dark brown, suggesting a field or garden setting.

BE INSPIRED BY RED RIDGE FARM

# INTRODUCTION



You have been called by God to grow a garden to feed your family the healthiest food you can give them. You understand that gardening is going to take hard work and that the foundation of your garden is your soil. Healthy soil equals healthy food!

But discovering the secrets to building your soil's health is not an easy process. But you are determined to not give up! You just wish someone could help you get out of the piles and piles of too much information and give it to you straight.

Well, you are in the right place. Building your soil's health is simple when you first find its secrets.

Do you want to know how to find the secrets your soil can't wait to tell you?

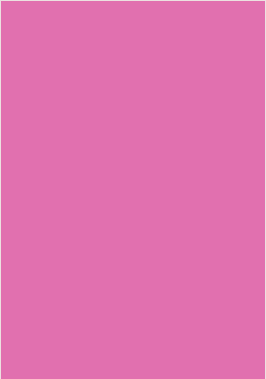
Do you want to know the tools you have as a gardener to improve your soil health?

Do you want to understand the basics of building your garden's soil health?


Perfect!!

Welcome to the "Build Soil Health Guide"!

This guide was designed to help the beginner or even the seasoned gardener unlock the secrets hidden in her soil without having to deal with the stress that comes from wading through the mounds of too much information.



# INTRODUCTION



Are you ready to find the secrets hidden in your soil?


Great!!

Then I can't wait to help you become the expert of your soil!

Have a Blessed Day,

Crystal Mediate (A God Driven Gardener)





**PREPARE YOUR WORK  
OUTSIDE; GET  
EVERYTHING READY  
FOR YOURSELF IN THE  
FIELD, AND AFTER  
THAT BUILD YOUR  
HOUSE.**

*Proverbs 24:27*



*Secret #1*

**TO MEND YOUR SOIL  
YOU MUST FIRST  
UNDERSTAND WHAT  
THE IDEAL SOIL IS SO  
YOU CAN SLOWLY  
CHANGE YOUR SOIL TO  
REFLECT IT!**



# THE IDEAL SOIL

Many a gardener often jump into improving their soil health (including me in the beginning) by adding amendments without looking at the Ideal Soil. They instead search the internet, read loads of books, and go off what other experts are doing to their soil. I mean if a famous market gardener adds green sand to his garden should I not add it to mine.

Now there is a huge problem with this. First of all, these gardeners are adding things to their soil without doing a soil test. We will get into more detail on this topic in a moment.

Next, they are listening to what others are doing to their soil. What someone else adds to their soil is going to be different than what you may need to add to your soil. Now I know this without knowing who this expert is because guess what God made this world diverse. Your soil is not going to be like my soil and my climate is going to be like your climate. So in truth, you can not add the exact amendments I am adding to my soil and find a solution to building your soil health. You can maybe follow the same practices.

How do you find the solution? You look at what we all have in common and that is the plants. You are growing plants in your garden and I am growing plants in my garden. Plants have a finite list of needs and once you know exactly what this list of about 15 micronutrients is then you know exactly what is in the Ideal Soil.

You have your goal as to what your soil needs to reflex to grow those delicious nutrient-dense vegetables. And let me tell you once I understood that I had a set-out plan for improving my soil's health. I felt I had unlocked the secret to exactly what I need to do to improve my soil health and you will too.

But know what? How are you to meet this goal of the Ideal Soil if you don't know where to even start?

*Secret #1*





**MAY HE GIVE YOU THE  
DESIRE OF YOUR  
HEART AND MAKE ALL  
YOUR PLANS SUCCEED.**

*Psalm 20:4*





*Secret #2*

**A PROFESSIONAL SOIL  
TEST WILL HELP YOU  
FIND YOUR STARTING  
POINT!**





# PROFESSIONAL SOIL TEST

Now what? You have your goal. You know exactly what should be in your soil. But now I am sure you are thinking how do I know which micronutrients are in my soil right now. Well, that is simple you are going to need to perform a professional soil test on your soil. This is going to let you know exactly what is in your soil right now. And you don't fall into the trap of adding amendments to your soil, it doesn't need or could already have. But why don't more gardeners do soil tests every year, if they know it is the key to improving their garden soil health. It is because they fall for the myth that doing a soil test is hard and they need to be an expert.


I felt this way for years and I even tried to use those cheap little soil tests because they were cheap and said on the package anyone could use them. Anyone can indeed put a little soil in a tube, add water, add the ingredients of the pill, and shake. But I truly don't see how they help because they are so hard to read with their different colors and things. Plus these tests only test the big three, Nitrogen, Phosphorous, and Potassium. What about the other nutrient your plants need. If you would like to get that long list of all the things your plants need you can find it inside my eBook, *Dirt: Finding the Solution to Building Soil Health*.

The solution is to get a professional soil test done. I did it and I know you can too. You can find instructions for taking a soil test and a decomposition test in my eBook as well.

Would knowing where to start in a journey make the adventure easier?

*Secret #2*





**COMMIT TO THE LORD  
WHATEVER YOU DO,  
AND HE WILL  
ESTABLISH YOUR  
PLANS.**

*Proverbs 16:3*



*Secret #3*

**AMENDMENTS MAY NOT BE YOUR ONLY ANSWER TO IMPROVING YOUR SOIL HEALTH AND THAT GARDENERS HAVE A LONG LIST OF TOOLS THEY CAN MATCH TO EACH SOIL STRUGGLE THEY MAY BE HAVING.**

# NOT ONLY AMENDMENTS

You have your goal, the ideal soil, you have a starting point, your professional soil test results. But know what?

Do you go out and purchase that long list of amendments you need, is this the only solution. Many a gardener fall into the trap that amendments are the only answer. You as a gardener have a long list of tools you can use to improve your soil health beyond just amendments. I am not saying that amendments are not helpful and they are but your soil is a living and breathing ecosystem that may need more than just a few amendments thrown at it.

The solution is to match the correct tool to each part of your soil struggle. I found this out when the miracle of the huge compost pile happened here at Red Ridge Farm a few years ago. To hear this whole story you can find it in the free Soil Health Workshop that I gave to you with this guide as a bonus gift. It is a great story but essential what I found was that you, as the gardener, have access to a long list of tool that can go way beyond amendment to not just provide nutrients for your plants but to also build soil structure and nurture the workhorse of the soil's ecosystem the microorganism. I know he is small but many forget that he needs to be cared for too to build soil health.

*Secret #3*



AS LONG AS THE  
EARTH ENDURES,  
SEEDTIME AND  
HARVEST, COLD AND  
HEAT, SUMMER AND  
WINTER, DAY AND  
NIGHT WILL NEVER  
CEASE.

*Genesis 8:22*



*Secret #4*

**EVERY COVER CROP  
HAS DIFFERENT  
QUALITIES AND ALSO  
LIMITS!**

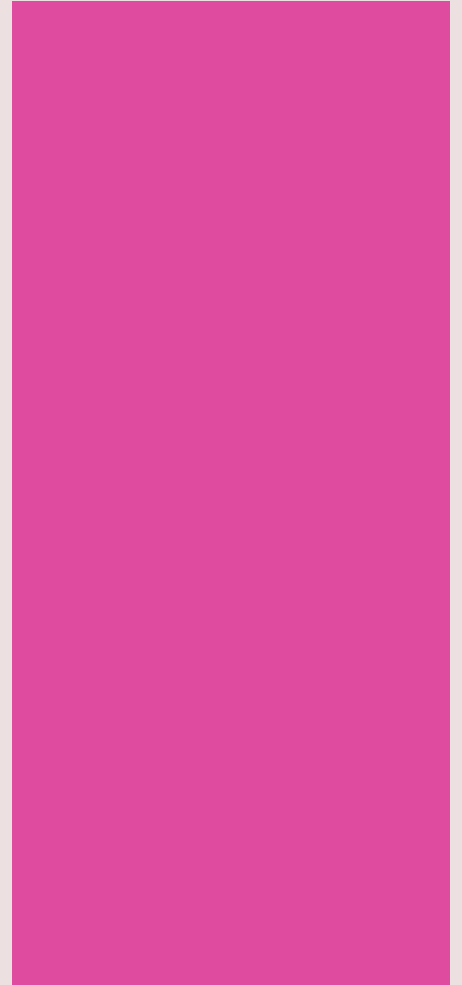


# COVER YOUR SOIL

Let's look at cover crops for starters, many gardeners fall into the thinking that cover crops can only be used to solve only on soil problems. That they can be only used to add organic matter to the soil and that is it.


But did you know that there is a long list of different benefits that different cover crops can do for your soil? Some cover crops can fix nitrogen into your soil. Some can bring up nutrients from deep down in your soil and bring them to the surface to benefit your plants. And even others can help to suppress weeds long after they have been pulled from the soil. The list of benefits from cover crops alone could go on and on.

To learn more about cover crops and their uses in the garden you can check out the Soil Is Your Foundation Master Class in the Red Ridge Farm School of Growing.



*Secret #4*





**“IN ALL YOUR WAYS  
ACKNOWLEDGE HIM,  
AND HE WILL MAKE  
STRAIGHT YOUR  
PATHS.”**

*Psalm 3:6*





*Secret #5*

**YOUR ANSWERS MAY  
LAY IN YOUR  
GARDENING METHOD**



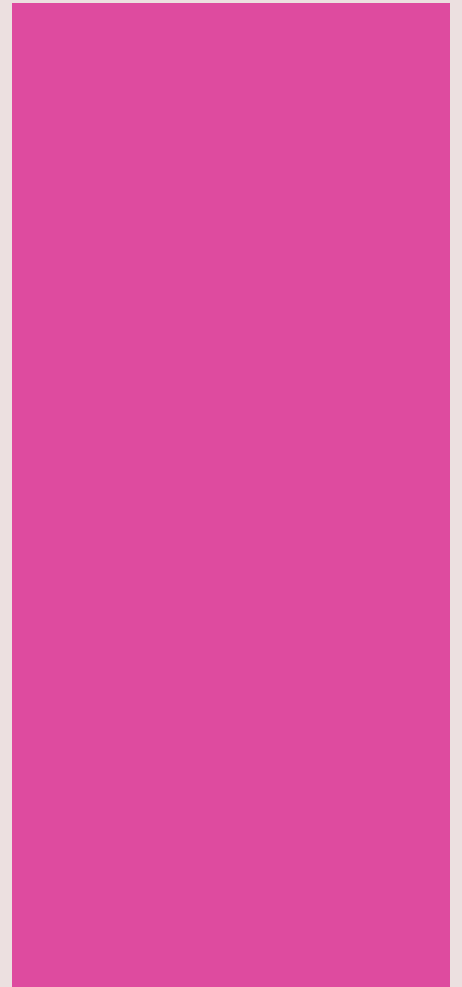
# YOUR GARDENING METHOD

Here is a secret that comes directly from my eBook, *Dirt: Finding the Solution to Building Soil Health*, your gardening method could be a help or harming your garden soil health. What I mean by this is how one treats the soil can be part of the problem. The Lord created this wonderful earth to function and build soil on its own without the help of humans. And sometimes it is humans that cause problems in soil health.

Many methods can help build soil health. But the truth is we have been raised as a society to forget about the soil and only focus on what our soil produces. And that is why I feel that the very first step to improving your soil health is by putting the soil first.

Once I did this and once you do too, you are going to see results that may blow you away.

To learn more about how you can put your soil first and find the solution to building your soil health be sure to check out my eBook, *Dirt: Finding the Solution to Building Your Soil health*, and become that expert of your soil I know you can be!



*Secret #5*



# CONCLUSION



You now know that understanding the Ideal Soil is going to give you a set guideline to follow when you start improving your soil's health and that using what we all have in common on our growing journey, the plants, instead of comparing your soil to others is going to be the true solution.

You know that doing a professional soil test and decomposition test is going to be your starting point on your journey to improving your soil because every journey needs a starting point so it can move toward a set goal.

You know that a gardener has many tools she can use to improve soil and that amendments are not the only answer.

You also know that cover crops can do more for you than just create organic matter for your soil.

You also know that to improve her soil's health the gardener must put her soil first.

I have a question for you. Would you like to learn even more about how you can become the expert of your own soil? And as I like to say take the bull by the horns and start improving your soil health today?

Perfect!

Then I have the perfect solution for you! My eBook, *Dirt: Finding the Solution to Building Soil Health* was written with this exact purpose in mind. I wrote this eBook to expand on these secrets I shared with you today and to guide you into becoming the expert of your own Soil!!

I am so glad that we meet each other on this journey of improving your soil's health. And please let me know when you have become that expert I know you can be.

Have a Blessed Day,

Crystal Mediate (A God Driven Gardener)





## AUTHOR

My Name is Crystal Mediate and I am a co-owner of Red Ridge Farm. I am also the author and founder of the Red Ridge Farm Blog and Online Courses. Here at Red Ridge Farm, our mission is to offer timeless education to all who want it. Yes, I know what it is like to try to build a garden and homestead on my own. I truly feel it is my calling to help others build not only a garden but food security, and to help put healthy food on every plate I can!

So Why am I doing this?

I feel God has called me to be a teacher. Gardening and homesteading are what I know! Growing food for my family has helped us in many ways, we have food security, we have healthy options for our plate, and we have saved money on our monthly grocery bill. I started growing food out of necessity. My husband and I always planned for me to be a stay at home mom, but that meant we would be a single income family. I felt that even though I was home I was not destined to be a Day Time Tv-aholic. I wanted to contribute! I found the best thing I could do was to reduce our monthly bills. Most of our bills were fixed but groceries were not. I thought if I could reduce this monthly bill, I could help. I also knew the answer was not in eating less. I researched coupons, meal planning, and so much more. What I found is that if we could grow our own food and grow it in a healthier manner, while also teaching our boys a good work ethic, I could save twice as much as any coupon could give us. That is when our first garden was born. Since then I have learned to grow our own chicken, turkey, pork, and how to preserve our harvest to last the whole year. I even raise dairy goats and Layer chickens, so we have access to fresh milk and eggs, daily. Now I want to help others do the same.

