



IMPORTANCE OF DEEP ROOTS: We cannot see roots, so we do not know where they are going. Nepali Biointensive method deep dug soil provides plants with nutrition down to the bottom of the bed, along with air.

“A good growing bed will often be 2 to 10 inches higher than the soil’s original surface. A good soil contains 50% air space. (In fact, adequate air is one of the missing ingredients in most soil preparation processes.) Increased air space allows for increased diffusion of oxygen (which the roots and microbes depend on) into the soil, and of carbon dioxide (which the leaves depend on) out of the soil.” — from John Jeavons *How to Grow More Vegetables*



LEFT: in a shallow bed (7 inches), roots tend to grow horizontally because all the nutrition and air is concentrated in the top seven inches of soil.

RIGHT: in a deep bed (2 ft. below ground and 1 ft above ground), roots go deep because nutrition and air go deep.

