



Easy ways to not dig peat.

It's not always easy to avoid peat altogether. Even if you stop using peat-based compost and choose peat-free, you are still likely to find it in the plants that you buy. However the more we avoid using and buying it, the less we rely on it and the sooner we protect our peatlands.

Follow our simple steps below to ensure you don't dig peat:

- Look for the words 'peat-free' when you next buy compost
- Look for the words 'peat-free' when buying pre-grown plants and flowers at the garden centre
- Avoid buying and using soil improvers – most of these contain peat. Use products like manure and leafmould to improve your soil instead.
- Pay attention to labels. Products that make claims like '30% peat free' actually contain 70% peat!
- Use or start making home compost – the bins are cheap and you'll reduce the waste you send to landfill the moment you start to use it
- Buy fewer bedding plants and more perennials instead. Perennials grow year after year meaning you reduce the peat-grown plants you bring into the garden and the need to replant each year.
- Search online for nurseries or mail order stores selling peat-free plants and support their peat-free initiatives
- If you must use peat, ensure it is labelled as 'reclaimed' or 'recycled'
- Try raising your own flower and vegetable plants in peat-free compost
- Start asking for peat-free compost and peat-free plants at your local garden centre, nursery, or DIY store. Retailers respond to demand.

Remember – if in doubt always look for the words '100% Peat Free'