



Underwear instructions

Test the microbial activity of your soil

For the Proef je Tuin project, we are using the Soil Your Undies method. This method has been developed to easily get an indication of the activity of your soil life. For this, we ask you to bury the underwear we have provided you with and dig it up after two months. The amount of degradation gives an indication of (microbial) activity.

This is how it goes:

- Start in the week of the 27th of April and write the exact date of when you are doing this in the logbook.
- Dig a trench the width of the underwear and the height that would fit the underwear completely upright. Do this in a position in your garden that is a good representation of the soil (so not a spot that is very wet or compacted) and where nothing grows in close proximity because the underwear might inhibit root growth and will be harder to retrieve with plants growing around it.
- Let the top of the underwear show slightly above the soil so you can easily find it back. Fill the trench again with soil.
- Place the provided label with the underwear as an additional measure to easily find it back later on.
- Leave the underwear for two months. In the week of the 22nd of June, dig up the underwear and write the exact date in the logbook.
- Carefully dig up the underwear, as it might be very degraded.
- Wash the underwear carefully with water to make sure most of the soil has been washed off and let it dry completely.



Burying underwear according to the Soil your Undies method

- Once dry: pack the underwear in the provided ziplock bag and take this to the Harvest Festival or drop it off at the nearest collection point.