

Container Gardening 101

No matter how much gardening space you have, (a few acres or raised beds, a balcony, or a windowsill) you can grow healthy food in your home. Fruits and vegetables can flourish in a container on your windowsill or on your patio. Here are a few tips on how to start your own container garden.



Tips to Remember:

- Make sure your pot has a hole in the bottom for drainage.
- Use a saucer under the pot to catch excess water.
- Stop watering the plant when you see water coming out of the bottom.
- Fertilize your plants once a week or once every two weeks.
- Be sure to pick a container wide and deep enough for your plants to grow to full size (12" or 14" pots recommended).
- To check if your plant needs water, stick your finger into the soil to your knuckle. If it's dry, your plant is thirsty!

How to Plant Your Container Garden:

- Fill your pot about $\frac{3}{4}$ with soil.
- Plant 2-3 seeds for each plant you want to grow.
- Water the pot until the soil is thoroughly moist or until water comes out of the bottom of the pot.

No matter how green your thumb is, here are some plants that are easy to grow in containers:	Partner Plants: Plants that grow well together in pots:
Herbs	Rosemary and carrots or cabbage
Lettuces	Different lettuces grow well together
Carrots	Chives and carrots
Tomatoes (determinant variety is best)	Cilantro, tomatoes and onions
Peppers	Basil, peppers (or tomatoes) and onions

Sources:

<https://www.gardeners.com/how-to/urban-gardening-with-vegetables/5491.html>


<https://www.almanac.com/content/companion-planting-herbs#>

From Scraps to Produce: Kitchen Scraps that can be Replanted

We often throw away fruit and vegetable parts that we don't use or want when we could recycle them to grow more! These are just a few of the many fruits and veggie scraps that can be regrown into food or used to start your own garden!

Note: For peppers, pumpkins and tomatoes just wash, dry over night, then plant the seeds.


Basil



The diagram shows a basil stem with leaves in a glass jar filled with water. The stems are submerged, and the leaves are above the water line. The jar is placed on a wooden surface.

- Strip leaves from 3/4 of stems
- Place stems in jar of water
- Place in sunny, but not too hot, area
- Change water every other day
- When roots grow to about 2 inches, plant stems in 4-inch pot

Carrot Greens



The diagram shows a carrot top with greens in a glass bowl filled with water. The carrot top is submerged, and the greens are above the water line. The bowl is placed on a wooden surface.

- Place a carrot top in small bowl, cut side down, with an inch of water
- Place dish in sunny windowsill
- Change water every day
- Plant tops in soil when tops sprout shoots

Source: <https://www.custommade.com/blog/regrow-food-from-scraps/>

From Scraps to Produce: Kitchen Scraps that can be Replanted

Romaine Lettuce



Place bottom of romaine hearts in a bowl with a ½ inch of water



Change water every day



Keep bowl in a sunny area



Once lettuce sprouts, plant hearts in garden

Potatoes



Cut potatoes into two pieces



Make sure each half has at least 1-2 eyes



Let pieces sit at room temperature overnight until they are dry to the touch



Plant about one foot apart in 8 inches of soil

Source: <https://www.custommade.com/blog/regrow-food-from-scraps/>