

# QUICK TIPS TO START A FOOD GARDEN!

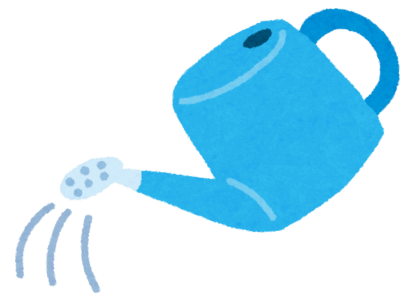
**GARDENING IS A GREAT HOBBY/SKILL FOR THE HEALTH OF YOUR BODY & MIND!**



## FIND YOUR GARDEN SPOT

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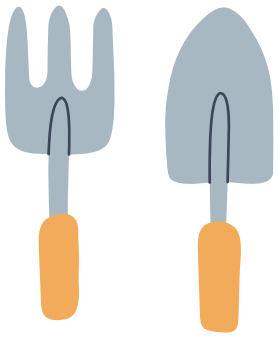
- FIND A LOCATION FOR YOUR VEGETABLE/FRUIT GARDEN: POTS ON YOUR KITCHEN WINDOW, A BACKYARD OR BALCONY RAISED GARDEN BED, OR A SPECIAL SPOT IN YOUR YARD.
- LEARN ABOUT HOW MUCH SUNLIGHT YOUR PLANT NEEDS TO FIND THE BEST SPOT. LEAFY VEGGIES CAN TOLERATE SHADIER AREAS WHILE TOMATOES & PEPPERS NEED MORE SUN!
- PLANTS NEED SPACE TO GROW. IF PLANTED TOO CLOSE TO EACH OTHER, THEY MIGHT COMPETE FOR RESOURCES & MAY NOT GROW WELL.



## PICK YOUR PLANTS!

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- IT CAN BE EASIER TO START WITH 1-2 EASY-TO-GROW PLANTS. EX: HERBS, CUCUMBERS, ZUCHINI & SQUASH, TOMATOES, GARLIC, CABBAGE, STRAWBERRIES.
- LOOK FOR WHAT'S IN SEASON IN YOUR AREA. COOL WEATHER VS. WARM WEATHER OPTIONS DEPENDING ON WHEN YOU WILL START YOUR GARDENING.
- PLANTING SEEDS CAN COST LESS BUT REQUIRE MORE PATIENCE. STARTING WITH ALREADY-THRIVING PLANTS CAN BE A QUICKER & EASIER WAY TO SEE PROGRESS!
- PLANT WHAT YOU'LL EAT. THEMED GARDENS ARE GREAT. IF YOU LIKE SALSA, PLANT VEGGIES & HERBS YOU CAN USE IN SALSA LIKE PEPPERS, ONIONS, TOMATOES, AND CILANTRO. OTHER IDEAS INCLUDE A PIZZA, PASTA, OR A FAVORITE SALAD GARDEN!



## BEGIN YOUR GARDENING!

- USING HIGH QUALITY SOIL IS ESSENTIAL TO HEALTHY PLANTS & HIGH YIELDS!
- KEEP A CONSISTENT WATERING SCHEDULE & WATER THE BASE OF YOUR PLANTS.
- SOME HELPFUL SUPPLIES INCLUDE: GLOVES, GARDEN FORK, HOE OR WATERING CAN, HAND TROWEL, HERB SCISSORS, SHEARS ( YOU CAN GET MANY OF THESE FROM THE DOLLAR STORE IF YOU WANT TO SAVE \$!)
- LEARN ABOUT THE RIGHT TIME TO HARVEST & HOW TO HARVEST YOUR SPECIFIC VEGETABLE OR HERB . TIME TO HARVEST CAN VARY FROM VEGETABLE TO VEGETABLE.

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# Here are five quick and simple hacks to get your food garden thriving



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## Repurpose Containers

Use items like old buckets, crates, or even yogurt tubs as planters. Make sure to add drainage holes for healthy plant growth.



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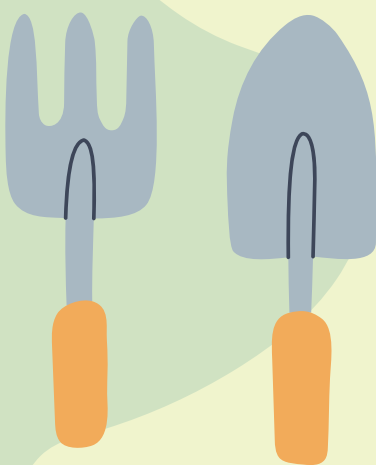
## Start with Kitchen Scraps

Regrow veggies like green onions, celery, or lettuce from leftovers. Just place the roots in water or soil, and watch them flourish!

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## Eggshell Planters

Fill halved eggshells with soil to start your seeds. Once they sprout, plant the whole shell—it'll decompose and enrich the soil.



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## Vertical Gardening

Maximize space by growing herbs or greens in hanging baskets, wall planters, or stacked containers.



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## Companion Planting

Pair plants that benefit each other, like tomatoes with basil or carrots with onions, to optimize growth and deter pests naturally.



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