

Container Types:

*You will need to figure out what size garden you want to grow. Here are a few ideas:

- 1.) 5-gallon buckets
- 2.) Basic window box (great for herbs!)
- 3.) 4x4 foot square garden (as seen on front cover)
- Vertical garden (pallets, spice racks trellis, etc.)

Planning Your Garden:

*Are you growing for 1? A family? To share with friends & neighbors?

*Visualize your harvest (e.g. a head of cabbage will take up a whole square foot, but you can plant ~16 carrots in that same space.)

*Where will you plant? Will there be enough sun in the spot you have picked? Can you protect your plants from animals eating your crops?

Essentials for Growth:

*Quality Soil: Garden variety, potting soil, or "Mel's Mix" - 1/3 peat moss, 1/3 vermiculite, 1/3 compost
*Recycled rainwater or tap water from

*Landscaping fabric, newspaper, or cardboard to line the bottom of the container before putting soil in to

hose or spigot

*Sunshinel

*Seed packets or young plants

*Wooden sticks & twist ties to hold up plants as they grow (hangers work tool)



HOW TO GARDEN ON A SMALLER SCALE



Growing & Harvesting:

then after you've harvested those weather crops in the Spring and *Try 2 growing seasons. Plant warm plant cooler weather crops in the

packets for best times to plant each around mid-May. Check your seed *Timing is important - remember in WV, the last frost isn't usually until

warm enough. transplant young plants when it's indoors before planting season & *You can even start your plants

-Mini paper drinking cups *Great ideas for indoor seed-starting:

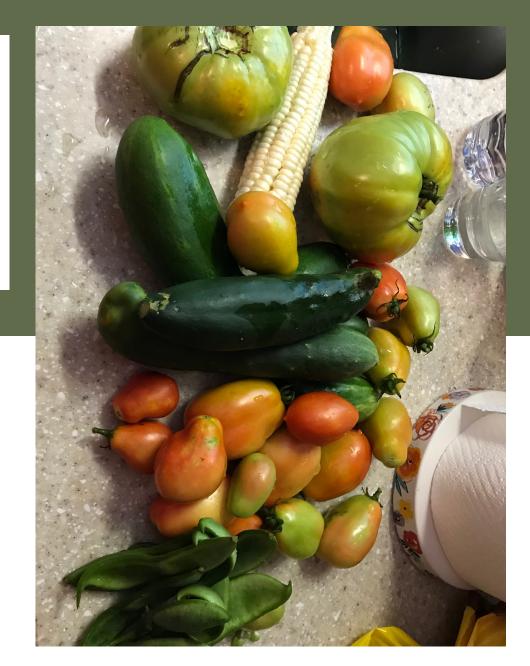
cups -Washed out yogurt or applesauce

-Egg cartons cut apart -Egg shells (after removing egg

Organic Pest

Control:

- *Use natural ingredients/methods to prevent & deter pests:
- -Homemade garlic/cayenne pepper
- -Soapy water
- -Neem oil
- -Crushed egg shells or Epsom salts
- -Hand removing from effected leaves/plants



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Farm to Table

"Growing your own food may be one of the most powerful steps you can take for the health of yourself, your family, and your planet." — Lindsay Oberst (foodrevolution.org)