

## 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)
- 4.) 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 hose or spigot

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

\*Sunshine!

\*Seed packets or young plants

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



## HOW TO GARDEN ON A SMALLER SCALE





# Growing & Harvesting:

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

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

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

\*Great ideas for indoor seed-starting:

- Mini paper drinking cups
- Washed out yogurt or applesauce cups
- Egg cartons cut apart
- Egg shells (after removing egg inside)

## Organic Pest

### Control:

- \*Use natural ingredients/methods to prevent & deter pests:
- Homemade garlic/cayenne pepper spray
- 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)