

Container Gardening

Choose location – 6-8 hours of full sun



Must-Read Benefits of Container Gardening

What is Container Gardening?

According to Cornell University, "container gardening is when plants are grown in containers such as pots rather than into the ground". This may involve container planting in old containers for your home garden.

So, if you don't have an actual garden, container gardening could provide you with a more space-efficient and mobile solution.

Benefits of Container Gardening



Space-saving:

Container gardening is a great option for those with limited space.



Mobility:

Container gardens are portable and can be moved to different locations easily.



Pest and disease control:

It can help prevent pests and diseases that may be present in the soil.



Improved soil quality:

It allows you to control the quality of the soil, which is especially important in areas with poor soil quality.



Water conservation:

It requires less water than traditional gardens because the water is contained within the pot.



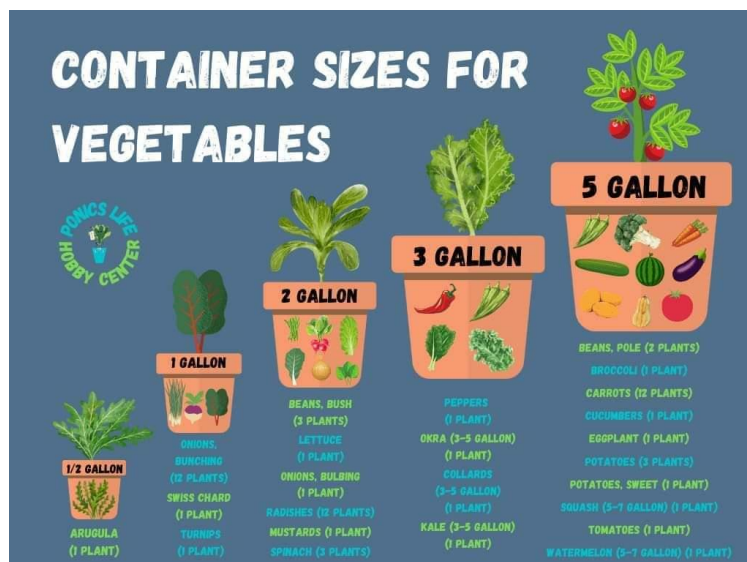
Aesthetic appeal:

Container gardens can be used to add color and beauty to your home or outdoor space.



Choose containers – right size for your plants

Vegetable Container Gardening Guide			
Vegetable Plant	Light Requirement	Minimum Container Size	Space Between Plants
Arugula	Full Sun / Partial Shade	1/2 gallon	3-4 inches
Beans, Bush	Full Sun	2 gallon	2-3 inches
Beans, Pole	Full Sun	5 gallon	2-4 inches
Beets	Full Sun / Partial Shade	1/2 gallon	2-3 inches
Broccoli	Full Sun	5 gallon	12-18 inches
Carrots	Full Sun / Partial Shade	1 quart	2-3 inches
Cabbage	Full Sun / Partial Shade	5 gallon	12-18 inches
Chard, Swiss	Full Sun / Partial Shade	1/2 gallon	4-6 inches
Collards	Full Sun	5 gallon	5-7 inches
Cucumbers	Full Sun	5 gallon	14-18 inches
Eggplant	Full Sun	5 gallon	1 Plant per container
Kale	Full Sun / Partial Shade	5 gallon	10-15 inches
Lettuce, Leaf	Full Sun / Partial Shade	1/2 gallon	4-6 inches
Onions, Green	Full Sun / Partial Shade	1/2 gallon	2-3 inches
Peas	Full Sun / Partial Shade	2-5 gallon	3-4 inches
Peas, Snow	Full Sun / Partial Shade	2-5 gallon	3-4 inches
Peppers, Bell	Full Sun	2 gallon	1 Plant per container
Peppers, Hot	Full Sun	5 gallon	1-2 Plants per container
Radishes	Full Sun / Partial Shade	1 Pint	1 Plant per container
Squash	Full Sun	5 gallon	1 Plant per container
Squash, Summer	Full Sun	5 gallon	1 Plant per container
Tomato	Full Sun	5 gallon	1 Plant per container
Tomato, Cherry	Full Sun	1 gallon	1 Plant per container
Turnips	Full Sun	1 gallon	2-3 inches
Zucchini	Full Sun	5 gallon	1 Plant per container



Fill with Potting Mix (regular soil is too heavy and will result in compaction)



What Should a Good Potting Mix Do?

The goal of a good potting mix is three-fold:

- 1 Hold moisture and nutrients around a plant's roots
- 2 Provide enough air for growing roots to be able to breathe
- 3 To support the plant and anchor the roots

Making Your Own Potting Soil

- 1 PART COCONUT COIR
Pre-soak and expand the dehydrated brick.
- 2 PARTS COMPOST (sieved)
Adds essential nutrients to mix.
- 1 PART VERMICULITE (grade 3 size)
Adds aeration to your potting mix.
- 1/2 - 1 CUP WORM CASTINGS
Adds extra nutrients and beneficial microorganisms.



HOW TO COMPOST

Brown materials include:		Green materials include:
Leaves		Fruit & vegetable peels
Pine needles		Citrus rinds
Twigs, branches		Coffee grounds
Straw, hay		Tea bags
Paper		Grass clippings
Dryer lint		Eggshells
Pinecones		Weeds
Napkins		Stale bread
Used paper coffee filters		Cooked plain rice, pasta
Wood chips		
Cardboard		

LawnStarter®

Decide what you want to plant..

- find a planting guide for your area (**CSU extension**, coloradopound.com)
- buy seeds or transplants of things you like to eat
- allow enough space.. Overcrowding can compete for sunlight & nutrients, and lead to pests & diseases (check out **square foot gardening**)
- Apps:** Planter (garden planner) & Farm Your Yard

15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!



Green Onion

Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt



Onion

Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions

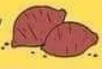
Kale

Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem



Sweet Potato

Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"



Leeks

Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out



Ginger

Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout

Basil

Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter



Mint

Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil



Garlic

Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow



Rosemary

Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil

Potatoes

Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt



Cilantro

Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed



Romaine Lettuce

You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves



Celery

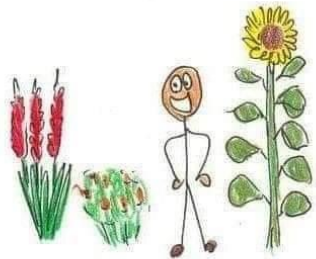
Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

Bok Choy

Bok Choy can be regrown just like romaine lettuce!



The secret to my "green thumb":













































Planting SO MANY plants no one can tell that half of them died.

Joseph Tychoniev

thesoccermomblog.com

SQUARE FOOT GARDEN PLAN GUIDE

garden365.com

 Tomatoes 1	 Peppers 1	 Onion 9	 Head Lettuce 4	 Carrots 16	 Leaf Lettuce 16	 Cucumber 2
 Hot Pepper 1	 Winter Squash 1	 Sweet Potatoes 1	 Potatoes 2	 Pumpkins 1	 Cauliflower 1	 Corn 2
 Beets 9	 Eggplant 1	 Spinach 9	 Garlic 4	 Radishes 16	 Melons 1	 Celery 2
 Brussel Sprouts 1	 Kale 2	 Summer Squash 1	 Rosemary 1	 Cilantro 9	 Sage 1	 Chives 1
 Bush Beans 4	 Pole Beans 4	 Basil 2	 Bok Choy 1	 Parsnips 9	 Dill 9	 Oregano 1
 Cabbage 1	 Turnips 9	 Parsley 2	 Thyme 2	 Rutabagas 4	 Peas 8	 Okra 1

*Numbers represent the number of plantings per square foot

	Basil	Beans	Broccoli	Carrots	Cauliflower	Chives	Cilantro	Corn	Cucumbers	Dill	Garlic	Leeks	Lettuce	Marigold	Melon	Nasturtium	Onion	Oregano	Parsley	Peas	Peppers	Rosemary	Sage	Spinach	Squash	Strawberries	Sunflowers	Swiss Chard	Thyme	Tomatoes	
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Sunflower																															
Swiss Chard																															
Thyme																															
Tomatoes																															

Insect Repelling Plants	
Chives	Repel aphids, carrot rust fly, and Japanese beetles
Chrysanthemums	Repel Japanese beetles
Cilantro	Repels aphids, potato beetles, and spider mites
Dill	Attracts predatory wasps that eat caterpillars, and repels aphids and spider mites
Garlic	Repels aphids, whiteflies, Japanese beetles, root maggots, and carrot rust fly
Leeks	Repel carrot rust fly
Marigolds	Kill nematodes, repel whiteflies, and may repel rabbits
Nasturtiums	Trap aphids, deter whiteflies and cucumber beetles, and attract predatory insects
Oregano	Repels cabbage moth
Sage	Repels cabbage moth and carrot rust fly

■ Plants grow well together
 ■ Don't plant together!
 ■ Beneficial to garden in general
■ Combination helps bug control
 ■ Carrots will have good flavor, but stunted roots



Colorado Produce Calendar

YARD PLANTS TO REPEL BUGS

loveandmarriageblog.com



FLIES

basil | mint
lavender
rosemary



MOTHS

rosemary
lavender



MOSQUITOS

marigold | mint
basil | catnip
lemongrass



ANTS

mint | peppermint
chrysanthemums



TICKS

catnip | lavender
chrysanthemums



SPIDERS

mint | lavender
chrysanthemums



COCKROACHES

catnip | lemongrass



COLORADO PRODUCE CALENDAR

FIND YOUR SEASONAL COLORADO-GROWN FRUITS & VEGGIES

MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
				apples (storage to early March)		
		apricots				
arugula, collards, kale, lettuce (leaf, head, salad mix), mustard, turnips						
asparagus						
				beets		
				bell peppers		
				broccoli, cauliflower		
				cabbage		
				cantaloupe		
				carrots (storage to April)		
				celery		
				chard		
	cherries					
				chile peppers		
				cucumbers (all year)		
				eggplant		
				green beans		
				herbs (all year)		
				honeydew		
				mushrooms (all year)		
				onions (to mid-March, storage included)		
				peaches		
				pears		
				plums		
				potatoes (all year)		
				pumpkins		
				raspberries		
				spinach		
				strawberries		
				summer squash		
				sweet corn		
				tomatoes (all year)		
				watermelon		
					winter squash (to February)	

Watering.. Dependent on you!

-Mulch 1-2" layer helps slow evaporation, decrease weeds, keep moist. If dry 1" needs water.

-Water the soil, not the plant.. Using deep watering



Garden Tip

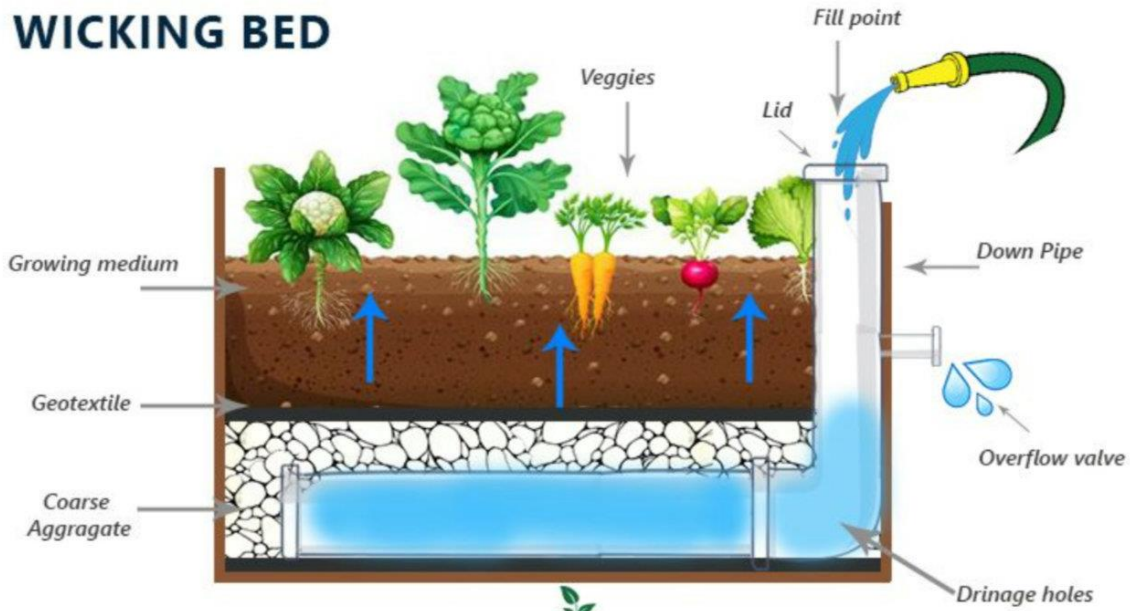
Listotic.com

Save The Rain: Make your own rain barrel to water the garden with out of a heavy duty trash can.



Conserve and/or collect water. Any container can be made into a Wicking Bed!

WICKING BED



By Gaias Organic Gardens

Drill a hole in pot/planter/bucket approximately 4" up. Add recycled containers.. (with 4 holes in top & bottom).. leave no more than 15-20% space for soil wicking. Place PVC tube along side (optional).



Add potting soil 3/4 full and then add fertilizer, gypsum, lime, Epsom salt, sea minerals



Fill the rest with potting mix and plant 🌱
Water and fertilizer through PVC weekly as needed.



Recycle plastic jugs and bottles.

Seed Starting.. Direct sow, start indoors with grow lights, or try Winter Sowing!

Winter Sowing in Jugs



Collect and wash translucent jugs. Discard jug cap.



Put at least 4" of moist potting soil mix in bottom of jug.



Open jug in Spring after seeds sprout and danger of frost ends.



Make 4 – 6 drainage holes in bottom of jug.



Scatter seeds on top of potting soil and press seeds into soil to make contact.



Transplant when seedlings are at least 2" tall.



Cut jug in half leaving a hinge.



Tape jug together.

Join Us On Facebook by joining our group - Winter Sowers.

What is Winter Sowing?
Winter sowing is a method of starting seeds outdoors in winter in an enclosed container, allowing them to germinate in spring.

Winter Sowing is a great way to grow your own plants from seed. The only seeds that can't be winter sown are tropical seeds.



Label jug with a weather resistant marker.



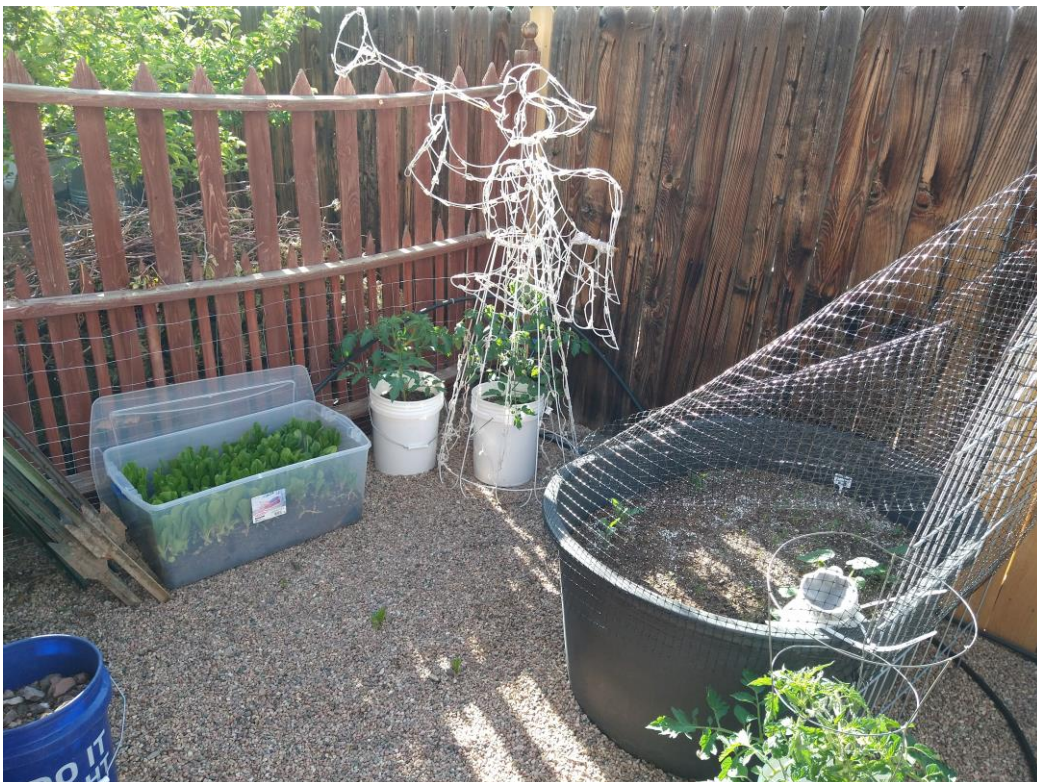
Set jugs outside where rain or snow can enter top. Water if needed.

Winter Sowers Group by Wintersown Educational

My container garden – year 2

-5 gallon buckets, 15 gallon grow bags, planters, 110 gallon stock tanks

-hog panels used as trellis for vertical gardening





Seed Saving Tips



- Usually don't cross with other varieties (exception: potato leaf types such as Brandywine)
- **Tomato** seeds need to be fermented for 2-3 days to remove gel coating

- **Sweet peppers** will cross with hot peppers growing nearby
- Scrape seeds out of ripe pepper and lay out to dry



- **Cucumbers** can cross with other varieties growing within 1/2 mile
- Let fruit get overripe and hard on the plant, like a gourd, for seeds

- **Zucchini** can cross with some winter squash and with pumpkins growing up to 1/2 mile away
- Let fruits get large and hard on the plant, like a winter squash



- **Winter squash** can cross with pumpkins and summer squash growing up to 1/2 mile away

- Save seeds from at least 100 **corn** plants to avoid inbreeding
- Corn can cross with other varieties growing up to 2 miles away
- Save seeds from open-pollinated (OP) varieties, not hybrids (F1)



- Let some plants bolt to make seeds
- Harvest seeds by bending **lettuce** flowers over a paper bag and rubbing the flowers with your hand

- **Green beans** usually don't cross with other varieties
- For seeds, leave some pods on the vine until they start to dry out



HOW MUCH TO PLANT FOR A YEAR'S WORTH OF FOOD

VEGETABLE	HOW MUCH TO PLANT FOR 2 PERSONS
Green Beans	32 seeds
Wax Beans	16 seeds
Dry Beans	100 feet
Brussels Sprouts	6 to 8 plants
Early Cabbage	4 to 5 plants
Cauliflower	3 to 4 plants
Late Storage Cabbage	12 plants
Corn	5 or 6 rows of 40-45 feet
Cucumber	2 to 3 hills with 3 to 4 plants each
Lettuce - Leaf	15 to 20 plants
Head Lettuce	6 to 8 plants
Hot Peppers	6 to 12 plants
Bell Type Peppers	15 to 20 plants
Potatoes	3 rows of 75 feet
Pumpkin	between 2 and 4 hills of 3 to 4 plants each
Tomatoes - cherry	3 to 4 plants
Bibb	6 plants



PLANT DEFICIENCY GUIDE



REFERENCES

<http://www.growrealfood.com/gardening/identifying-plant-nutrient-deficiencies/>

<http://extension.arizona.edu/sites/extension.arizona.edu/files/publications/az1106.pdf>



see more at www.desima.co