



... Plant Strong Families and Communities ...

Connecting with Nature as YOU Enjoy and Grow Your Own Healthy Herbs, Fruits, and Vegetables

Choosing Veggies, Herbs and Fruits for Your Garden

Choosing which plants to grow and harvest is informative and fun! There are a variety of plant choices including tomatoes, cucumbers, grapes, peppers, zucchinis, eggplants, sweet potatoes, beans, lentils, lettuce, Swiss chard, cabbage, turnips, carrots, radishes, basil, mint, thyme, rosemary, oregano, parsley, chives, and more! Consider what you like to eat, begin your journey, and bring your choices to harvest!!!

Traditional and favorite choices are tomatoes, sweet bell peppers, cucumbers, swish chard, and leaf lettuce. Bush beans and spring onions are also great choices. Small plants, including herbs like basil, mint, thyme, and rosemary, are also great choices. Microgreens, young seedlings of edible vegetables and herbs, can be harvested and eaten a week to 10 days after the cotyledon — a part of the embryo within the seed — leaves have developed. All, of the above, can usually be gathered before each meal if you'd like, to add while cooking.

Once you have made your selection, next you can begin creating your garden space, your beds, and/or determine which pots to purchase and where to locate them. Within these considerations, take into account your furry friends and protect your plants from nibbling. If you choose to use pots, a reasonable combination of large and medium pots will always suit your needs. If you choose to grow mostly large plants, like tomatoes, or small ones, like basil, you will have a majority of large or small pots. Larger pots give you more flexibility but require more space on your deck.

When and where to grow your choice veggies and fruits will depend on which seasons, temperature, and sunlight exposure they grow best in. Store-bought seedlings will give an easier start, and basic and advanced seeding will enable you to grow all crops from seed to meal! Harvesting is best done by having the proper vegetable storage ready and harvesting them in the most efficient and cleanest manner.

With simple-to-grow fruits and veggies, you'll discover just how easy, rewarding, and enjoyable growing your own can be. When you grow your own fruits and vegetables, you get all the fun of experiencing gardening plus the garden-to-table goodness and nutrition that only comes with homegrown harvests.