



... Plant Strong Families and Communities ...

Supporting Tall and Climbing Plants

Climbing plants add richness and depth to any indoor or outdoor garden space. Plants that grow with fragile stems need support. These supports aid the plant to grow tall, straight and strengthen their position in all conditions.

For example, tomato plants often require supports. Once a thin plant stem is 3" below its first leaves, it will probably benefit from a support, and a pole with stem tie distanced an inch will work. With the proper knowledge, you'll have healthy and luscious climbing plants. When a tall plant with thin stem has grown a couple inches, the tie may have to be adjusted, and naturally another tie added. Ensure the pole has been set deep enough to ensure its stability along with the plant's growth and stability.

Poles and stakes are common plant supports. You can use a stake when the plant first begins to grow and achieve height as soon as necessary, and replace it with another, taller one placed away from the base a bit later.[4] This is to allow the roots and leaves spread naturally. Sometimes canes or small trellis may be of great use. You can also make your own supports that are cages, arches, or other configurations. Many of the configurations can also be bought as a kit, which are assembled to form a cage, obelisk, trellis, or arch.[3]

A cage is a great support for additional stability in growth support, as well as some protection from pests. Trellises, obelisks, and arches are great for plants like vines and climbing plants that may grow very long and need continued support along its growth. Trellises are also great for beans, peas, and squashes.[1]

Depending on the species of plant you are growing, you can grow climbing plants in containers, on walls, fences, trellis and along buildings like offices or homes. When deciding which climbing plant to cultivate, research how to grow and prune that specific species of plant to ensure optimal growth.

Assisting your climbing plants, vegetables and fruits grow full and strong offers many benefits! Vegetables and fruits grown at your home make tasty and healthy ingredients! Climbing plants are a beautiful addition to any indoor or outdoor garden as they provide depth and complexity to simple gardening spaces. With the proper knowledge and plants supports, you will have healthy and luscious climbing plants, vegetables, and fruits!

1. <https://www.almanac.com/video/building-trellises-and-supports-climbing-vegetables>
2. <https://www.thespruce.com/plant-cages-5094528>
3. <https://www.gardeners.com/buy/gardening/plant-supports/>
4. <https://plantly.io/plant-care/types-of-plant-support-best-support-for-garden-plants/>