

Gardening @ Home:

Gardening has many health benefits, from eating your harvest to simply tending it. Getting outdoors and enjoying the fresh air and sun may be just what the doctor ordered. Starting your own garden to supplement some of your food bills does not require much time or money.

Placement:

- Determine a safe place with lots of sun and protection from pests

What to Grow:

- Herbs, Vegetables, Fruits, Flowers
- Grow what you like to Eat :)

How to Start:

- Start from Seed (Indoors)
- Direct Sow in ground as soil thaws
- Seedlings from store

Equipment:

- Simple tools, reuse containers, do not overspend

Type of Garden:

- Container
- Raised Bed
- Moveable

Sun:

- Direct Sun for most (6-8 hours if possible)
- Some require shade

Soil:

- Keep it simple, most plants only need 6" of soil depth
- Build up with compost, coffee grounds, keep it loose

Water:

- Daily based on dampness of soil
- Water at root level
- Avoid watering at night (Moisture can increase fungus)