

GROW YOUR GARDEN!

Raising your own produce has many benefits! Beyond being healthier and fresher than most store-bought produce, it actually ends up being less expensive in the long run to use produce from your own garden.

Whether you own or rent your home, everyone can find a way to garden! Space is no issue as there are many fruits, vegetables, and herbs that can thrive in small spaces and can be grown in pots placed in patios and balconies. Even if you do have a back yard but don't have much space, you can definitely grow a few high yield crops.

Here are Some Helpful Tips for Starting Your Own Garden:

- Position your garden/pots where they will get the maximum amount of direct sunlight. Plants will need at least 5 hours of direct sunlight.
- Most plants will need to be watered daily. Early in the morning is the best time to water your garden because there is less water loss to evaporation. Watering in the evening is OK, but leaving the plants and soil wet overnight can encourage slug activity, and can cause young seedlings to 'damp off'.
- Some plants grow better in warmer weather and some in cooler weather
- Make sure to get appropriate potting soil, some plants will require slightly acidic soil and some will require slightly alkaline soil
- Level the soil and rake it smooth - This final touch only takes a few minutes but this enhances uniform water absorption from rain or the sprinkler, and encourages more uniform sprouting.

These Crops Grow Well in Limited Space & are Easy to Grow:

- Peas
- Lettuce
- Broccoli
- Tomatoes
- Garlic
- Peppers
- Onions
- Leeks
- Swiss chard
- Squash
- Beans



Easy to Grow Herbs:

- Cilantro
- Mint
- Chives
- Oregano
- Basil
- Parsley
- Coriander
- Dill
- Fennel
- Rosemary
- Tarragon
- Sage
- Thyme



These Items Need Larger Spaces:

- Cucumbers
- Strawberries
- Blueberries
- Potatoes
- Spinach beets



For more information, visit the National Gardening Association website at <http://www.garden.org/>

Edison Department of Health and Human Services