

Grow a Vegetable Garden!



Container Gardening

Don't have space for an outside garden?
Plant a container garden and have fresh veggies in the
convenience of your own home!

Basic Directions

- **Find a container that can be used for planting.** Make sure the container has a drainage hole in the bottom for extra water. If it does not, have an adult poke a hole in the bottom.
- **Fill the container almost to the top with soil.** For best results, use potting soil.
- **Dig a hole for the seed.** You can poke a hole in the dirt with your finger or use a hand shovel. Check the seed packet to see how deep to dig.
- **Place a seed in the hole and cover it with soil.** Gently pat the soil over each seed.
- **Water the seed lightly.** Make sure the soil is moist, not soaking.
- **Check the seed packet for how much sunlight the plant needs and its sprouting (germination) time.** The packet will also have harvesting instructions.

Remember that plants in containers depend on you for sunlight and water. Check the soil daily and keep it moist.

Good Veggies to Grow Indoors

- Cherry tomatoes
- Leaf lettuce, all types
- String beans
- Small-rooted carrots and beets
- Peppers
- Short-vine cucumbers and squash
- Radishes
- Miniature cabbage
- Spinach

