

Anyone can garden—no matter where you live, how much space you have, or your gardening budget. If you are limited on space, time and money, here are some tips to help make gardening work for you.

## Start Small

If you have never gardened before, start small. Consider growing one to four different types of vegetables or herbs. Start with some easy-to-grow plants like lettuce, spinach, and tomatoes. You can also grow some herbs like basil, dill, and parsley.

For most plants, choosing the sunniest location you have to place your garden plants will yield the most success. Most vegetables need at least eight hours of direct sunlight; leafy greens (like lettuce, spinach, chard, etc.) can grow with as little as 6 hours while fruiting vegetables like tomatoes and cucumber need at least 8 hours.

Your garden can be grown in small spaces including in the ground, in raised beds and containers. There are numerous resources on growing gardens in-ground and in raised beds (see resource list at the end for some ideas) so this publication will focus on growing garden vegetables in containers.

As you choose how to grow your garden, consider where it works best for you—on your porch or steps; against your house, apartment or shed; or in your yard.

## Seeds vs Starts

The most inexpensive way to start a garden is with seeds. You can plant your seeds inside before the plants are ready to be transplanted or moved outside. You can use recycled materials to start your seeds in—everything from toilet paper rolls, cereal boxes and newspapers folded into pots to eggshells and egg cartons can be used.

## About Containers

Garden pots come in all shapes and sizes but you will need a minimum size of 6.5" (2 quarts) as a container. Leafy greens and herbs grow well in these smaller pots. Aim for a 12" pot (7 to 9 quarts) to accommodate most other vegetables.

Reusing pots works well as an environmentally- and budget-friendly approach. Reused pots do need to be cleaned every year (or with every crop) to avoid transferring diseases. Rinse pots with a solution of 1 part bleach to 10 parts water. Rinse thoroughly with clean water, then

## Sourcing Potting Soil

Unless you are planting your garden in the ground, soil will be a necessary cost of establishing your garden.

Bagged products are available at many retailers – look for those called “planting mix” or “potting soil”. Know that the quality of bagged mixes can vary greatly and so you will want to avoid those that “contain sedge peat,

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