



Gardening Fun for Everyone!

Enjoy these easy tips for planting your own container garden:

The Container

- There are a wide variety of containers you can use— coffee cans, milk jugs, plastic containers, even an old shoe
- Poke holes in the bottom of the containers to help extra water drain out.
- Line the containers with newspaper to prevent the soil from washing out when watering the plants.

Planting

- Use a potting mix for your soil because it has a higher nutrient content than garden soil.
- Plant the seed 4 times as deep as the longest part of the seed.
- If transplanting an already sprouted plant, make sure the roots are completely covered in soil.
- Don't pack the soil too tightly. Air pockets in the soil help the oxygen and nutrients move around and feed the plant.

Watering

- Always water the soil immediately after planting.
- Mist with a spray bottle or lightly water every 1-2 days to keep the soil moist but not soggy.
- Water until seed beds begin to puddle then let the water soak in, repeat 1-2 times depending on the size of the container.



REMEMBER: SNAP benefits can be used to purchase seeds and plants!!



Why not have **Just Say Yes to Fruits and Vegetables** visit your food pantry, soup kitchen or shelter? We provide free nutrition education, along with taste samples of healthy recipes and free gifts. Please give us a call for more info.

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