



Please accept this small gift of seeds.

The Healthy Communities Partnership: Lanark, Leeds & Grenville and the Food Matters Coalition share the same vision that all people have a healthy body and the necessary resources, food skills & knowledge to access safe, healthy, affordable and nutritious food.

We hope that the distribution of these seed packets will encourage residents to 'Grow Local' and support our vision for Healthy Eating.

For more information please visit www.healthyllg.org or www.healthunit.org/nutrition.

Grow Food regardless of available space

You don't need a plot of land to grow fresh vegetables. What you can grow in a container vegetable garden is limited only by the size of the container and your imagination.



No Need for Expensive Containers

GROW

Cucumbers

Carrots

Lettuce



Selecting Containers:

If it can hold soil, has adequate drainage holes in the bottom or sides, and is large enough for your mature plant's needs, then you can use it as a container. Pails, buckets, washtubs, wooden boxes, pots and pans that are clean and made of non-toxic material are some of the options.



Drainage:

No matter what kind of container you choose for your vegetable garden, it should have holes at the base or in the bottom to permit drainage of excess water. All containers should be lifted off a surface to allow good drainage and air circulation. Pot toes or bricks work just great!

Color Considerations:

Dark colored pots absorb and retain more heat so use them for heat loving plants or place these containers in a shadier spot for cool loving plant.



Size:

Use the right sized pot for the plant being grown. Don't overfill a pot with too many plants. Crowding can cause poor growth, disease and low yields.

Soil and Fertilizer:

Using nutrient rich soil that contains compost and the appropriate and adequate slow release organic fertilizer will support your container garden throughout the growing season. Match your soil type to your plant's needs.



Watering:

Pots and containers can require more regular and frequent watering. Check your containers daily to judge the need for water. Never let containers dry out or become water logged. Use pot saucers under smaller sized containers to help maintain moisture levels.

For more information check out:

www.container-gardening-for-food.com/container-gardening.html
http://aggie-horticulture.tamu.edu/publications/guides/E-545_vegetable_gardening_containers.pdf