# WN&GARDEN

## Container Veggie growing

Just because you don't have a lot of heat loving plants (like tomatoes). For land doesn't mean you can't grow your own veggies – in a container.

The only rule is to choose vegetables that you actually like to eat – many varities of vegetables have been developed especially for container gardening. Look for descriptive words like "bush," "compact" or "dwarf" when buying vegetable seeds or transplants (small plants ready to put directly into the garden). Start seeds indoors about eight weeks before it is expected to be warm enough to transplant them outside into containers.

One of the most important factors in your gardening success is choosing appropriate garden planters. Nearly all vegetables and herbs will do well in a five-gallon pot (12" diameter and 12" depth) but plants with shallow roots, like salad greens, will grow well in six to eight inches of depth.

Use light coloured pots for veggies that prefer cool temperatures (like lettuce and cabbage) and dark coloured planters for

tall growing plants, choose pots made of heavy material like terracotta, or add a layer of clean sand to the bottom of the planter for added weight and planter support.

The soil for vegetables that are grown in containers must be lightweight, loose, and hold moisture well. Regular soil is too heavy, compacts easily and should never be used in planters. It is important to choose a "soil-less" soil mix developed specifically for gardening in containers. These soils are various mixtures of vermiculite, perlite, peat moss and other nutrients.

The soil can be reused the following year by adding special soil boosters that replenish lost nutrients that vegetables require. Another benefit of using lightweight soil is that your planters will be easy to move around - one of the main advantages of container gardening is its portability.

Follow the directions on the seed

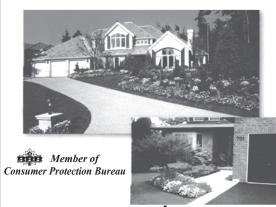


package to determine the best time for planting in your area based on your gardening hardiness zone. Use a zone finder tool to determine your zone by postal code.

Many gardeners will sow seeds directly into garden planters for quick growing veggies like greens, but purchase transplants for longer maturing vegetables like tomatoes. After planting your seeds, spray soil lightly with a mister and cover pot with plastic wrap to retain moisture and warmth. Keep the soil moist at all times. When the seeds sprout, remove the plastic cover but continue to water very gently – remember they are baby veggies and need loving care.

Other information about the plant's requirements (spacing, etc..) can be found on the seed package. Try to give each plant the conditions that they prefer. This is easy to do with container gardening - you control all of the environmental factors like soil, sun and water.





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