

GARDENING



LET'S GET GROWING

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- You must try IAN'S OWN organic potting mix for superb results in all your planters & containers
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THIS WEEK ONLY

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1 Quart

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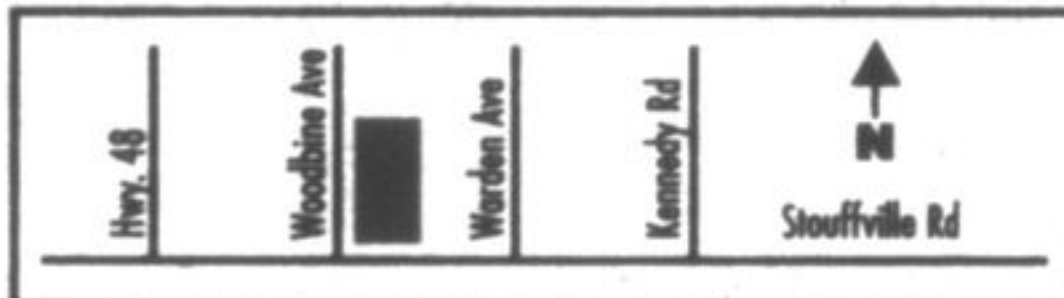
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Into the Vegetable Garden!

For many of us, looking after a vegetable garden is more than just a simple hobby: it's an economical way of feeding ourselves, it satisfies our survival instinct, it's a philosophy!

Indeed, if you're an enthusiast for healthy foods, it's a good bet that you like to garden, even if it only involves a few herbs in your kitchen window. And don't fool yourself into thinking that a lack of space means that you can't garden! It isn't necessary to have a 5 metre by 10 metre garden to produce some good vegetables. Do you have a balcony that's in the sun for a few hours every day? With two or three flower boxes and a bit of imagination, you can create your own mini-garden.

Whoever talks about vegetable gardens, talks about tomatoes. As tomatoes grow upwards, you don't need much room to cultivate them. A bit of string and some stakes will enable you to support the plants. Other good choices for a mini-garden: peppers and herbs.

Whether you have a garden with unlimited space or just a few flower boxes con-

verted into a vegetable garden, it is important to use enriched soil. Natural fertilizers, including the compost made from your own domestic waste, will do marvels. Insecticides or pesticides should not be used especially as you are sure to want to eat your home-grown vegetables. Be sure to water your garden well. Watering thoroughly two or three times a week is better than watering superficially on a daily basis



A vegetable garden doesn't need to be big to offer you a wide variety of vegetables and herbs.

Flower Power!

**Who needs fireworks when you have flowers?
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into this Victoria Day long weekend.**

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LONG WEEKEND**

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