

# NUTRITION TO GO

## Container Gardening

Interested in gardening but tight on space? Try container gardening!  
Follow the steps below to start your very own container garden.

### 1 Select your plant

Seedlings are young plants. They grow faster and are easier to care for than seeds.



#### If you like fresh herbs, try:



Basil



Parsley



Chives



Mint

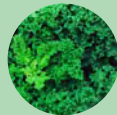
#### If you like salad greens, try:



Spinach



Swiss chard



Kale



Lettuce

### 2 Pick your location

Choose a sunny area, like a windowsill.  
Most plants need at least 6 hours of sunlight.



### 3 Choose your container

Anything can be a container if you can drill holes in it!  
Use coffee ground cans, milk cartons, or plastic buckets.



**NUTRITION TIP:** Use your SNAP benefits to purchase edible plants!  
You can buy plants anywhere you can use your SNAP card.

## 4 Add the soil

Use potting soil or potting mix. Garden soil is too heavy and is not recommended for container gardening.



## 5 Water the plant

Water close to the soil. Stick your finger in the soil up to the first knuckle. If it feels dry, it is time to water!



### Tips for growing a healthy plant



#### Fertilizer:

Fertilizer adds nutrients to the soil to help your plant grow. Use according to package instructions. Too much fertilizer can burn your plant!



#### Compost:

Compost is a natural fertilizer made from broken down food scraps and leaves. You can make your own or buy it from the store. Sprinkle compost on top of the soil.



#### The plant label:

The plant label will have important information about your plant, like when to harvest. Make sure to read the label so that you can grow a healthy plant!

Recipes to use your herbs or salad greens in can be found at:  
<https://web.uri.edu/community-nutrition/recipes/>