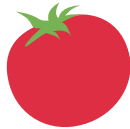


# URI SNAP-ED NUTRITION NEWSLETTER



## A BEGINNER'S GUIDE TO CONTAINER GARDENING

Growing your own food can be a fun hobby in the warmer months. It can also help you to save money at the grocery store. Growing plants in pots, buckets, or other containers is a great way to get started with gardening since you do not need to have a lot of outdoor space.



### HOW DO I GET STARTED?

**Choose a spot to set up your garden.** Many vegetables and herbs will need a lot of sun, so make sure you look at how much sunlight your spot gets throughout the day. Even if you live in an apartment, you may have a perfect sunny spot on your front step or on a balcony. No outdoor space? Some plants can even be grown on a sunny window space.

**Prepare your pot and soil.** When picking a pot or other container, make sure it is large enough for when your plant grows bigger. You will also want a pot with drainage holes. This will prevent the roots of your plant from rotting. It should also be made of food-safe material since you will be growing food to eat. It is important to use high quality potting soil. This will help your plant be healthy and avoid disease.

While we are starting to plan face-to-face programs with community partners, we are still available virtually. Please call our hotline at 1-877-366-3874, visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and information.



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### TECHNOLOGY

#### SPOTLIGHT:

#### *From Seed to Spoon Gardening*



The *From Seed to Spoon Gardening* phone app is a great resource for both new and expert gardeners. The app has growing guides for different fruits, vegetables and herbs. It can help you identify the best time of year to begin planting different plants, and how much sun and water they will need. The app also has helpful tips for cooking your freshly grown food.

**IF YOU WILL BE GROWING INDOORS...**



- Herbs are the best for growing indoors. Rosemary, parsley, thyme and mint all grow very well indoors. Each type of herb should be in its own pot.
- Most herbs need 6 to 8 hours of direct sun. Set up your garden on a window ledge or table. Windows that face south usually get the best sun.
- Try watering 2 to 3 times a week, allowing soil to dry out between waterings.

**IF YOU WILL BE GROWING OUTDOORS...**



- The best vegetables for outdoor container gardening are tomatoes, peas, sweet and hot peppers, lettuce, arugula, herbs, cucumbers and radishes. Plants that are taller may need support in the container as they grow. For instance, tomatoes may need a "tomato cage" to help support the growth of your plant.
- You can start your vegetables from seeds or seedlings. Seeds cost less, but need more attention and care. You can use SNAP benefits to buy both seeds and seedlings.
- When planting outside, it is important to pay attention to the weather. Very hot temperatures can overheat your plants. During heat waves, or really hot days, think about putting your plants in the shade.
- Each plant will need a different amount of water. Make sure that you are giving the plant enough water, but not drowning it. To check, put your finger one inch into the soil, and if it feels dry, add water. On the hottest days of summer, you may need to water twice a day.
- Most potting soil does not have nutrients, so it is important to use vegetable fertilizer several times during the growing season.
- Still have questions? Reach the URI Master Gardener Hotline at [gardener@uri.edu](mailto:gardener@uri.edu), or call (401) 874-4836.