



# FACEBOOK LIVE SEMINAR

## Growing Edibles in Small Spaces

Having fresh fruits, veggies, and herbs changes the way we experience food. Being able to grow edibles shouldn't be exclusionary to people with limited space in their yards or patios. Mike Westphal, The Garden Guru, gives us the ins and outs of small-space edible gardening through pots, hanging baskets, and more.

### THE SMALLER, THE BETTER

There is nothing better than eating fresh food grown in your own yard, but what if you don't have a lot of space? You can grow from a basic container to a scientifically proven Earthbox. High or low, the possibilities are endless.

### Hanging Baskets –

Looking for vertical or open areas to grow? You can do it with hanging baskets. Hanging baskets can be used for more than the familiar flowers or foliage we all know. Try these suggestions from the Garden Guru:

- Try specific types of veggies that vine over or grow downward naturally. Some great veggies for hanging baskets are cherry tomatoes, peppers, and cucumbers.
- All herbs and herb mixes work in hanging baskets. Two recommendations would be mojito mint or sweet Italian basil.

### Window Boxes –

Window boxes are a great way to add life and color to your home without planting in the ground. Try these suggestions from Mike, the Garden Guru if you are looking to spruce up your window space:

- Don't limit yourself to blooms, make your window boxes edible with herbs in the spring and lettuces in fall.
- Coco liner or plastic window boxes, both work depending on the look you are going for. Coco liner window boxes are usually in cast iron holders.

### Growing in Pots –

Planting in containers comes with so many possibilities! Try these suggestions from Mike, the Garden Guru, to take your containers to the next level:

- Fruit trees like dwarf blueberries, citrus, and figs, can be grown in containers, giving you fresh fruit at your disposal, during the growing months.
- All types of veggies can be grown in containers. Tomatoes, squash, zucchini, peppers, herbs and more.

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- Decorating with containers provides a range of opportunities. From basic plastic pots to decorative glazed ceramic, Whatever your budget is, you can decorate with containers.
- Mix your herbs with veggies and create a container garden specifically to your taste. Check out our blog on different ideas for container gardening [here](#).
- When the summer is ending and the spring veggies have been harvested, you can still continue your container garden into the fall with cole crops and lettuces.

### Specialty Planters –

- The Earthbox is scientifically proven to improve success when growing herbs and veggies. It is a plastic self-watering system with water reservoir. Because the Earthbox is easy to use and reusable for years to come, it is a great option for small space gardeners.
- Gronomics raised beds are also a great option for the small space gardener as they are customizable and easy to setup.

### Things You May Need –

- Ultomato Staking System for tomatoes.
- Tomato cages
- Trellises
- Fungicides and insecticides to keep your edibles healthy.
- Plant foods to keep them growing strong.

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