

# Gardening Made Easy

## Who can Garden? YOU Can Garden!

### Anyone Can Garden!

You don't need a lot of space to grow your own vegetables. You don't need to be a farmer or know much about gardening. All you need is a little soil, a few seeds, a sunny spot, some water, and a desire to grow something. It's that easy!

### Why Should I Grow My Own Veggies?

#### 1. Healthy Living

By growing your own vegetables, you have easy access to fresh produce, which can help increase your necessary daily intake of fruits and vegetables. You can also limit your exposure to harmful pesticides and fertilizers by controlling what you put on the plants you grow.



#### 2. Quality

There's nothing quite like eating a homegrown tomato! Eating fresh, just-picked veggies can taste better than store-bought produce that has been shipped hundreds of miles from its source.



#### 3. Cost

It can be cheaper to grow your own vegetables. The cost of fresh fruits and vegetables in grocery stores is often high and can prohibit many from buying healthy food. By growing your own produce, you can not only save money, but eat healthier too.



## Tips for Getting Started

### Evaluate Your Space

Decide what kind of garden you will be able to create. Will you be able to grow plants in the ground? Or will you have to grow plants in containers?

Measure your space to decide how many plants or containers will fit in your "gardening area." Don't be discouraged if you have very little space. Porches, balconies, small plots of land, window boxes, and stoops are all good places for a garden. You can even use a wall to create a vertical garden.



### Determine Gardening Conditions

Is your garden area sunny or shady? Will your garden be accessible to the general public or close to a high traffic area? The conditions of your garden will help decide what plants you will be able to grow.

### Decide What to Grow

Now that you know your space and conditions, it's time to plant! To find the right plants for your garden, stop by a local plant nursery or look online for suggestions. Or you can jump right in and try a few varieties that interest you.

### Container Gardening

If you have limited space, container gardening is a great option. You can use almost anything – a traditional planter, a large bucket from a hardware store, a two-liter bottle, a window box, a bag of soil, or even an old tire. Containers can be as creative as you are.

### Creating a Container Garden

Add mulch to the top of the potting soil to help the container retain moisture. You can use traditional mulch like pine straw and bark or be creative by using corks, marbles, or small stones.



Find light and airy potting soil to allow for drainage and oxygen flow to the roots.

Cover the drainage holes and bottom of the container with small rocks to make sure the soil won't seep out or clog drainage holes.

Regardless of the container you choose, make sure it has drainage holes. To make holes for plastic or metal containers, punch holes in the bottom of your container by using a drill or hammer and nail.

For more information and further resources, please visit [www.umm.edu/cbmh](http://www.umm.edu/cbmh)

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