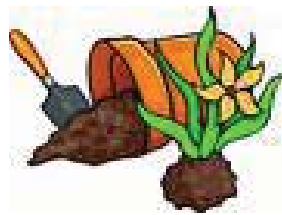


Growing Herbs & Vegetables in Containers

Containers are a wonderful way to grow plants when limited space is available. They work in small areas to augment existing gardens, areas with only a patio, or on a porch or deck when no ground space is available.

Start with the containers. They can be wooden, clay, ceramic, metal, plastic, or whatever you can adapt. Remember they must have good drainage with holes and/or a layer of small rocks or gravel in the bottom that allow water to drain.



Add the right soil Use a good prepared potting mix; regular garden soil is too heavy in composition. Pre-made mixes contain peat, perlite, and compost and make the containers lighter and give plants' roots the loose soil they need to grow and thrive. Slow release fertilizer pellets can also be added to the mix, or even better, try vermicompost (worm castings) which release nutrients over time. Remember container plants need to be fed regularly over the growing season. Liquid plant food applied weekly or bi-weekly is another good option.

Watering is one of the most important considerations when growing container plants. Pots not only have the heat of the air and sun on their tops, but all around the container and roots. In hot seasons, you may need to water twice a day. Early morning or evening is the best time to water, never mid-day. If the soil is dry an inch or two down, it's time to water. Clay pots dry out quickly. Be sure you water thoroughly, letting the water run out the bottom.

What to Grow? Here are some suggestions for plants to grow for fresh produce for your table. Try combinations that go together, like lettuce, chives and radishes for salads. With vegetables, look for dwarf, compact or small selections; there are many varieties available. Climbers, like cucumbers, peas, etc. will need supports. Most want full sun (6 hours a day) but those in **bold** will take some shade too.

Veggies

Tomatoes (particularly cherry and grape)
Cucumber
Chinese cabbage
Eggplant Twinkle
Spinach
Peppers
Peas
Radishes
Green Beans

Lettuce Little Gem
Swiss chard
Arugula
Lemon grass
French beans

Chives

Alpine strawberries



Herbs

Rosemary
Cilantro

Parsley

Marjoram
Basils (many)

Mints

Sages

Sorrel

Lemon Verbena

Edible flowers

Marigolds
Nasturtiums
Pansies

Chives

Squash