

GROW Project Garden Planning

- Do you like getting your hands dirty?
- Are you wondering how you can reduce the impact of climate change?
- Are you keen to try some freshly-picked vegetables?



Growing a garden may be just the answer! Your garden could be an in-ground garden, raised garden beds in your yard, or containers on your deck or windowsill. Whatever the size, your garden needs sun, water and soil so the plants will thrive and provide a bountiful harvest.



Location

Choosing the right location for the garden is very important. There are a few things to consider which will help you make the best decision about where to put your garden or containers

Where's the sun?



- Most vegetable plants need at least 6 hours of direct sunlight each day.
- Think about shade on the garden. You may need to observe how the sun “visits” the place where the garden might go during the day to make sure there’s enough sunlight to help your veggies grow. Take a photo -6 times over the course of the day to see how much sunlight it gets throughout the day.

Where are you going to get the water?



- Rain is the best way to water your garden but you’ll likely have to supplement that with tap water. The garden needs to be close to an accessible source of water; it’s helpful to have a hose long enough to reach the garden.



How much space does the garden need?

- Every plant needs a certain amount of space to thrive. Learn how much space each vegetable needs and use that information to divide up the garden space.
- You can grow vegetables without having a big garden – a lot will grow in pots on your deck or balcony as long as you don’t plant too many in one pot.



What kind of soil does the garden need?

- Healthy soil with lots of organic matter!
- We don’t want it too hard so that water can’t get through to the roots; and not so full of air that all the water drains through the soil without the roots getting any.

What to plant

In the spring, you can plant vegetables which like cooler weather and in the summer, different vegetables will do well in hot weather. As gardeners around the world do, you need to decide which plants to grow by understanding the basic needs of the plants you would like to have in your garden.



Using the Plant Research chart as your guide, choose some plants from the Spring list below and research their basic needs. Choose plants you enjoy eating or learn about something new! Based on your research, decide which plants will be best for your garden. Repeat with Summer plants.

These websites will be helpful during your research: veseys.com; <https://www.gardenate.com/plant>; and <https://www.almanac.com/plant>. You may want to record your information on the *Pick A Plant* page.

Below is a list of plants which have done well in GROW Project school gardens.



Spring

Spinach, Arugula, Buttercrunch Lettuce, Romaine Lettuce, Swiss Chard,
Radishes, Spring Onions, Sugar Snap Peas
Herbs: Cilantro



Summer

Tomatoes, Zucchini, Potatoes, Beans, Winter Squash, Broccoli, Kale
Herbs: Basil, Rosemary, Oregano, Thyme, Sorrel
Flowers: Calendula, Nasturtium, Sunflower, Chamomile



Late summer (for fall harvest)

Spinach, Radish, Kale, Lettuce, Peas



Fall (for harvest the following year)

Garlic