

GROWING YOUR OWN VICTORY GARDEN



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



BENEFITS TO GROWING A GARDEN:

- Supplement grocery shopping; potentially lowering monthly cost
- Increases physical activity
- Improves self esteem
- Reduces stress
- Is known to increase happiness
- Helps increase good sleep

FAMILY OF 4: 150 SQ. FEET:



5 tomato plants



20 potatoes

10 feet of lettuce plants



3 pepper plants



2 hills summer squash

15 inches of beans



FAMILY OF 2: 150 SQ. FEET:

bush beans: 2 plants
per 2 gallon



pepper: 1 plant
per 2 gallon

lettuce: 4 plants
per 2 gallon



tomato: 1 plant
per 5 gallon

zucchini: 1 plant
per 5 gallon



TYPES OF CONTAINERS:

Pots:

- Terracotta pots, other clays, plastics, ceramic, wood, bamboo, rubber, cement, metal
- Recycle or Upcycle materials

TYPES OF RAISED BEDS:

- Locally available and purchased woods slow to decay
- Recycled plastics, composite decking, vinyl
- Stone, bricks/blocks, poured concrete
- Mounded earth

WATER

Raised beds:

- at least 1 to 1½ inch per week

Containers:

- every 1-2 days during summer

SOIL

Raised Beds:

- Good garden soil amended with 10-25% organic matter (compost, composted manure)

Containers:

- 1 part good garden soil
- 1 part organic matter (peat, compost, composted manure)
- 1 part porous material (vermiculite or perlite)

CONTACT YOUR LOCAL EXTENSION OFFICE FOR MORE INFORMATION

www.planeatmove.com