# GROWN YOUR OWN WIGON GROPH







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

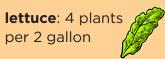


### **FAMILY OF 2: 150 SQ. FEET:**

**bush beans**: 2 plants per 2 gallon



**pepper**: 1 plant per 2 gallon





zucchini: 1 plant per 5 gallon

# **TYPES OF CONTAINERS:**

### Dots

- 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