



Blooms for Beginners

At home gardening

Easy way to get fresh produce

gardening at home is a wonderful alternative. It is good for your health and the environment. Gardening can be used as an alternative to grocery shopping and allows for greater access to foods that can be costly or hard to access.

Designing Your Garden

Garden boxes can be made from old jars, wood boxes, rain boots, cans, Styrofoam coolers, etc. As long as you can create a drainage hole your plants will thrive. Place the box you chose in a warm sunlit spot.

What to grow?

- scallions are an easy first grow. You place the bottom of a scallion in water and in about a week it will grow tall and be ready to be used again. Replace the water every few days and peel back the base if it becomes slimy
- herbs are another great starter plant and are a cheap alternative to purchasing fresh
- peppers, onions, and garlic are easy cooking staples that will grow within a season with proper care in a pot or garden

websites for more information on at home and apartment gardening:

- <https://www.changefood.org>
- <https://journeywithjill.net/>
- The Forge Garden at Santa Clara University
- <https://www.gardeners.com/how-to/urban-gardening-techniques/9341.html>

Researched and Created by:
Rebecca Poirier (2020-2021)

