Today:
Growing edibles in containers
Vancouver’s Growing Season

- Generally March – October
- Unpredictable!

You can’t predict the weather...  
- Start early!
- Don’t put all your eggs in one basket
1. Find a space with some light
Office Window
Appropriated Backyard
Balcony
Indoor Grow Lights
2. Which direction does your space face?
West?
East?
South?
You’re in luck!
North?
• Can be very little sun . . .
• Generally a shorter growing season
North Facing Tips

• Start earlier in the season
• Choose faster growing /cooler weather crops
• Hearty perennials do well (mint, oregano)
• Start with seedlings
3. Choose your crops
Indoors

Herbs, smaller greens do best

Some examples . . .
Arugula, Basil, Chamomile, Cilantro, Dill, Lemon Balm, Lettuces, Mesclulan, Mint, Mustard, Nasturtiums, Pansy, Parsley, Sage, Snapdragons, Snow Peas, Sorrel, Sugar Pea, Thyme, Tomatoes
Outdoors

You name it . . .
you can probably grow it
Scarlet Nantes
CARROT


<table>
<thead>
<tr>
<th>Light</th>
<th>Row Spacing</th>
<th>Plant Spacing</th>
<th>Planting Depth</th>
<th>Days to Germination</th>
<th>Plant Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Sun</td>
<td>12 in.</td>
<td>2 in.</td>
<td>1/4-1/2 in.</td>
<td>14-21</td>
<td>12-18 in.</td>
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</tbody>
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Gardener’s Notes: Sow seed directly in the garden in spring. Carrots need light, well-drained, sandy soil. Sprinkle seeds evenly in the row, about 3-4 per inch. Keep soil moist during germination and growth. Thin young seedlings. Sow every 2-3 weeks until early summer for continuous supply. Harvest when rounded, orange tops appear. For easier harvest, moisten soil. In mild climates, plant again in fall and winter.
4. Start your plants
Find Cheap Containers

- Dollar stores
- Ask for used containers at your local garden nursery
- Save large, food safe plastic containers (*Ice cream buckets*)

Just make sure. . .

- There’s drainage holes
- A tray underneath
Seeds

- Cheap
- Use lots, thin later!

Where to get them?

- Home depot, etc.
- West Coast Seeds
  http://www.westcoastseeds.com/
- Save your own
Seedlings

- Most expensive
- High success rate
- Good for slow-growing /hot weather crops
- Best choice for north-facing windows
Propagate Cuttings

- Free!
- Only works with some plants
Soil

- Almost anything works
- Compost is your friend!
5. Don’t forget to water them!
Watering Tips!

*In the summer:*
Water when the soil is dry about ½” - 1” down

“Sprinkle, don’t flood”
6. Eat your edibles 😊
Pest Control
A warning . . .

- There **WILL BE** bugs and pests
- Be prepared to battle

- Prevention is key!

*Internet forums are great for pest control info*
Alternatives to Containers
DIY Hydroponics

Window Farm
(http://www.windowfarms.org /buildyourown)
Find a garden plot . . .

Community Gardens
http://vancouver.ca/commsvcs/socialplanning/initiatives/foodpolicy/projects/gardens.htm

City Farmer (Backyard Sharing)
http://www.sharingbackyards.com
Volunteer at UBC Farm!
Questions? Comments? Suggestions?