

Urban Gardening 101

Grad Student
Edition

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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

Window



Office Window



Appropriated Backyard





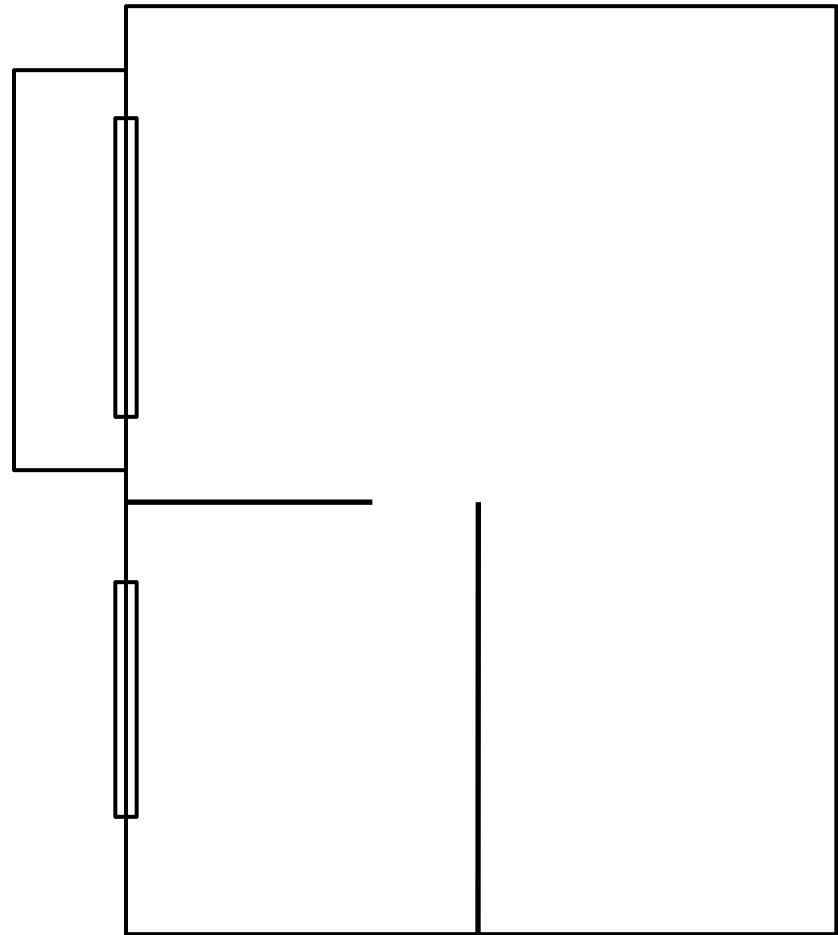
Balcony



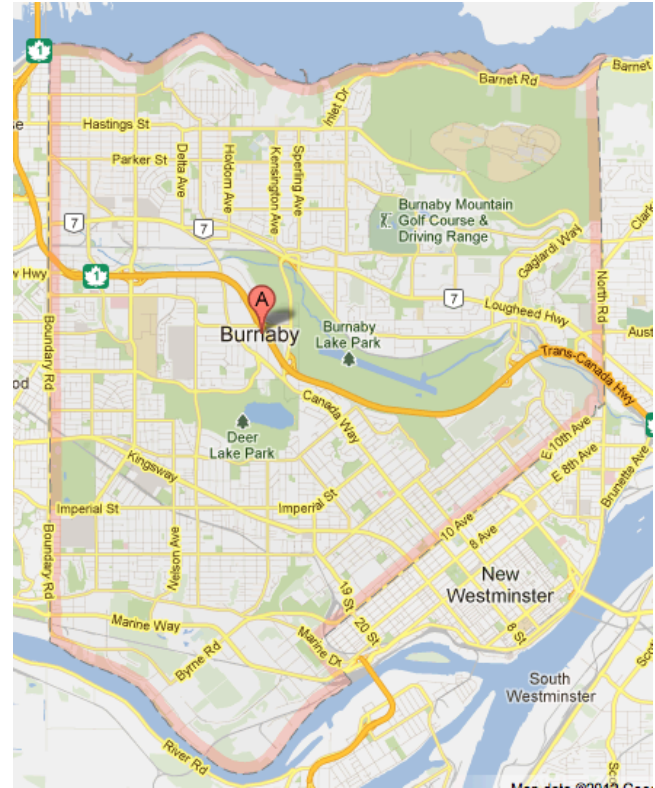
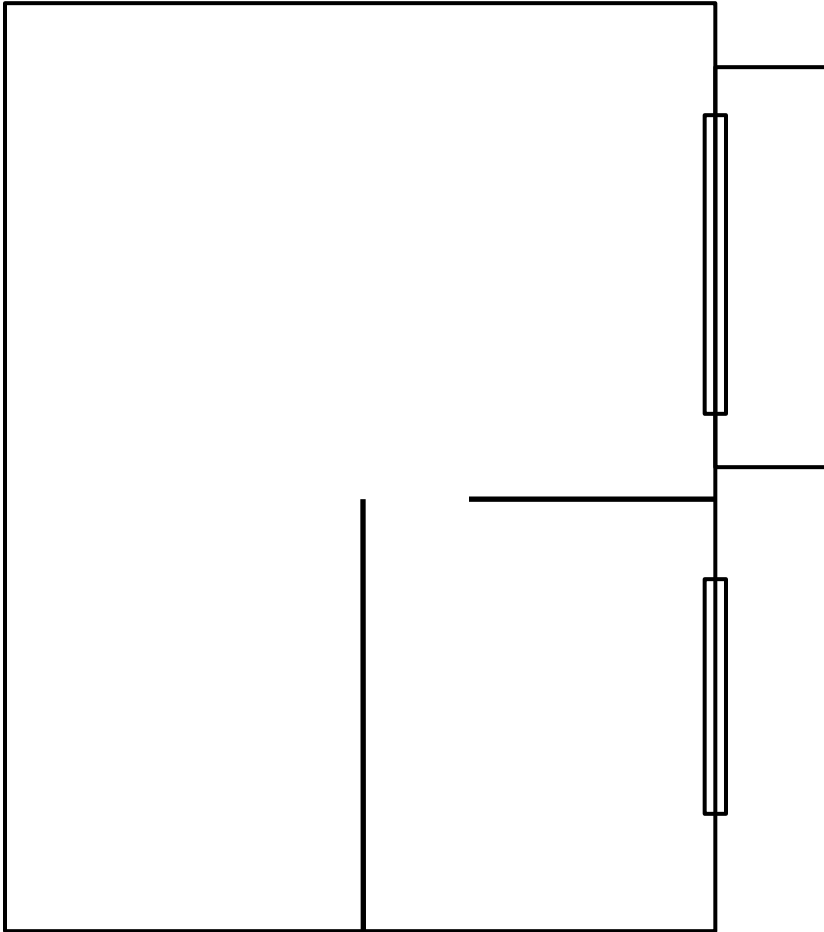
Indoor Grow Lights

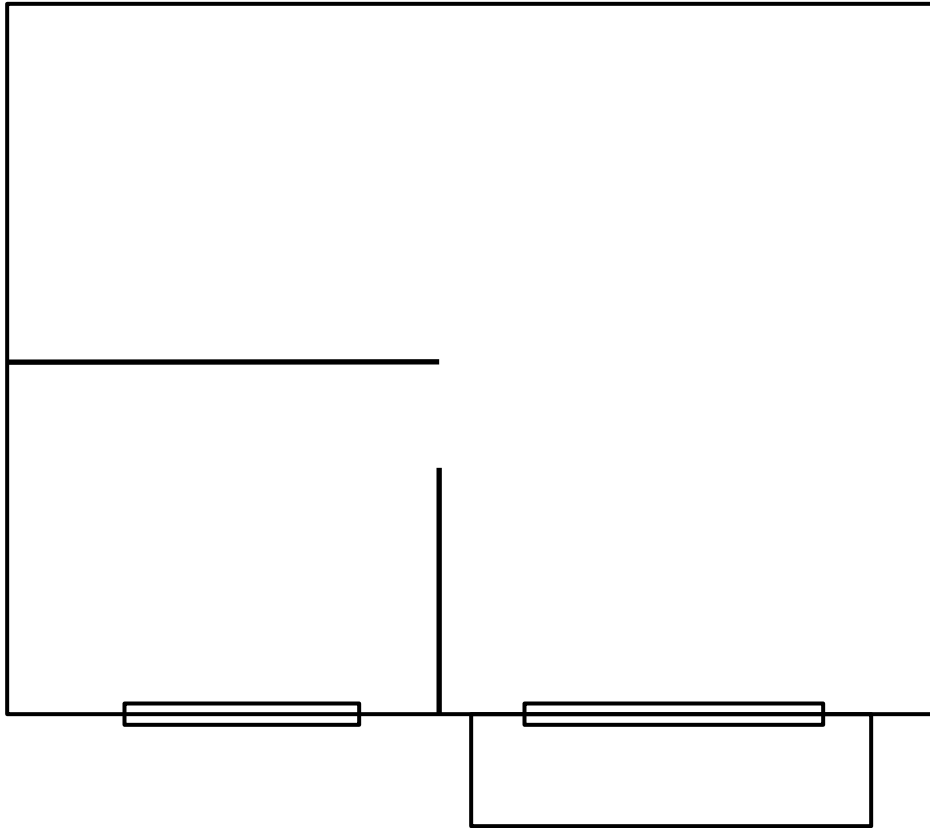
2. Which direction does
your space face?

West?

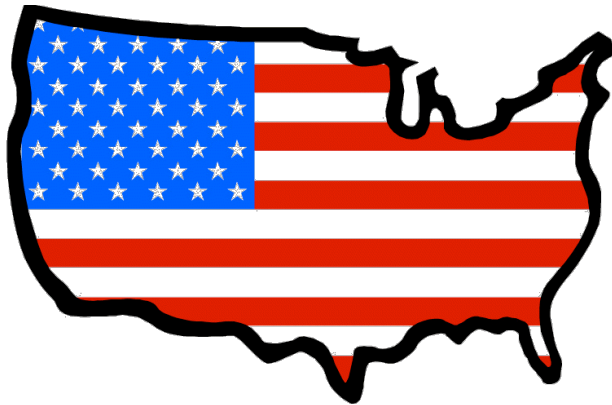


East?



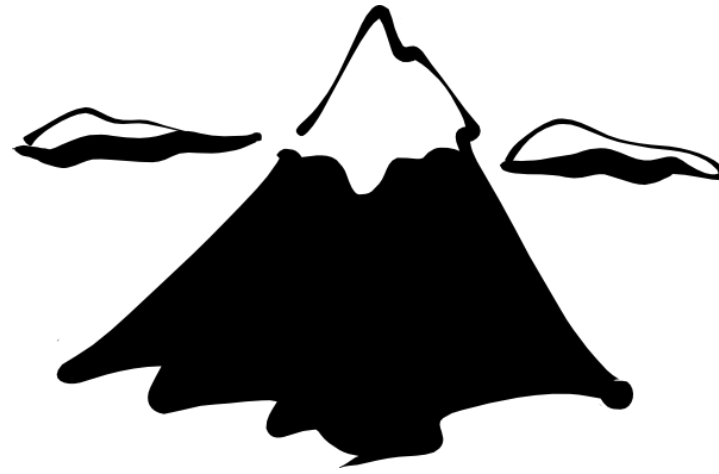


South?

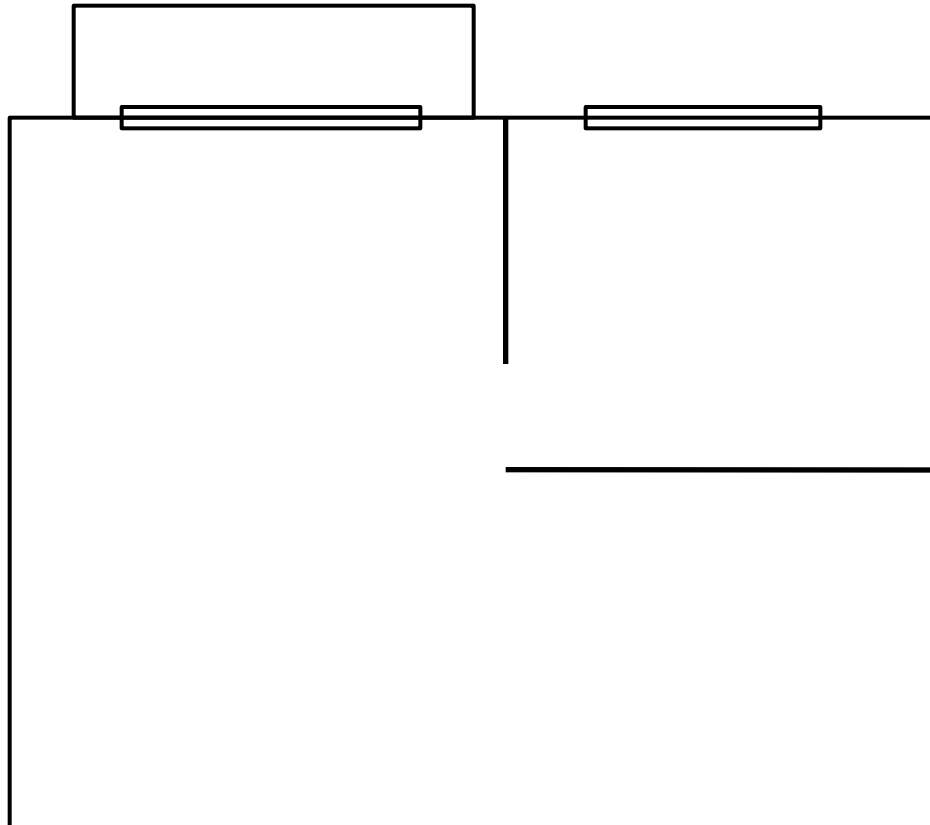


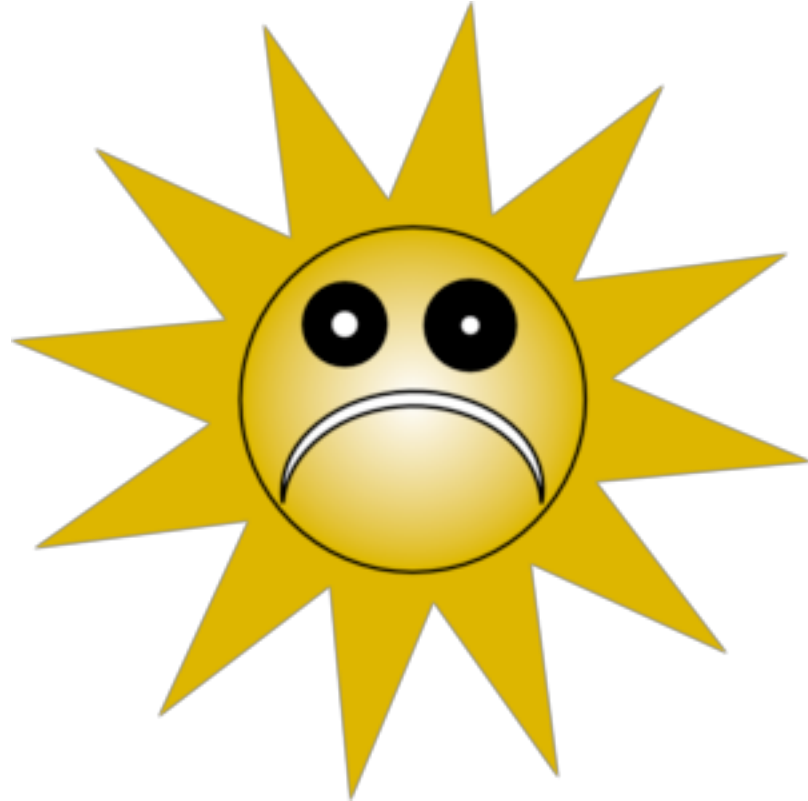


You're in luck!



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,
Mesculan, Mint, Mustard,
Nasturtiums, Pansy, Parsley, Sage,
Snapdragons, Snow Peas, Sorrel,
Sugar Pea, Thyme, Tomatoes






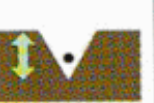


Outdoors

You name it . . .
you can probably grow it

Scarlet Nantes

CARROT

The classic flavor favorite. Almost coreless, 6-inch roots with bright red-orange color throughout. Crisp texture and an abundant producer. Keeps and freezes well. Harvest in 55 days. Packet plants 40 ft.

 Light	 Row Spacing	 Plant Spacing	 Planting Depth	 Days to Germination	 Plant Height
Full Sun	12 in.	2 in.	1/4-1/2 in.	14-21	12-18 in.

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](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?