



FAMILY KITCHEN GARDENING

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Welcome!

I hope today you will learn:

- How to set up and plan your garden
- How to make what you grow a family affair
- Plant in a way that maximizes growth and minimizes pests
- How to let go of perfection and foster curiosity and exploration

STEPS TO CREATING YOUR KITCHEN GARDEN



STEPS:

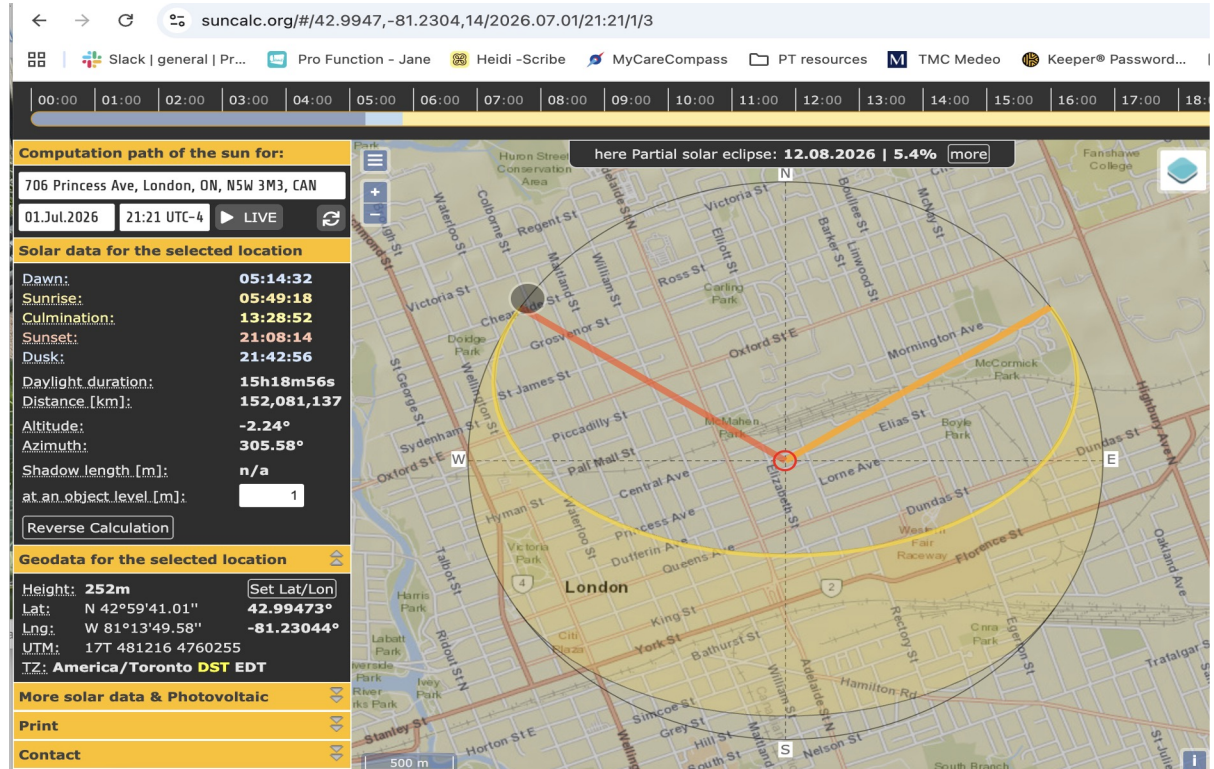
- 1. Space and Light**
 - 2. Soil**
 - 3. Choosing Foods and Flowers**
 - 4. Planting Plan**
 - 5. Watering & Fertilizing**
 - 6. Harvest**
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Step 1: SPACE AND LIGHT

Where is the sun?

- How much full sun?
- Morning vs afternoon sun?
- Nearby tall trees or structures?

Suncalc.org



Step 1: SPACE AND LIGHT..

**How big is your garden or planter?
In ground, raised bed, or pots?**



Eg: 6 ft x 3 ft on ground



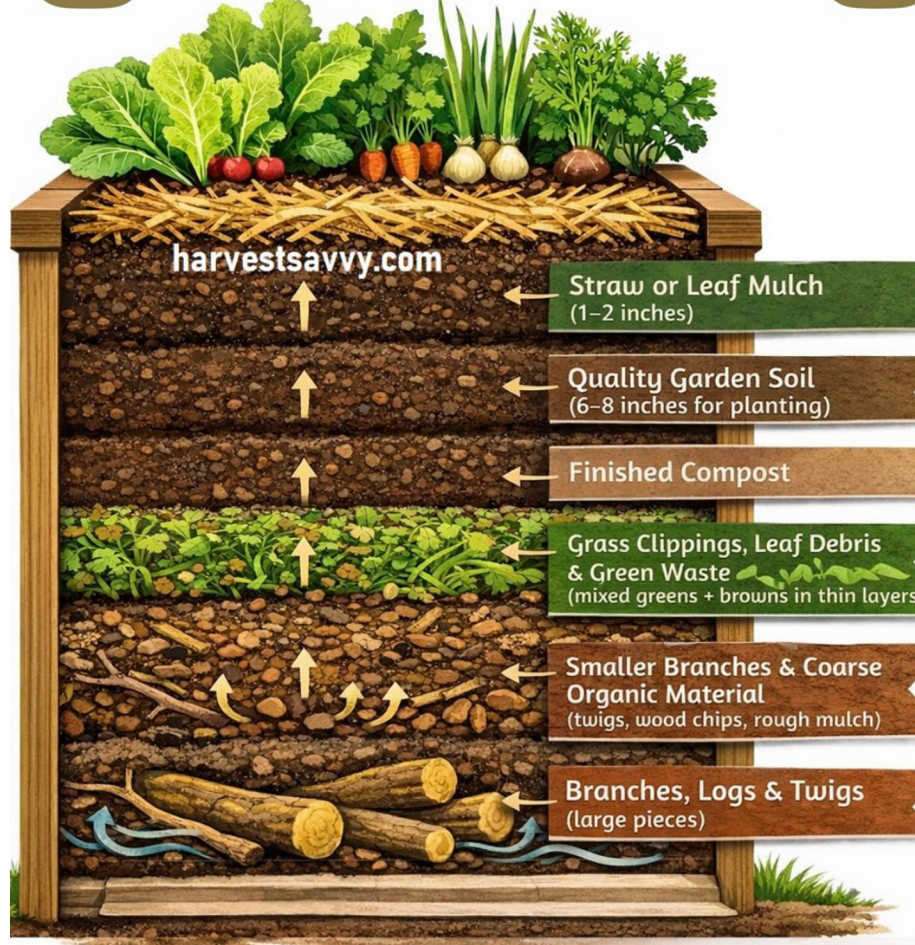
4 ft x 1.5 ft Raised



2 ft barrel

SO MANY OPTIONS...





Ideal for raised beds, improves drainage, soil health, and moisture retention.

STEP 2: SOIL

SOIL

- Raised beds, larger permanent planters will need a layered approach.
- Smaller planters and pots can use potting soil and compost.
- In ground plots need something like triple mix garden soil. (Filtered topsoil, compost and *peat moss*)



STEP 3:

CHOOSING FOODS & FLOWERS

Please list all the foods you eat regularly:

HERBS & LEAVES

Rosemary, Thyme,
Chives, Basil, Sage,
Parsley, Cilantro,
Dinosaur Kale,
Red Kale, Boston
Lettuce, Romaine
lettuce, Celery

FRUITS & VEGGIES

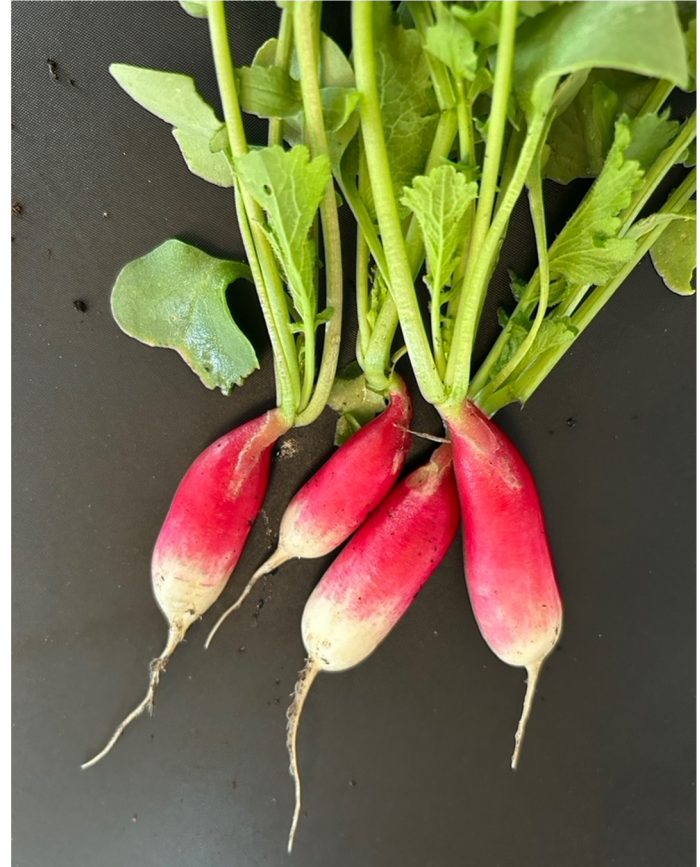
Carrots, Potatoes, Sweet Potato,
Cucumber, Hot Peppers, Shishito
Pepper, Okra, Cherry Tomato,
Beefsteak tomato, Watermelon,
Blueberries, Raspberries, Cherries,
Strawberries, Saskatoon Berries,
Broccoli, Cauliflower, Bell
Peppers, Green Beans, Peas,
Onion, Leeks, Corn

FLOWERS YOU LIKE

Zinnia, Dahlia,
Sunflowers, Cosmos,
Gazania, Sweet Pea,
Marigolds,
Hollyhock,
Cornflower, Black
eyed Susan,
Echinacea,
Snapdragon,
Portulaca

HOW TO YOU WANT TO EXPERIENCE YOUR GARDEN?

- What **COLOURS** do you want to see?
- What do you want to **TASTE**?
- What do you want to **FEEL**?
- **WHO** is going to garden with you?
- How much **TIME** do you have each week?
- How will you **USE** your harvest?



Underline What You Want to Grow

HERBS & LEAVES

Rosemary, Thyme,
Chives, Basil, Sage,
Parsley, Cilantro,
Dinosaur Kale, Red
Kale, Boston
Lettuce, Romaine
lettuce, Celery,
Spinach

FRUITS & VEGGIES

Carrots, Potatoes, Sweet Potato,
Cucumber, Hot Peppers, Shishito
Pepper, Okra, Cherry Tomato,
Beefsteak tomato, Watermelon,
Blueberries, Raspberries, Cherries,
Strawberries, Saskatoon Berries,
Broccoli, Cauliflower, Bell
Peppers, Green Beans, Peas,
Onion, Leeks, Corn, Radishes,
Beets, Cabbage

FLOWERS YOU LIKE

Zinnia, Dahlia,
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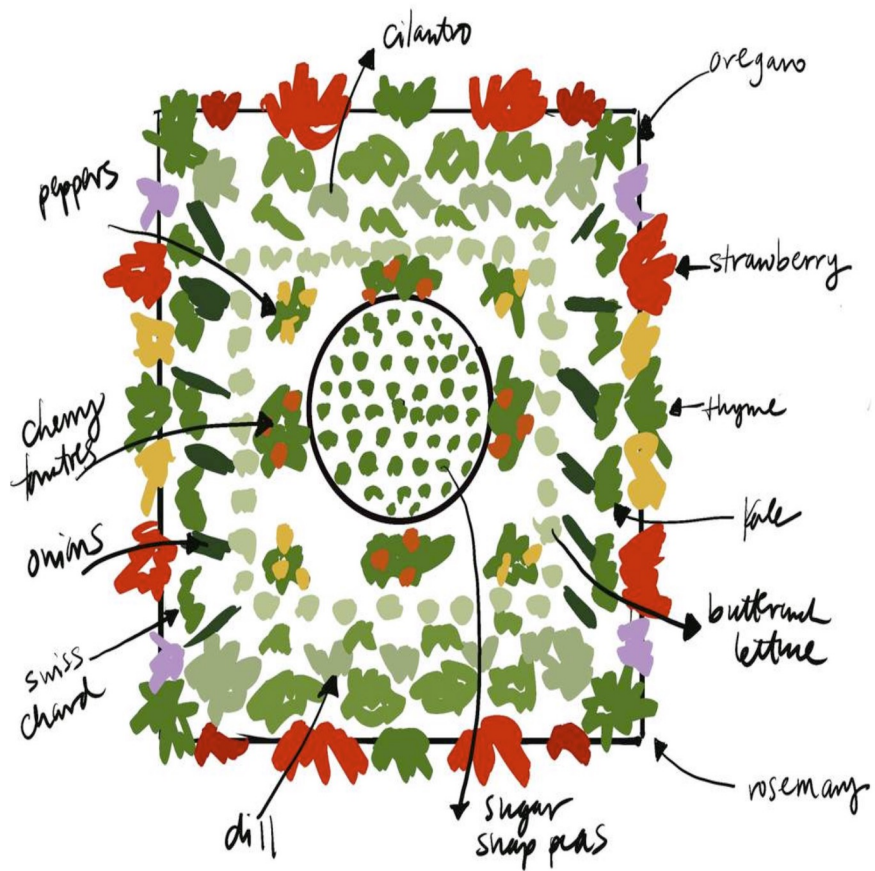
BE ADVENTUROUS

Introduce a new food by allowing your kids to see it grow.

Make the garden a sensory experience by growing weird things: Buzz Buttons, Cucamelon, Gooseberries. Plants with leaves that are fuzzy vs spiky, or ones that STINK!

Pick something that grows quickly and can be enjoyed early, and pick one thing that will encourage patience and provide a new sensory experience.





STEP 4:

PLANTING PLAN

PLANT SIZING

XS - CUPCAKE LINER

S - 4 INCH PLATE/TEA SAUCER,

M - 8-9 INCH PLATE

L - 10-12 INCH PLATE

XL - 14 INCH SERVING PLATTER



PLANT SIZE EXAMPLES

XS (cupcake liner) – Radishes, Carrots & Beets (because they tolerate tight spacing) Spinach, Small Lettuces, Peas (long but narrow)

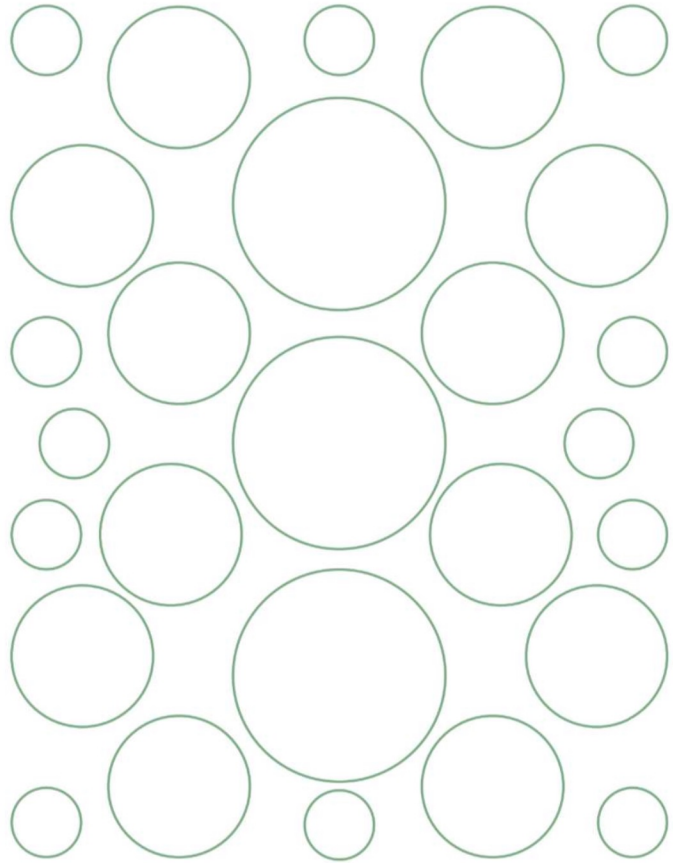
SM (4” plate/tea saucer) Thinned Carrots, Beets, Small head lettuce (romaine, buttercrunch), Chives, Onion, Arugula, Garlic Cloves

M (8-9” plate) Swiss Chard, Basil, Bell Peppers, Bush Beans

L (10-12” plate) Cabbage, Collards, Tomato, Eggplant, Bush Cucumber, Broccolini, Kale

XL (14” platter) Broccoli, Cauliflower, Squash, Zucchini, Pumpkins, Potatoes

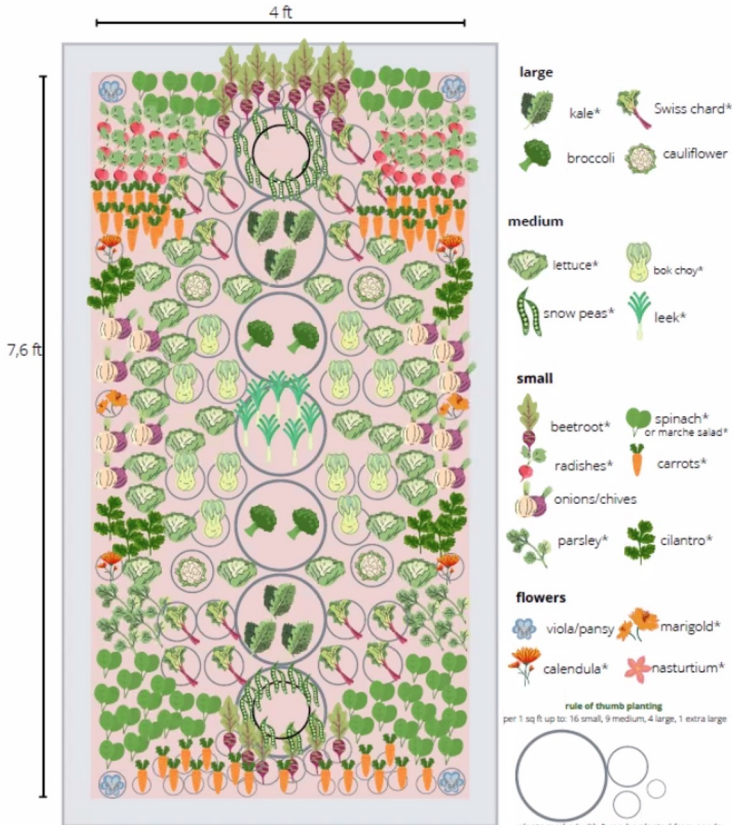
MAPPING: Leaves, Roots, Fruit



Intensive Planting Method

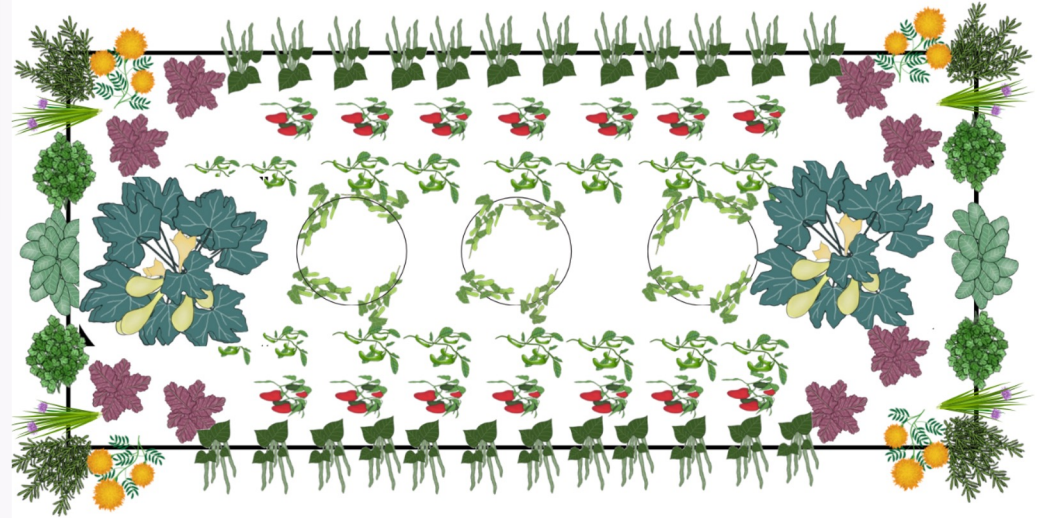


Cool season planting plan example

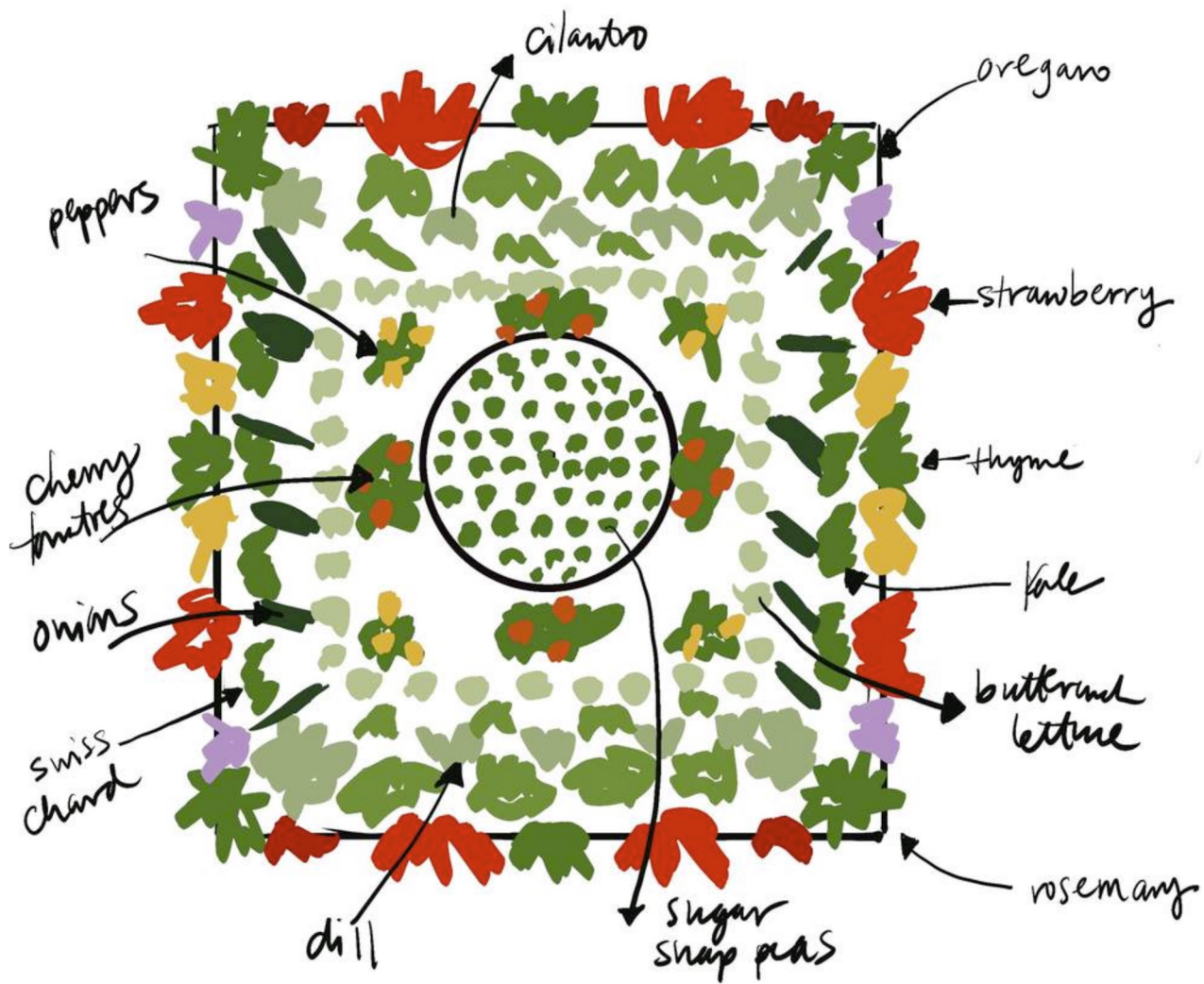


purple mustard
marigold
red pepper

red pepper
yellow squash
vining cucumber
shishito pepper



WARM SEASON



WHY PLANNING MATTERS...



COMPANION PLANTS

- Natural pest control can be achieved with mixing plants that don't compete for nutrients, attract pollinators and repel pests.
- Marigolds and Nasturtiums are great for colour and attract pollinators, and keeps pests from your produce.
- Basil and Chives also have a strong scent to repel squirrels.





STEP 5:

WATERING & FERTILIZING



WATER & FERTILIZER

Water from the roots as often as you can.

Container gardens will need more frequent watering than raised beds. On average gardens need an inch of water a week, but that can vary with your plant types and heat intensity.

Compost can be applied weekly to the surface, or AP fertilizer can be applied once monthly.





STEP 6:

HARVESTING



HARVESTING TIPS

- Check weekly for pests and produce.
- Clip yellowed, dying leaves on larger plants to allow air flow.
- Clean your tools regularly
- Beans will produce more if picked as they ripen
- Don't miss your window!



Thank You!

