

# Gardening- Grow Beauty and Step Towards Sustainability

By Leigh Ann Cartier



# Benefits

- ❖ Nutrition
- ❖ Flavor
- ❖ Variety
- ❖ Sustainability
- ❖ Mental Health
- ❖ Cost
- ❖ Positive Hobby
- ❖ Connect with your Community
- ❖ Help the Bees!

# Nutrition

- ❖ You know how it was grown and how fresh it is
- ❖ Anthocyanins
- ❖ Encourage yourself to eat more vegetables
- ❖ Find out about varieties that contain more antioxidants

# Sun Requirements and Growing Season

- ❖ Shade is around less than four hours of sunlight
  - ❖ Partial sun is around four to six hours of sunlight
  - ❖ Full sun is six or more hours of direct sun
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- ❖ Last Frost Date
  - ❖ First Frost Date
  - ❖ Frost Tender vs Frost Hardy





# Ways to Plant

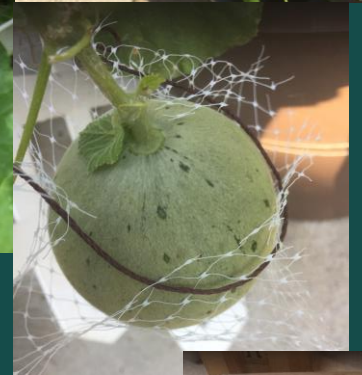
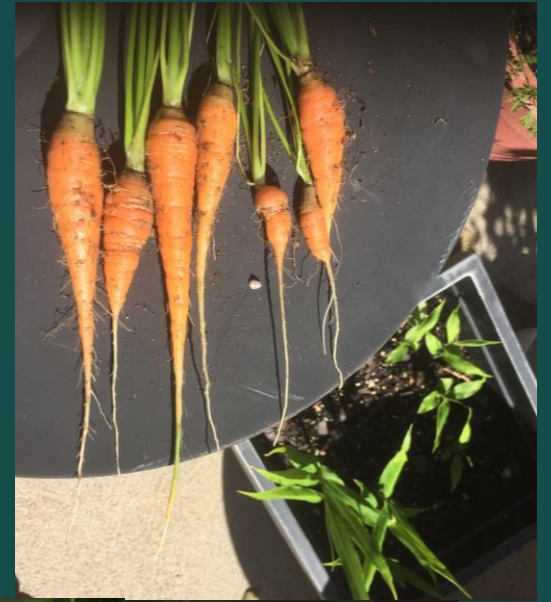
- ❖ Containers
- ❖ Vertical Grow Towers
- ❖ Grow Bags
- ❖ Hay/strawbales
- ❖ In Ground
- ❖ Raised Beds
- ❖ Indoor Gardening





# Get Creative!

- ❖ Edible Ornamentals
- ❖ Different Designs





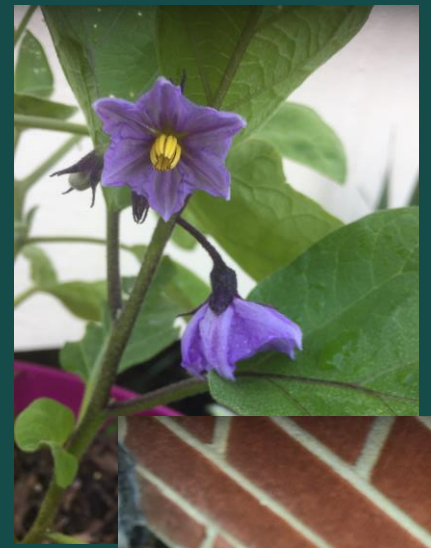
# Varieties

- Unique varieties you can't find in the store
- Different Color Carrots
- White, Purple, Blue and Black Tomatoes
- Different Color Watermelons
- Mexican Sour Gherkin Cucumber ( Cucamelons)
- Chioggia Beet
- Zucchini Rampicante/ Tromboncino Squash





# Grow Beauty!



## Try Something New!



# Learn New Skills

- ❖ Seed Saving
- ❖ Preserving the Harvest
- ❖ Cooking



# How to Start

- ❖ Where are you going to place your plants pertaining to the sunlight?
- ❖ Choose the way and method you want to plant
- ❖ Choose what kinds of plants and varieties do you want to grow
- ❖ Choose your soil- make sure its not too compacted or sandy
- ❖ Get your plants- are you going to start from seed or transplant?
- ❖ Pay attention to watering and fertilizing
- ❖ Watch them grow!



# Recommended Sources

YouTube-

❖ Mlgardener

❖ Roots and Refuge Farm



Questions?