

URBAN FARMER

LOVE THE EARTH

Growing Fruits Indoors

Summer harvest can bring fresh, vibrant vegetables and fruits to the insides of your kitchen, but when colder weather hits, it can take away those fresh harvests and leave you needing to visit the grocery store to purchase over-priced produce.

That doesn't have to be the case. By growing fruits inside, you can keep your kitchen counters stocked with delicious, fresh options all winter long. Indoor growing is also a great method for those who may live in an apartment or an area with limited outdoor space. Indoor growing allows gardeners to have more options when it comes to the fruits of their labor.

Growing fruits indoors isn't the easiest way to produce a crop though, and the harvestable yields won't be as abundant as they would be if you grew the plants outside. The biggest challenges to growing fruits indoors is due to low light, as well as the lack of pollinating insects that a garden has.

That being said, there are positives to growing fruits indoors, too, such as complete control over the water, soil and fertility. Although you are growing them indoors, pests still may become a problem. However, since the plants will be under a watchful eye, it is easy to take preventative measures so no long-term damage occurs.

A good place to grow fruits inside would be in a sunroom or an area with abundant amounts of light. One main challenge to growing fruits inside is many fruits grow on trees, which can take up lots of space.



[Fruit seeds and plants available at ufseeds.com](http://ufseeds.com)

However, with proper care and pruning, even tree fruits can be grown indoors.

What fruits to grow indoors:

Strawberries are an excellent choice because they can fit in pots and be placed on a sunny windowsill. Grapes are also an indoor fruit growing possibility, although it is suggested that you keep only two buds in the winter to keep a manageable indoor vineyard. Grape vines can be trained to grow up the walls and across a ceiling. Grapes will grow best in a conservatory-type room, but the gardener must take preventative measures to ensure the grapes don't develop mildew and ensure they have proper ventilation.

How to grow fruits indoors:

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Growing lemon trees indoors also is popular. Growing options like the above-listed fruits indoors can not only provide you with a fresh selection, but it also can brighten up the interior of your home.

When choosing what types of fruits to grow indoors, since most fruits grow on trees, you will need to pick a container with adequate drainage but also one that is deep enough to house the tree roots. This depth will vary depending on which type of fruit you grow, but a depth of at least one foot should be considered. When planting, place a soil-based compost over drainable material at the bottom of the pot, such as pebbles. Fertilize and water the fruit plants regularly.

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