

# URBAN FARMER

LOVE THE EARTH

## Growing Vegetables Indoors

Herbs and ornamental plants may be easy options for gardeners to grow indoors, but vegetables also can be grown indoors during the cold, winter months or if a green thumb just doesn't have adequate space outside for their beloved plants.

Growing vegetables 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 vegetables indoors is due to low light, as well as the lack of pollinating insects that a garden has access to.

That being said, there are positives to growing vegetables 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.

When planting indoors, use potting soil and choose a container that has good drainage and is sized right for whichever plant you plan to grow indoors.

Although sunny windows can be nice for indoor plants like cacti or herbs, they typically do not provide enough light for indoor vegetables. The best way to combat the low-lighting issue is to provide a supplemental form of light, such as a plant light or a fluorescent light. Plants placed closed to a window also may fall victim to cold drafts. However, placing them close to a heat source can dry the plant out.



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

### What vegetables to grow indoors:

One great indoor vegetable option to grow is the carrot. Since carrots grow underground, growing them in a container is easy. Also, when placing your own potting soil into the container, you don't have to worry about rocky soil getting in the way of the carrot's growth. Use a window box or large container to grow carrots because you'll be growing multiple plants in one place, unlike tomato or pepper plants where you only grow one per container. Other excellent indoor growing options include hot peppers, lettuce, microgreens and herbs like scallions.

One plant many would like to grow indoors is the tomato plant since it is so well-loved and versatile with the dishes and recipes you can create with tomatoes. Tomatoes can be grown indoors, as well. Start a new tomato plant indoors at the end of the summer from seed. Once the seedlings reach 4 inches



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tall, move them to their permanent location. Indoor tomato plants need 10 hours of sunlight per day. When the plant begins to set its flowers, shake the plant to allow for the pollen to fall from flower to flower because without pollination, no fruits will form. Just like growing tomatoes outdoors, the plants can become top heavy and begin to lean or droop. When this happens, you can stake the plant so it remains upright.

Check out our vegetable seeds and plants at [ufseeds.com](http://ufseeds.com)!



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