

URBAN FARMER

LOVE THE EARTH

How to: Grow a Garden in the City

If you want to grow a garden, but have always lived the city life, no fear. You can have both. Rural farmland is not a requirement for a garden and actually, many vegetables, flowers and herbs are hardy and adaptive enough to grow and produce a bountiful harvest in the middle of the city.

What you need:

To grow a garden in the city, find an area in your home or on your patio that receives six or more hours of full sunlight a day. This can be a corner of your balcony, a window ledge or a roof. You will also need several containers, ideally of varying sizes.

What to do:

Urban gardeners don't even need to plant their vegetables in the ground. That's what the containers are for. Since many city-based apartments and condos may be several floors up and far from any rich soil, the way around this is by growing your vegetables in containers. The varying sizes of containers can be used for many different purposes – the main one is to rearrange the different sizes to get the most out of your limited urban space. Put the taller containers/plants in the back so they don't hog the sunlight from the shorter containers or plants. Stack the shorter ones on outdoor end tables or arrange them in different places in front of the taller containers. The other reason behind different sized containers is different types of plants require different depths of soil. For example, use your shorter pots for plants with shallow roots, like lettuce, carrots



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and radishes. These plants, although some of them grow underground, don't need as much depth to grow like tomatoes or peppers would.

For an extra tip on saving space with your urban garden, plant the shallow-rooted vegetables in hanging baskets. This frees up even more space on the ground for your larger pots, and it adds a certain ambiance to your space. However, if you do use the hanging-basket trick, be sure to apply ample water to those vegetables. The soil in hanging baskets dries out much quicker than the soil in normal containers.

Other options:

Another way to grow a city garden when you have limited space is to grow them vertically by hanging several baskets or using a trellis. Trellises also can be used to grow those vining vegetables, like peas or



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pole beans, that need something to climb. Another option for the creative gardeners out there is stacking pallet boxes in a manner where vegetables can grow out of them. Stack the boxes against the wall so they stretch vertically instead of taking up more space by lying flat. Planting in shallow boxes, especially ones stacked sideways, is another method you need to look out for when it comes to watering, as the soil will still dry out quickly.

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