

Kids Get Growing

Build-Your-Own
Gardening Kit

Our**FoodFuture**
Guelph-Wellington



In collaboration with



It's easy to build your own food garden. Here's how to get started!

You can purchase many of these items from your local garden centre or plant nursery.

What you'll need



A sunny spot
(outdoors, on a balcony, or near a window)



1 bucket or more
(unless your garden will be in the ground)



Potting soil
(if using buckets or containers)

→ **Triple mix soil** is a great choice from a garden centre as it's light in weight and contains compost or nutrients to feed your plants.



Compost
(good quality)



Seed packages
(see suggested seeds and quantities below)

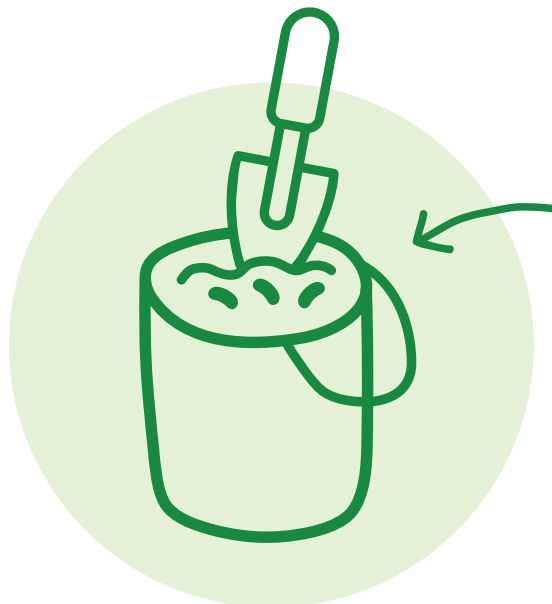


Seedlings
(see suggested plants and quantities below)

Seeds and plants that grow well in a bucket

Plant name	How many seeds to plant per 20 litre bucket
Beans (bush type)	3
Beets	4
Carrots	10
Cucumbers*	1
Eggplant	1
Lettuce	4
Melon	1
Onions	4
Peppers	2
Radishes	10
Squash	1
Tomatoes*	1

*Add a stake/stick to support your tomato and cucumber plants.



Let's use beans as an example! Use the list to see how many bean seeds will fit nicely in 1 bucket. Space 3 seeds evenly in the centre of the bucket.

Instructions

1. Prepare your garden

If you're gardening in the ground, choose a spot that gets at least 4–6 hours of sunshine to plant your veggies. If you are starting a brand new garden bed, use a shovel to remove grass and loosen any hard packed soil. If you're using an existing garden bed, rake out any stones or debris and pull out any weeds. Spread the compost evenly and gently turn into the soil.

If you are using a bucket as a planter, create 4 drainage holes. Drainage holes are crucial to ensure excess moisture does not remain in the soil to rot the plant's roots. These holes can be made with a hammer and nail or a drill bit. Ask a grown-up for help. If you can, place 2 or 3 inches (5–8 cm) of gravel or small rocks in the bottom of the bucket. Then add good quality potting soil into your bucket up to about 1–2 inches from the top. Good quality potting soil should have a healthy dose of compost to feed your plants.

2. Transplant a seedling

Water the seedling and gently remove it from its nursery pot. Set it into the centre of the garden or your bucket at about the depth it was growing in its pot. Use your fingers to secure the plant. Ensure the roots make contact with the soil. Water your seedling well. You can tell it's well watered if you stick your finger in the soil and your whole finger feels wet.

3. Sow seeds (see list)

Your seed package has lots of helpful information to instruct you on planting the seeds. Determine how many seeds will grow in your garden or buckets by using the list on the previous page. Plant your seeds as deep as the seed is thick. Very small seeds such as lettuce will need only a small amount of soil on top. Consider covering with a paper towel and watering the paper towel gently. Keep the soil moist. Keep watching – some seeds like carrots take 14 days to germinate.

4. Care

Check your plants every day to see if they need water by sticking your finger in the soil. It should feel moist but not soggy. Because containers dry out more quickly than soil in garden beds, your plants in buckets will probably need watering most days unless it has rained recently. Adding a mulch material such as wood chips, straw or dried grass clippings around the base of the plant helps retain moisture and keep weeds out. Mulch can be collected outside or purchased at a garden centre.

Excited to plant even more vegetables this year?

There are a number of established plant nurseries in Guelph and Wellington County. Take this opportunity to support your local garden centres.



Share as your garden grows

Take photos when you plant the seeds and post them on social media. Keep sharing updates as your garden grows! Use the hashtag **#OurFoodFuture** and tag our accounts:

 @GWFoodFuture  @GWFoodFuture  @OurFoodFuture

Print the colouring page (at the end of this document) and colour in the plant drawings, or make your own from scratch! Put them in your window to show you're taking part in Our Food Future!

Throughout the growing season, watch for family-friendly activities and tips for gardening on the Our Food Future website. [Sign up for the email newsletter](#) on the website.

About Our Food Future and Grow Back Better

Our Food Future is Guelph-Wellington's ambitious initiative to create Canada's first circular food economy. Our Food Future has launched **Grow Back Better**, our 10-point recovery plan in response to COVID-19. We're acting now to support an inclusive, green, social and economic recovery for Guelph-Wellington. The **Kids Get Growing** Gardening Kit is one of the first initiatives to launch as part of Grow Back Better. Learn more: foodfuture.ca

Thank you to our supporters



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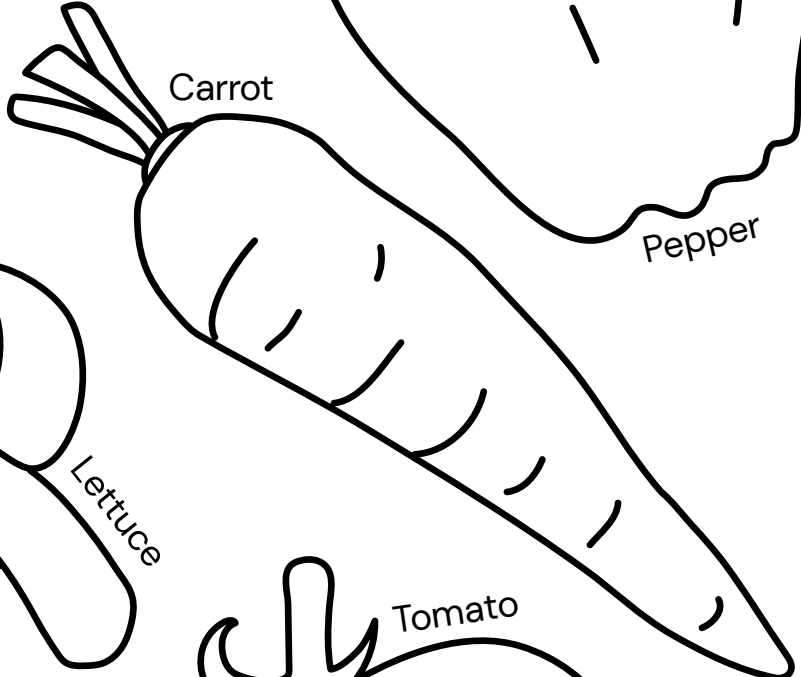
Beet



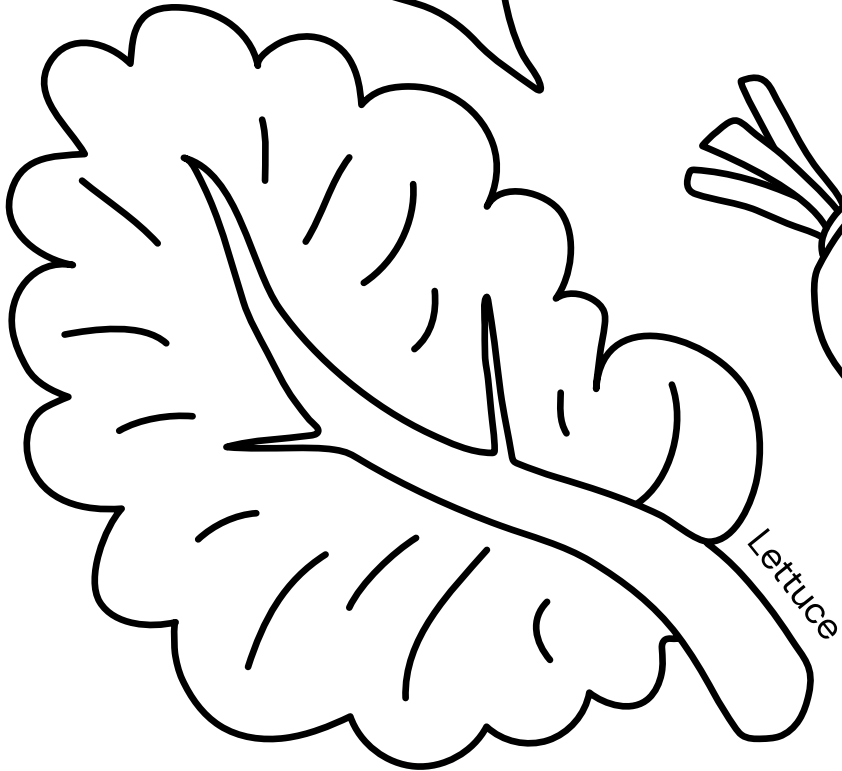
Onion



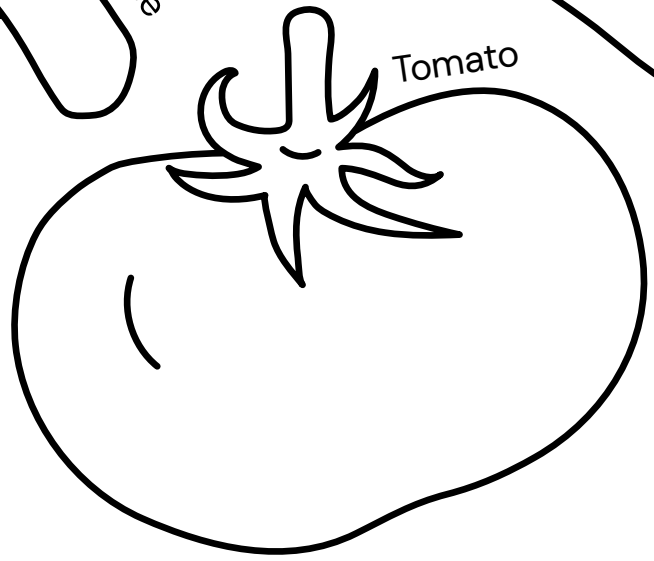
Pepper



Carrot



Lettuce



Tomato

Colour us in!
Put us in your window!
Take a picture!