

Grow Your Own Vegetables



Nothing tastes as good as homegrown, fresh vegetables. Now that the weather is warmer, it is prime time to grow your own! It is simple and inexpensive to grow a Container Garden.

Here is what you will need:

A Container
Good Soil

Small Shovel
Water

Seeds
Sunshine

1. Choose the vegetable seeds you want to plant.
2. Read the directions on the seed package and determine the size container you will need.
3. Try a milk carton or jug, coffee cans, crates, barrels, buckets, pots, and even old bath tubs or sinks. Make small holes on the bottom for drainage.
4. Purchase some gardening soil, mix with soil from around your home, and fill the container.
5. Place seeds in the soil according to the directions on the package.
6. Water the plant to keep the soil moist, not wet.
7. Find a sunny spot—plants need 6 hours of sunlight each day.

**This is a great activity for kids. Let them help plant the garden.
They are more likely to eat vegetables if they help grow them.**

EAT MORE FRUITS AND VEGETABLES AND BE ACTIVE EVERY DAY!



This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 1-530-225-5767. For important nutrition information visit www.cachampionsforchange.net.

