



Plan Your Garden Workshop

Tips and Tricks on beginner
container and small space gardening

Central Algoma Food for Everyone (CAFFE)

- This project aims to proactively address hunger among low-income families and individuals while increasing opportunities for enterprise development and expansion.



When to Grow in Containers

- Tiny spaces (no yard, balcony only, apartment living)
- Non-ownership of the property (rental, lease)
- Poor soil
- Lack of sun
- Budgetary restrictions
- Physical restrictions
- New to growing (“I kill fake plants!”)





Example: Sugar Snap Peas

- 10 inch plastic (reusable) pot: \$2.00
- Package of seeds: \$1.89
- Potting soil: \$8.99/28L bag (I used approximately 1.5L of soil) = \$0.89
- Total yield of snap peas: 9.5lbs
- 62 days to harvest
- Total cost: \$4.78 (approx. \$.50/lb)
- Average cost in-store: \$3.99 for 227g (or half a pound)
- **Savings: \$33.13**

Getting Your Plan Together

- Consider the types of plants you want to grow
 - Will it be a mixture of vegetables, herbs, and flowers?
 - How much food are you hoping to optimize out of your container garden?
 - What are your favourites?
 - Which plants can make the most impact for the least investment? (Its always good to save money!)





Img Src: www.thriftyfun.com

Choose Your Containers Wisely

- While you can grow inside virtually any type of container, there are some things to consider:
 - Material: wood, clay, terracotta, cement, ceramic, plastic...
 - Drainage is *important*
 - Ensure containers are clean and disinfected
 - Recycle whenever you can!

18-24-12

Professional Starter Fertilizer

For use in Rotary Spreaders Only

Contains Sulfur Coated Urea to provide uniform growth with extended nitrogen feeding.

50 lb COVERS 12,000 sq ft

DIRECTIONS FOR USE: This product is a professional quality turf fertilizer for use on all lawn areas. The best results with this product are obtained when it is applied to actively growing grass, and watered into the turf soon after application. Avoid mowing immediately following application to prevent pick-up.

For best results, sweep or blow the fertilizer off walks and painted surfaces following application to avoid discoloration.

For use as a phosphorus supplement on existing lawns to correct a soil deficiency or as a starter fertilizer in lawn establishment.

For additional product assistance, call www.lesco.com Inc. in Cleveland, Ohio at 1-800-321-5325.

COVERAGE: 50 pounds of Professional Starter Fertilizer covers approximately 12,000 square feet at the application rate of one pound of phosphate (4.2 pounds of fertilizer) per 1,000 sq ft.

ROTARY SPREADER SETTINGS: Apply Fertilizers and Combination Products only with a rotary spreader. The following rotary spreader settings are approximate for the application rate of one pound of phosphate per 1,000 square feet. You may need to adjust the setting depending on walking speed, spreader condition and product.

ROTARY SPREADER	SETTINGS
LESCO Calibration Gauge	#15
SCOTT'S® R8A	J ½
Cyclone® or Spyker®	4%
LESCO Pendulum	28
Lely®	4½ II

GUARANTEED ANALYSIS

TOTAL NITROGEN (N) 18.00%
9.00% Ammoniacal Nitrogen
9.00% Urea Nitrogen*
AVAILABLE PHOSPHATE (P₂O₅) 24.00%
SOLUBLE POTASH (K₂O) 12.00%
SULFUR (S) Total 2.65%
2.65% Free Sulfur (S)

DERIVED FROM: Polymer Coated Sulfur Coated Urea, Ammonium Phosphate, Muriate of Potash.

CHLORINE (Cl) Max. 9.00%
*8.10% Slowly Available Urea Nitrogen from Polymer Coated Sulfur Coated Urea.

N = % nitrogen in the fertilizer (by weight)

P = % phosphate (P₂O₅) in the fertilizer (by weight)

K = % potash (K₂O) in the fertilizer (by weight)

label from <https://cdn.extension.udel.edu/wp-content/uploads/2015/12/15170404/18-24-12-starter-fertilizer.png>

NET WEIGHT 50 lb (22.7 kg)

Fertilize!

- Fertilizing in containers is important
 - N-P-K: Nitrogen, Phosphorus, Potash
 - Good quality potting soil can help reduce the frequency of fertilizing
 - Follow manufacturers instructions
 - Water soluble mixtures are easiest to control



“Rotate” Your Crops

- Not rotation in the *traditional* sense
 - Move pots according to sun/shade requirements (if possible)
 - Re-use the pots and soil with your own discretion
 - Learn which crops benefit from sequential cropping
 - Fertilize regularly



Potting Mix

- Never use soil directly from the garden
- Use something developed for pots specifically
- Look for lightweight, porous, and well-draining soil
- Slow-release fertilizer is good
- Many “recipes” available – try your own!



Watering regularly

- Pots and container gardens are known to be fast-drying
- Remain attentive to the moisture in the soil
- Will require more frequent watering during the heat of the summer
- Water until it begins to run out of the pot
- Consider self-watering pots



Img Src: Renee's Garden

Container Varieties

- Look for “dwarf”, “mini”, “pixie”, etc. from distributors and greenhouses for really tight spaces
- Tomatoes: determinate vs. indeterminate
- Can grow almost anything with the right container size!



The Produce

- Beets, green onions, beans, peas, carrots, cucumbers, squash, eggplants, tomatoes, radishes, potatoes, peppers, melons, salad greens, cole crops



Tips:

- Be mindful of “companion planting”
- Always ensure proper drainage
- Intermingle potted veggies and fruit with flowers and herbs
- Grow year round!
- Go vertical if you can

Best Veg for Storage

- Potatoes: Kennebec, Yukon Gold, Red Norland, Katahdin
- Squash: Acorn, Spaghetti, Buttercup, Butternut, Blue Hubbard
- Carrots: Scarlet Nantes, Bolero
- Onions: Stuttgarter, Yellow Globe
- Beets: most varieties store from a few weeks to several months
- Turnips: Purple Top White Globe, Just Right
- Rutabagas: American Purple Top, Laurentian
- Parsnips: Avonresister, Cobham Improved Marrow, Gladiator

SQUARE FOOT PLANTING GUIDE

 Arugula 16	 Dill 9	 Leeks 6	 Rutabagas 4	 Fennel 2	 Bok Choy 1	 Melons 1	 Rosemary 1
 Carrots 16	 Onions 9	 Bush Beans 4	 Basil 2	 Kale 2	 Brussel Sprouts 1	 Okra 1	 Sage 1
 Leaf Lettuce 16	 Parsnips 9	 Pole Beans 4	 Calendula 2	 Parsley 2	 Cabbage 1	 Oregano 1	 Summer Squash 1
 Radishes 16	 Spinach 9	 Garlic 4	 Celery 2	 Potatoes 2	 Cauliflower 1	 Hot Peppers 1	 Winter Squash 1
 Beets 9	 Turnips 9	 Kohirabi 4	 Corn 2	 Swiss Chard 2	 Chives 1	 Peppers 1	 Sweet Potatoes 1
 Cilantro 9	 Peas 8	 Head Lettuce 4	 Cucumbers 2	 Thyme 2	 Eggplants 1	 Pumpkins 1	 Tomatoes 1



Number denotes # of plantings per square foot

Square Foot Gardening

- Intensive production in a small space
- Simple steps
- High level of production without an overabundance of any one vegetable
- Plenty of benefits
- Many resources available online

Img Src: www.gardentherapy.org



Square Foot Gardening

Img Src: theselfsufficientliving.com

Upcoming Events



The poster for Central Algoma Seedy Saturday features a green border and includes logos for the Central Algoma District School Board and the OMA District 13. The event is titled 'SEEDY SATURDAY' and is held on March 11th, 2017, at Central Algoma Secondary School (CASS), 32 Kensington Rd., Desbarats, ON. A starburst graphic highlights the event hours from 10am to 3pm with free admission. A list of activities includes seed swap & sales, presentations, demonstrations, door prizes, children's activities, exhibitors & vendors, and food & refreshments. A green arrow points to 'FREE PARKING'. The event is sponsored by a local business, and contact information is provided at the bottom.

Central Algoma

SEEDY SATURDAY

March 11th, 2017

Central Algoma Secondary School (CASS)
32 Kensington Rd., (off Hwy 17)
Desbarats, ON

Hours of Event!!
10am – 3pm
'FREE ADMISSION'

Come & See!!

- ☆ Seed Swap & Sales
- ☆ Presentations
- ☆ Demonstrations
- ☆ Door Prizes
- ☆ Children's Activities
- ☆ Exhibitors & Vendors
- ☆ Food & Refreshments

Seedy Saturday brings together gardeners, farmers and seed savers passionate about gardening, food security and the environment.
Come and swap your saved seeds with local gardeners or buy heritage, open-pollinated and/or unusual varieties from seed companies.

Sponsored by: 

FREE PARKING 

Want to be part of this Event? - email: seedysat@gmail.com or call 705-782-0732

- Seedy Saturday – March 4th, Sault Ste. Marie (@ Sault College)
- Seedy Saturday – March 11th, Desbarats, (@ CASS)
 - Seed saving, seed starting, fermentation with The Cultured Club
- CAFFE Workshops:
 - Herbs and their uses: April 13
 - Plant and flower jellies: May 30
 - Embracing a seasonal diet & food budgeting – June 20
 - Canning basics – July 12
 - Dehydration & freezing – August 1
 - Pickling – August 30
 - Embracing the harvest – September 12
 - Winter prep & budgeting – September 22