Container Kitchen Garden

Osher Center for Lifelong Learning
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Overview

• What containers to use
• Care of plants in containers
• What to grow
• Harvest, storage and use
Purpose
What’s for dinner?

• 6,000 pounds of food from 1/10 of an acre of land (4300 sq ft)
• 30ft X 10 ft garden space can produce 400 pounds of food
Benefits

- Convenient
- Exercise
- Vit D
- Increased availability of produce = eating more plants
- CDC 2015 reported only 1 in 10 Americans eat recommended number of fruit and vegetables
Container friendly options

- Tomatoes
- Lettuce
- Herbs
- Beets
- Peppers
- Anything you will use and enjoy!
Location Considerations

• At least 6 hours of sun
• Avoid areas of run off/drainage
• If on a patio, use heavier duty container for added heat insulation
Container Options

• Terra cotta
  – Dries quickly
  – Heavy
  – Good for root development
  -Can develop mold
Container Options

• Metal
  – Prone to temperature extremes
  -Drainage can be an issue
  -Attractive
Raised Beds
Fill beds with combination of:
- 1/3 top soil
- 1/3 compost
- 1/3 sand

Recommended:
- Line bottom of bed with crushed rock/gravel or landscape fabric
Cost

- Soil: 70$
- Wood: 100$
- Transplants: 50$
- Sweat equity
Drainage, drainage, drainage

**GARDEN TIP**

**Container Gardening**

Gardening in pots and containers is a great way to experiment with garden design. Keep these rules in mind to ensure that your potted plants survive.

**DISINFECTING**
To avoid bugs and plant diseases, make sure all plant containers are clean. Wash containers with soap and water, rinse, and let air dry.

**SOIL MIX**
A good potting soil contains organic nutrients and should be able to drain well and keep the soil at optimum moisture levels.

**CONTAINER FILLER**
Using filler materials in the bottom of pots requires less soil and your plants will still flourish. Materials such as packing peanuts, pop bottles, plastic containers, aluminum cans and other recycled items can be used.

**COVER DRAIN HOLES**
Place a screen over holes to prevent soil and filler material from draining out.

Source: gardening.about.com

Creators.com/Bob Kast
From seed or transplant?

- Do not transplant root crops
- Direct seed lettuce, annual herbs- basil, cilantro, parsley
- Transplant longer season crops- tomatoes, peppers, perennial herbs
Acquiring Starts

- Local co-op
- Local greenhouse
- Friends/family
When to start

- Anytime
- Longer season considerations
- Overwinter gardens
Trellis
Plants that benefit from support

- Tomatoes
- Beans
- Cucumbers
- Peppers
Perennials vs Annuals

Lemon Balm
Melissa Officinalis
Perrenials vs Annuals

- Perrenial- grows for years at a time
- Annual- Completes its’ lifecycle in one season
Lemon Balm
Melissa Officinalis
Chamomile
Rosemary
Lavender
Sage
Pest control

- Hand picking
- Diatomaceous earth
- Pyganic
What about Miracle Grow?

Concerns:
- Possible endocrine disrupter
- Carcinogen
- Diminishes microbe balance of soil
What about herbicides?

- Linked to Parkinsons
- Harmful to plants
  Unnecessary in container and raised bed gardening due to small space and ease of using landscape fabric.
Fertilizer

• Compost

• http://www.groworganic.com/

• http://www.johnnyseeds.com/
Harvest and Storage
Harvest Tips

• Harvest at peak quality
• Use or dry as soon as possible
• Harvest in the morning after dew has dried
Fermentation
Pickling via fermentation

- Use 3.5% brine solution
- Allow air to escape
- Sit out until desired flavor is achieved, then refrigerate
Winter
Spring
Summer