

Plant Your Own Garden

the basics of planting and
growing a fruit and vegetable
garden



overview

benefits of planting your own
garden

tools/materials needed

gardening how-to

gardening with limited space

tips and tricks



01

**benefits of
planting your own
garden**

benefits of planting your own garden

- health benefits
- boosts physical activity
- saves money
- better for the environment



health benefits

Growing your own food promotes a healthier and more diverse diet. Raw fruits and vegetables are packed with tons of vitamins, antioxidants and valuable minerals.



boosts physical activity

Gardening is a great way to get outside for some fresh air and physical activity.

Gardening not only increases flexibility and body strength, but also helps reduce stress and boost energy!





saves money

Starting with just a few seeds/plants and supplies, gardening can yield pounds of fresh produce and save you countless trips to the grocery store.



better for the environment

Reduce your environmental footprint by growing your own garden!

Gardening cuts out fossil fuels produced by the long-distance transportation of produce and reduces harmful chemical and pesticide use.

**Ambitious gardeners that aim to replace
around 20% of their bought food with
freshly grown produce have the capability
to reduce their carbon footprint by about
68 lbs of CO₂ per year!**

-Climate Action Business Association



02

**gardening tools
and materials**

tools and materials

- gardening gloves
- garden trowels
- shovel
- garden hose
- seeds and plants
- soil
- garden hoe
- planting
- pots/containers
- raised garden beds (optional)



03

gardening how-to

step-by-step gardening how-to

- choose your garden site
- plan your site
- prepare your soil
- choose the right fruits and
veggies for you
- plant the garden
- harvest the garden

**choose a garden
site**

pick an open area with lots of sunlight

Most plants need at least 6 hours of
sunlight per day!





build your garden near a water source

Try to plat your garden in an area that has easy access to a water source (irrigation system, sprinklers, harden hose, etc.) This will make garden maintenance way easier!



make sure your site has good drainage

Make sure your soil is not too heavy or too light. You can control this by ensuring your site has the proper drainage.

Working in organic matter, such as compost, can significantly help improve the texture of the soil.

locate your garden close to your house

Locating your vegetable garden as close to your home as possible will make it easier to access and harvest the fruits and veggies as needed and garden chores become less of a hassle.



garden orientation

try and orient the taller plants
on the north side of the garden
to optimize sun exposure



raised garden beds

In less perfect soil conditions,
raised beds offer a great
alternative for planting a
garden.

Raised beds allow you to control
the soil composition and grow
your plants in a more stable
environment.



plan your site

measure the site and sketch it out

measuring and sketching the garden
gives you a clear estimate of your space
and how many seed packs/plants you
will need to buy



**prepare your
soil**

prepare your soil

- dig and loosen up big chunks of soil
- remove grass, weeds, rocks, roots and other debris
- mix in fresh garden soil
- go organic- compost can be a great fertilizer add in



**choosing the right
fruits and veggies
for your garden**

**Ask yourself these
simple questions
before starting
your garden...**



What fruits and veggies will you and your family eat most?

Grow produce that you and your family will love! If there are specific ones that you frequent more, plant extras and freeze the remainders.

What vegetables do I feel comfortable starting my garden with?

Beets, lettuce, kale, cucumbers, peas, radishes, cherry tomatoes and green beans are great veggies to grow when just starting out. They are much easier than most and are great staples to many meals.



Have I considered seasonal gardening?

Harvest fruits, vegetables and herbs continuously throughout the spring, summer and fall by planting both cool-weather and warm-weather crops.



seasonal vegetable gardening

Spring

- lettuce
- kale
- spinach
- peas
- radishes
- carrots
- brussel sprouts
- broccoli
- artichokes

Summer

- corn
- green beans
- eggplant
- okra
- bell peppers
- zucchini
- sweet potato
- cucumbers

Fall

- potatoes
- cabbage
- kale
- eggplant
- celery
- radishes
- cauliflower
- herbs
- chiles
- edamame

seasonal fruit gardening

Spring

- apricots
- mangoes
- strawberries
- avocado
- bananas

Summer

- berries
- cantaloupe
- cherries
- kiwi
- peaches
- watermelon

Fall

- apples
- cranberries
- grapes
- pears
- bananas
- pineapple



Looking to save time?

- choose low maintenance plants
- save time weeding throughout the year by catching them early in the spring
- create an automatic watering system
- choose plants that are ideal for your areas soil, sunlight and weather conditions

Looking to save money?

- start your garden with seeds rather than larger plants
- make your own compost
- DIY containers/pots
- propagate plants to multiply them
- use tea bag teal leaves to help nourish your plants
- use citrus peels to repel pests naturally



**Asking yourself these
questions before
starting your garden is a
great way to get an idea
of which fruits and
veggies are right for
you!**

**plant your
garden**

plant your garden

- review garden plan
- distance between plants and holes
- make proper sized holes
- cover with soil
- add fertilizer as directed on label
- label plants for quick identification
- initial watering
- maintenance watering

review garden plan

take another look at your garden sketches and prep the number of seed packets/ plants based on your measurements





distance between plants and holes

Try making rows in your garden that are around 18 inches apart. This will make it easy to walk between rows and give each row enough room to grow!

make proper sized holes

Using a garden trowel, make holes for your plants that are about 2x wider than the container your plants are in or about 2-3 inches in diameter if you are planting seeds





cover with soil

After putting the plants or seeds into their assigned holes, gently cover them with soil. Make sure not to plant them any deeper than they were in their original containers.

add fertilizer as directed

Feed your fruits and vegetables fertilizer as directed on the fertilizer label to boost growth and promote plant well being.



label plants for quick identification

Once your plants start sprouting, knowing one from the other can be challenging.

Try placing a label next to each plant to make it easier to care for their specific needs.





initial watering

To help establish and settle your plants right away, water your garden immediately after planting. Water again when the soil begins to look dry 1/2" below the surface.



maintenance watering

Most plants should come with watering instructions as plants can have either low, medium or high water requirements.

Setting up a sprinkler system with a timer can be extremely advantageous and save you a ton of time!

harvesting



general rule of harvesting

If it looks good enough to eat, it
probably is!



**With many fruits
and vegetables, the
more you pick, the
more the plant will
produce!**

04

**gardening with
limited space**

gardening with limited space

- get creative with your space
- incorporate vertical gardening
- try a container garden
- plant vining crops



get creative with your space

Limited space gives you the opportunity to express your creativity by making do with what you have!

- old tires
- recycled dresser
- mason jars/mugs
- tree stumps
- tea tins
- old oil drums
- straw bales
- old dressers
- rain boots
- wooden pallet
- egg shells
- build your own structure!





incorporate vertical gardening

Vertical gardening involves growing plants on supports such as trellises, stakes, cages or fences.

Vertical gardening is a great way to save space!

Try planting cucumbers, tomatoes, squashes, pole beans or peas!

try a container garden

- start with a 5 gallon bucket/container
- drill 10-15 holes in the bottom for drainage
- fill bottom 2" with gravel, top with soil
- fertilize as directed on fertilizer label
- grow some seeds or one larger plant in each bucket/container
- pair plants with similar needs





plant vining crops

vining crops like green beans and peas offer a great suppliment to traditional gardening by making use of vertical space and boosting your yield per square foot

05

tips an tricks

**keep an
eye out for
pesky bugs
and
diseases**



**fencing and netting is
a great way to keep
out unwanted
visitors**



**compost is a great
organic fertilizer
substitute**



**add some color to
your garden by
planting low growing
flowers around the
edges**



**rotate your crops every
year to keep your soil
healthy and fully
nourished**





**raised garden beds
are a great way to
skip some of the
soil preparation
steps**



Get the whole family involved!

Starting your own garden can be so much more rewarding when the entire family is involved!

It also makes garden chores that much easier!

Thank You

FOR BEING A PIONEER OF
CHANGE AND CREATING A
WORLD THAT IS KIND TO ITS
PEOPLE AND ITS HOME

Keep updated by following us on social media!



[@globalclimatepledge](#)



[Global Climate Pledge](#)



[@globalpledge](#)

And use our hashtags!!

#2BillionPledges #GlobalClimatePledge #PlantYourOwnGarden

GLOBAL
CLIMATE
Pledge