

# tips for a healthy garden

from the Grow Food Everywhere for  
Health and Justice Project



# plant seedlings in

## 01 the right season

- some like it hot, others like it cold
- plant seeds about twice as deep as the size of the seed



## 02 label new plants

- label seeds and seedlings with their variety as you plant them



## 03 plant something new

- plant what you love AND try different things
- a diversity of plants is good for your garden and for you



## 04 water thoughtfully

- water newly planted seeds until they sprout
- water seedlings at the base, not on the leaves
- the best time to water is the morning or evening

# healthy soil



## 05 is key

- add compost in the spring
- cover with mulch hay or cardboard in the fall

## 06 mulch in bare areas

- mulch keeps soil moist, weed-free, and rich in nutrients





## 07 weed regularly

- weeding every time you water is a good way to make a habit

## 08 avoid use of chemicals & pesticides

- natural solutions maintain soil health, help beneficial insects, and are safer for your family to eat



# learn more

**read about growing in your area, reach out to other gardeners, and trust your own intuition to learn by doing!**

– "Grow Food Everywhere Garden Care" at [www.seedsofsolidarity.org](http://www.seedsofsolidarity.org)

– GTC's garden resources at [gardeningthecommunity.org/plantsale](http://gardeningthecommunity.org/plantsale)