START HERE
GROW HERBS
Easy to grow indoors, easy to use (gives added flavor to your meals), and easy to maintain.

Do you have limited space?

NO

YES

Limited light?
Most vegetables need 5-6 hours of sunlight to grow. If you don't have that consider these shade friendly herbs: mint, thyme, sage, chives, parsley, dill and parsley.

Do you want to grow more than just herbs?

OR

OR

Are you worried about the cost?

NO

YES

WATCH OUR PLANTS GROW
Did you know that you may have two types of attention? The first is directed or effortful and the other is involuntary and effortless. Studies suggest that small doses of nature may give our effortful attention a break and improve our attention span and make us calmer. This could make us more productive or nicer to our friends, spouses, or kids, that cannot be bad.

EATING OUR VEGETABLES
Only 3-5% of Americans eat the daily recommended amount. We all know we should eat our vegetables, but sometimes it is hard. Many people live in “food deserts” where access to fresh vegetables is limited. Sometimes the good looking vegetables are more expensive. All the more reason to grow our own. Growing our own food makes us more likely to eat vegetables and it is more convenient (once they get growing), cheaper, and usually tastier.

HOME GETTING US DOWN
We cannot always live where we want to and this can make us more stressed, more likely to become ill, and impact our mental health. This is especially true for kids. So what can we do to improve our home? One study found the impact of stressful life events on the well being of children depended on the vegetation near or in their homes. Plants may be important buffers to stress and make us more resilient.

HIGH YIELD PLANTS
Try beans, cherry tomatoes, and tomatillos. Avoid cabbage, cauliflower, and eggplant.

HOME GROWING PLANTS
Try lettuce, green beans, radishes, and spinach. Avoid eggplant, garlic, leeks, and parsley.

CREATIVE GROWING
You have lots of space, lucky you! Here are a few creative ways to use it.

TOMATO BASKET
Cherry tomatoes actually do well growing in a basket.

WHO NEEDS A CURTAIN?
Try growing beans or peas in a window sill box. Find straight sticks and place them in the soil. Next connect the sticks with string giving the plants something to grow up onto.

LETTUCES
Not only are these full of good things for you (and if eaten with a little dressing can help you eat less), but they are a perfect container garden plant. As leaves grow you can just “mow” the tops of the plants, one seeding will produce 3-4 “mows”.

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WAYS TO CHEER UP
Instead of fancy pots you can use plastic bottles with the tops cut off. Paint the bottles in a fun design or get your kids to.

NO PAINT?
Wrap the bottles in a fun piece of paper or a picture and fasten with tape.

QUICK GROWING PLANTS
Try lettuce, green beans, radishes, and spinach. Avoid eggplant, garlic, leeks, and parsley.

Where to find more information and what those funny little numbers refer to: