

GOOD CONTAINER PLANTS AND GROWING TIPS

| Plant | Basic Growing Tips |
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| Beans | Soak seeds in water overnight for better germination. Support pole beans with a trellis or pole. Requires high amount of light (over 6 hours daily). |
| Beets | Plant anytime indoors in a sunny window or outdoors in spring. Avoid overcrowding (3-4" between plants if harvesting the root; 2" between plants if harvesting leaves only). |
| Broccoli | 1-3 plants per 5 gallon container in high light (6+ hours daily). |
| Brussel Sprouts | 2-3 plants per 5 gallon container. Sprouts must mature in cool temperatures. Mild frost improves flavour. Plant indoors in sunny window. |
| Cabbage | 2-3 plants per 5 gallon container, separate from other plants in the same family. Maintain even moisture. Low light (less than 6 hours daily) okay. |
| Carrots | 2" between plants. Low light okay. Place plastic cover over container for better germination. Grow indoors in sunny window. |
| Cauliflower | 1-2 plants per 5 gallon container in high light. Avoid over or under watering in early growth. Tie large outer leaves together over the developing head to prevent discoloration. |
| Cucumbers | 2 plants per 5 gallon container in high light. Support vine varieties with a trellis. |
| Eggplant | 1 plant per 12-18" pot in high light, close to a wall for heat reflection. Challenging to grow indoors as they require a lot of direct sun and heat. |
| Garlic | In an 8" deep container, plant cloves 2" deep and 5" apart under high light. Lift bulbs out of the ground when foliage shrivels in late summer. |
| Herbs | Grow indoors in a sunny window. Perennials should be placed in a cool place for winter. Re-pot perennials yearly. Indoor plants are more susceptible to spider mites, insects and aphids. |
| Lettuce | Grow indoors under low light in the summer, in a sunny window in the winter. Leaf varieties are easiest. |
| Melons | 2 plants per 5 gallon container, with a support or trellis, in high light. To support developing fruit, create a sling made of nylons or other stretchy material, wrap the fruit in the sling and attach it to the trellis with string. Reduce watering as melons near maturity. |
| Peas | 3-6 plants per 5 gallon container with trellises, under high light. Edible pods are easiest to grow. |
| Peppers | 1 plant per 8-10" pot under high light. Stake the plants in windy areas. Bring the pots inside when the outside temperature goes below 15°C or above 30°C. |
| Potatoes | Use a 30 gallon trash can with holes drilled in the bottom for drainage. Plant 2 or 3 seed potatoes under high light in the bottom. When the sprouts are 6" high cover them with soil leaving only a few leaves showing. Repeat this process whenever sprouts are 6" until the soil reaches the top of the can. |
| Radishes | Grow in any container at least 8" deep under low to medium light (outdoors). Plant weekly for continuous harvest all summer. Grow indoors in a sunny window. |
| Shallots/ Onions | Plant onions 2" apart in spring, and plant shallot bulbs 2-3" apart, 4-6" deep in early fall. Both require high light. To protect plants from freezing, overwinter them by covering with burlap or a heavy mulch layer. Grow indoors under lights. |
| Spinach | Best grown in spring and fall under low light (outdoors) or in a sunny window (indoors). |
| Squash | 1-3 plants per 5 gallon container under high light. Use a trellis. Support fruit with a nylon sling tied to the trellis. |
| Swiss Chard | 2-3 plants per 5 gallon container under low light (outdoors). Outside, place mulch around plants in fall so they will resume growth the following spring. Grow indoors year-round in a sunny window. |
| Tomatoes | Plant dwarf determinate varieties if possible. 1 plant of standard variety per 5 gallon container, with stakes, under high light. Dwarf varieties can be planted in smaller pots or hanging baskets. Need consistent watering. Grow indoors under lights. |

Adapted from: *Just the Facts!*, By Kathleen Bond Barrie and Gwen W. Steege (eds.), pp. 198-200.