

GOOD CONTAINER PLANTS AND GROWING TIPS

Plant	Basic Growing Tips
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.

