



More **Healthy.** More **Happy.**



ANYONE CAN GROW their own food!

You can go from seed to fork easily with our simple step by step growing information. You'll love the reward of home-grown food while having fun!

All you need is:

- a sunny spot that gets at least 6-8 hours of sunlight
- a place to grow your seeds: a pot, piece of land, raised bed or even an old milk container will do!
- seeds

Step 1: identify your growing space.

This can be a windowsill, patio/deck or small part of a garden to grow herbs and/or lettuce for a cut salad garden. Be sure to have proper sized containers and a location that gets 6-8 hours of sun.

Step 2: select your seeds.

Have kids help choose what they want to GROW TO EAT. You can look at catalogues like [Johnny's Seeds](#) and [High Mowing Organic](#) or take a trip to a local nursery for a more hands-on experience.

Step 3: plant the seeds!

Seeds only need to be planted **DOUBLE THE WIDTH OF THE SEED**. Most people plant them several inches into the soil but it's too deep and makes the plant work extra hard to find the light. Seed packets give you all the info you need – be sure to see what it will be at full maturity to give it room to develop deep roots. Keep in mind what your plant likes – shade or sun. You can get creative with the layout if planting a garden.

Step 4: water and care.

After planting seed, **WATER**. Have a water source handy (nothing fancy - you can pour from a glass) and ready at all times. New seeds or plants need a thorough watering. Test the soil to see if you need more water - stick your finger into the soil to your first knuckle. If the soil is dry, water, if it is moist, hold off.

Step 5: enjoy!

It really is fun to fuss over baby seedlings and it is even more fun to pull a harvest and make your own meal with your own food. Knowing how to grow food from a seed is empowering!



MaineHealth

LET'S GO!

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