



The Grow Your
Own Hub

Beginner

Backyard Gardening

Presented by:
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Services

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Growing your own food.

With ever increasing food prices and supply issues, there's never been a better time to learn how to grow your own veggies!



Where do I start?

The internet is a great source of information, from local organizations to the Farmer's Almanac, there are hundreds of sources.

There are some basics that every gardener needs to learn.



Start with the basics.

Here are the basics you'll need to get your hands dirty and have a successful backyard veggie garden:





Make a Plan

Good planning is essential.



1

Start small,
you can always
add space.



2

Pick a well-
drained, sunny
location.

3

Rows, raised
beds, blocks
or a grid?



Remember: You need easy access to water
and room to plant and weed.



4

Plan to keep animals, like cats and deer, out.



5

Use a garden planner to know when to plant and harvest.

6

Decide which veggies you want to grow.



Remember: Pick veggies that you like to eat.





You'll need some tools:



Protective clothing like gloves, hat, lightweight long sleeved shirt and lightweight pants.



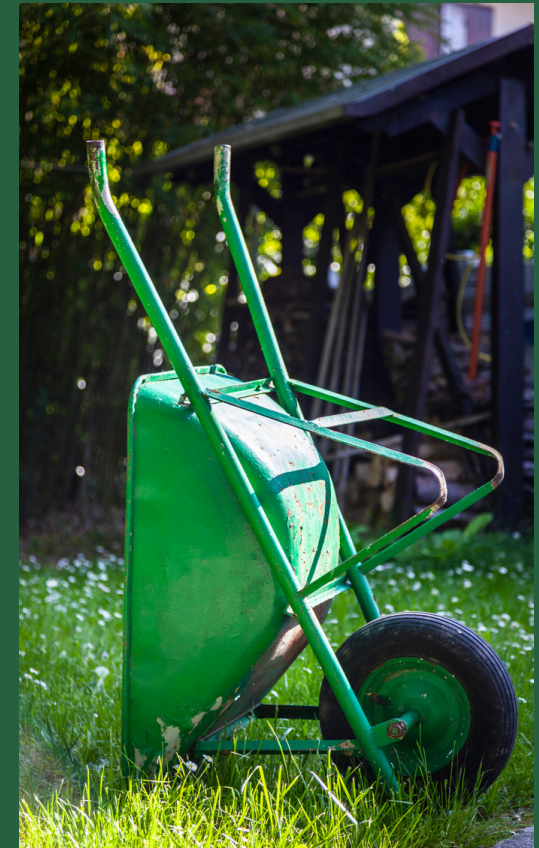
Big tools like spade, hoe, fork and rake.



Hand tools like trowel, fork and scissors for harvesting.



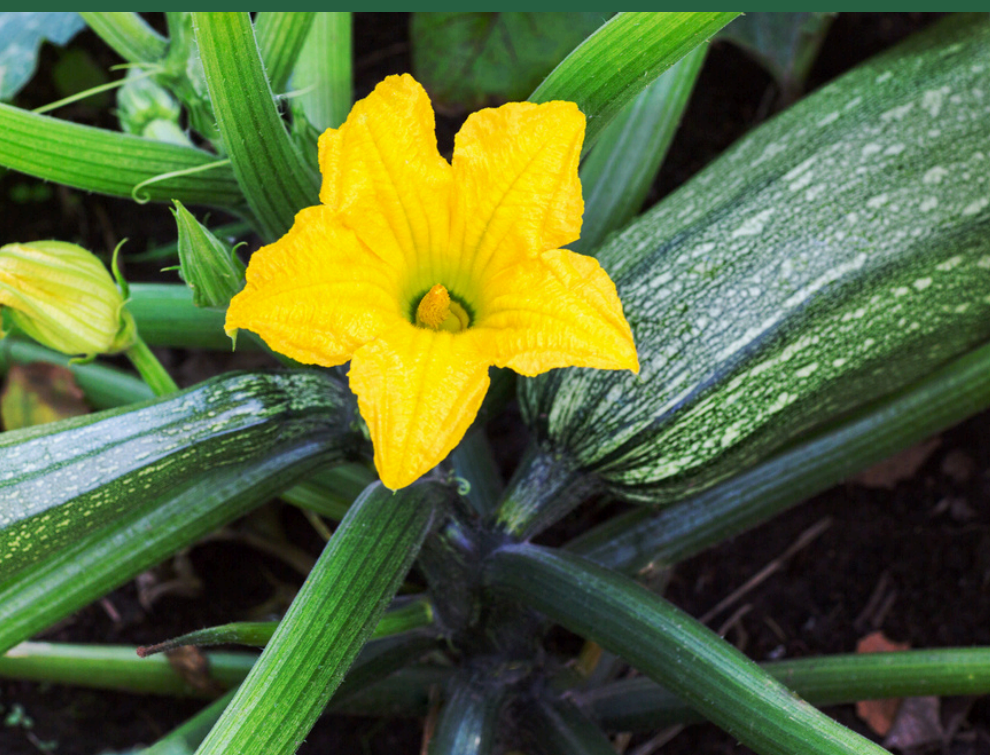
Watering tools like a watering can, sprinkler, garden hose.



A wheelbarrow isn't a must-have but it comes in handy if you need to move compost and mulch.



8 Easy to Grow Vegetables





Green Beans

1. Sow seeds directly to garden when soil has warmed after last frost
2. Beans like direct sun and even moisture
3. Provide stakes for pole beans to climb and make sure plant spacing is generous for bush beans

Carrots

1. Sow seeds directly to garden once ground has warmed
2. Carrot seeds are tiny, so cover with soil lightly and keep moist until germination
3. Once seedlings are up, start thinning





Kale

1. Sow seeds directly to garden in early spring
2. Keep well fertilized and consistently moist
3. Harvest leaves and let the plant continue to grow

Beets

1. Sow seeds directly to garden once ground has warmed
2. Beet seeds will sprout multiple plants, so thin carefully. Eat the thinned leaves and roots
3. Keep evenly moist throughout growing season





Lettuce

1. Sow seeds directly to garden once ground has warmed or start inside for early crop
2. Thin young leaves and eat
3. Harvest before they bolt (produce their seed stalk) for best flavour
4. Plant in rows to harvest salad mix leaves easily

Peas

1. Sow seeds directly to garden once ground can be worked
2. Provide stakes or trellis for plants to climb
3. Peas prefer cool weather, so after first harvest, plant again for fall harvest





Zucchini

1. Start indoors and transplant after the last frost
2. Zucchini are big plants, so give them a lot of space
3. Keep evenly moist and harvest before they get too big
4. Harvest regularly to promote fruit growth

Swiss Chard

1. Sow seeds directly to garden once ground can be worked
2. Thin plants and eat leaves
3. Harvest leaves and keep plant growing
4. Use mulch to keep cool and moist





Plant a row of wildflowers to bring pollinators to the garden.





Keep the soil moist to promote germination.

Thin out seedlings to recommended spacing.



Learn to recognize seedlings vs weeds.

Some veggie seedlings are easy to recognize, but others are small or look like weeds. Keep track of rows and grids to make this easier.

Check out this reference if you aren't sure:

<http://theseedsite.co.uk/vegseedlings.html>





Add mulch.

Mulch keeps moisture in the soil and prevents weeds from taking over.

Use leaves, lawn clippings, straw or compost to mulch around your plants once established.



Watch for pests and disease.

Look for signs of pests and disease once plants start maturing. Holes, discoloration or marks on fruit are signs to look for.

Use natural pest remedies to protect pollinators.





Get Ready to Harvest



Leaves and Stems

Harvest leaf and stem crops early for best flavor.



Fruits and Roots

Harvest fruits and roots when fully mature for best flavor



Plant Again

Early harvest crops like peas and lettuce allow for another planting for fall.



Save Your Harvest

Learn how to can, dry and freeze the excess you can't consume immediately.





Bountiful Harvest?

If you end up with more veggies than you can consume or preserve, share with your neighbours or local food bank.



Have fun!



Gardening is a great way to get outdoors, supply healthy food and connect with nature and your neighbourhood. Be patient and make mistakes, you'll learn more with each year you plant.

Contact us for more info:
growyourownwebsite.com



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enjoyed this
presentation.



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