



Food For Thought And Food For The Soul ***Guidelines For Growing Food In Your Box***

Growing food can be a healthy activity for your body, both physically and emotionally. It can be a satisfying and learning experience season after season.

Using boxes and other containers for growing produce can work quite well. Here are some suggestions:

- Where the box “lives” is an important consideration. Easy access and close to a water source and the kitchen is helpful.
- Most plants do well with 6 or more hours of sunlight. Morning/ east sun and midday/south sun is good.
- Late day sun from the west can be hot and cause stress to the crops. Protection from wind is helpful.
- Protecting your box from animals is another consideration. Dogs and cats may dig up those tender plants. A little fence around them can work well. Deer, bears and rodents could be an issue!
- Use all or mostly potting soil. Some topsoil is ok to mix in and adding some compost helps.
- Organic fertilizer is recommended. There are many granular varieties available which can be mixed in with the soil. Use less rather than more.
- The soil should be watered so it is moist but not saturated before transplants are planted and seeds are seeded. Make sure there are holes or slats in the bottom of the box so water can drain.
- Transplanting early or very late in the day or on a cloudy day is usually best. The hot sun can dry out those little guys.
- Transplants should be firmly planted a bit lower than the level they were in their pot. Tomatoes should usually be planted even deeper.
- Plants should be watered well after transplanted and then probably every day. Morning is best. Avoid getting the leaves wet.
- Seeds do well on a firm but not compacted seed bed. Covered with a thin layer of soil and watered gently every day or twice day.
- Trellises of wire or wood work well for tomatoes, cucumbers and peas to support them.

Gardening involves many variables. It is art. These are guidelines that may be helpful. There are many resources available online and from friends and neighbors.

Enjoy the garden in a box.