

Growing Food

Growing your own food can be a great way to connect with nature and the food system. It's delicious and satisfying, a fun way to spend time with family and friends, and can sometimes even save you money!

Where can I grow food?

Depending on your space, you can grow plants outside in the ground, in raised beds, or in pots! Use whatever works for your space, including a patio, windowsill, or even your countertop!

What do plants need?

All plants need water, sun, spacing, and nutrient-rich soil. Different plants need different amounts of these, but most vegetables need an average of eight hours of sun a day.



When can I grow food?

We're so lucky to live in a climate where we can grow food for much of the year! Our moderate climate means we can grow things like collard greens year-round, but it's not usually warm enough to grow more tropical produce like mangos. Using a greenhouse or grow lights are two ways to extend the growing season.

Local gardening resources

- **Use your EBT card to buy seeds and plant starts** at most farmers markets and grocery stores.
- **King County Seed Library:** www.phinneycenter.org/seeds
- **The Garden Hotline:** 206.633.0224 or help@gardenhotline.org. Seattle Tilth's local gardening experts can answer yard and garden questions (language interpretation available).

Gardening guides on Solid Ground's website

www.solid-ground.org/get-help/food-resources/#gardenresources

Gardening for Good Nutrition: This guide to growing your own healthy food has easy-to-follow gardening and vegetable cooking advice, basic nutrition information, steps a beginning gardener can take to set up container or yard gardens, composting advice, and a list of community resources.

Growing Food in the City: This Seattle Public Utilities publication is a good guide for beginning and experienced gardeners. It's available in multiple languages on request. Call **206.633.0224** or TTY: **206.233.7241**.