

Growing Food at Home



Many popular produce items can be easily and inexpensively grown at home, either right in the ground or in a container garden (plants in pots). Greens like lettuce, arugula, and spinach grow very well when you plant the seeds directly into the soil. So do any kinds of beans, as well as cucumbers and both summer and winter squash. Many backyard gardeners purchase transplants of things which take longer to mature and produce fruit, such as tomatoes, peppers, and eggplants. Transplants means that the seeds are planted in small containers during the later winter months, indoors under grow lights or in a greenhouses. The young plants are then shipped to garden centers where they can be purchased by home gardens and planted, where they will finish growing and produce fruit. Backyard gardening is a fun, healthy, and economic activity.

1. What is a container garden? _____

2. What are the two different ways you can get vegetable plants to grow in your back yard?

3. Circle which vegetable(s) are easy to grow from seed.

lettuce

tomatoes

squashes

4. Circle the vegetable(s) often bought as transplants.

arugula

eggplant

beans