

# Seattle Tilth

## Container Veggie Gardening Student Outline

### I. Introduction

### II. Sun Exposure Requirements

- a. Fruiting veggies need 8 hours sun a day – South or West facing
- b. Leafy green veggies and herbs need 4 – 6 hours of sun (morning sun only is ok)  
East facing

### III. Start with a container

- A. Size – the larger the container, the more you can grow.
  - a. Large plants like tomatoes, squash and cucumbers need large pots (14” or larger)
  - b. Smaller plants like herbs, salad greens, peppers can grow in smaller pots (12” or smaller)
- B. Materials – plastic, terracotta, glazed, fiber resin, found items

### IV. Potting Soil

- A. Look for organic potting soil if possible.
- B. Types of soil available
- C. Some good commercial brands: Cedar Grove, Whitney Farms Black Gold

### V. Easy Edibles for Containers – look for dwarf, bush or “compact” varieties

- A. Vegetables
- B. Berries and fruit
- C. Herbs
  - a. Annual - Need smaller containers
  - b. Perennial – Need larger containers

### VI. Ornamentals for Containers - annual edible flowers are great companions to vegetables

### VII. Organic Maintenance and Pest Control

- A. Fertilizers – use Organic liquid fertilizer added every 2 – 3 weeks for large containers, 1 – 2 weeks for small containers.
  - a. Nitrogen fertilizers for leafy greens, squash and as a starter fertilizer when plants are young.
  - b. Phosphorus and Potassium (Bloom Food) for flowering and fruiting stage
  - c. Some good commercial brands Age Old Organics, Alaska
- B. Pests
  - a. Soap Sprays for aphids, mites
  - b. Alcohol for scale and mealy bug
  - c. Sand mulch for Fungus gnats
  - d. Sticky traps for whiteflies

**Call the Garden Hotline with questions (206) 633-0224.**