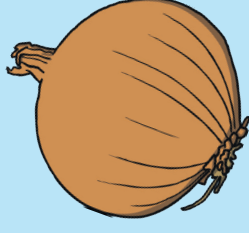
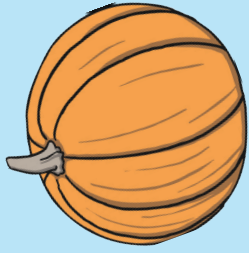


# How to Plant and Grow Vegetables



## Where to Grow Vegetables

Choose a sunny position in an area that is close to a water supply. You can grow them in the soil on flat land or make raised garden beds. At this stage, it's a good idea to think about pathways so you can get to your vegetables without trampling them.

## Preparing the Ground

Clear the area of any weeds and leaves. Use a hand shovel to dig the weeds out of the soil. Make sure you get most of the roots out. If the soil is dry, soak the ground before pulling out the weeds; this will help the roots come out of the ground easily. You can put the weeds and leaves in a compost bin. Use a shovel or fork to loosen up the soil.

## What Is the Soil Like?

Examine your soil to see which plants will grow well for you in that soil or add organic material and loam and mix it in with a pitchfork.

## Planting Seeds

## Planting Seeds

Follow the instructions on the seed packet; it will tell you what season to sow your seeds. Grow your seedlings inside or in a greenhouse. You can grow them in your own containers made from newspaper or egg cartons. Remember to keep your seeds moist.

## Nurturing the Plant

Your plants need water and light to grow and be healthy. Water your plants in the morning and afternoon not when it is really hot. Please remove any unwanted weeds so they don't take up the water and nutrients. You can use worm juice or seaweed extract to keep them fertilized.

## Enjoy What You Have Grown

Look carefully at the size and colour of the vegetables you have grown. This will help you to know when your vegetables are ready to be picked. Most vegetables will not ripen at the same time, so you will often have a week or two of harvesting time. It's time to enjoy the fresh, delicious crops you have grown.

