



WINTER GARDENING

An easy way to “spice” up your winter meals!

Indoor edible gardens, especially herb and lettuce gardens, are easy to cultivate during the cold winter months. Enhance the flavor of your meals and snacks with fresh herbs grown in your home. Keep connected to nature by growing salad greens indoors all winter!

What kinds of indoor gardens can you plant?

- Plant herb seedlings in small pots, using a very light potting soil, and place on the window sill!
- Grow herbs from seeds or seed pods using a commercial “herb garden” kit – so fun!
- Plant larger amounts of salad greens and herbs on shelves with grow lights: plant seeds in seedling mix, or very light soil, in small pots, wall paper trays, or other 4-inch deep containers; place containers on shelving under grow lights, keep soil moist (but not soggy!) by spraying the soil/plants as needed! Buy everything at your local home improvement store!

