

Halton Food

#growingtogetherHalton



Halton Food - a program of Halton Environmental Network



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Our goal is to educate residents about sustainable food production and promote access to local, healthy, culturally relevant food through environmentally sustainable community gardening, urban farming, and school gardens.

Starting a Garden at Home

Backyard (or Frontyard) Garden

- in ground garden
- raised bed garden
- container garden

Balcony/Patio Garden

- container garden

Indoor Garden

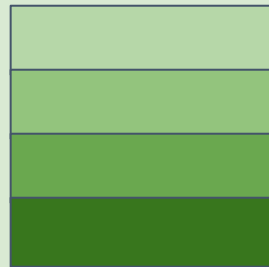
- container garden
- countertop garden



Poll - use the poll feature in Zoom

What level of gardening experience do you have? What degree of “Green Thumb” do you have?

- novice
- some experience
- experienced
- master gardener



Assessing Site, Soil, and Sunlight

Site: Where are you able to plant? Not everything has to be in the same spot!

How close is it to where your family typically goes (close to a window, door, water source) to ensure the garden is easy to maintain and harvest.

Assessing Site, Soil, and Sunlight

Soil: For in-ground gardens, the soil should be rich and loamy. Add lots of aged manure or compost in the spring or after the fall harvest.

For raised beds and container gardens, use potting soil to help retain moisture.

Assessing Site, Soil, and Sunlight

Sunlight: Most vegetables require 8-10 hours of **full sun**.

Ideally, this is full, afternoon, direct sun daily. Think about where the sun is directly shining during the summer months.

Making your veggie wishlist!

Most popular full sun veggies (8-10 hours of sun - all afternoon)

- tomatoes
- peppers
- zucchini



Most popular part-sun veggies

- lettuce
- spinach



Planning the Garden

Assessing site → Choosing the Vegetables → Determining Quantity

Square Foot Gardening

GrowVeg.com



How much garden space do I need to grow?

What plants should I start?

How many plants / seeds do I need?

Kitchen garden vs fully-self reliant garden



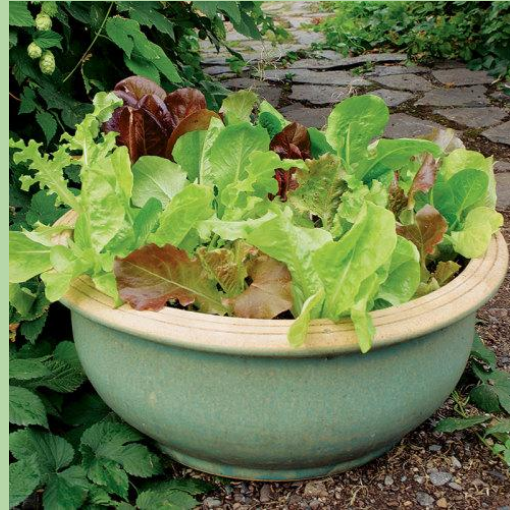
Kitchen Garden - Needs for a Family of 4

- basil x4
- parsley x5+
- dill x1
- oregano x1
- rosemary x1
- sage x1
- kale x4
- spinach
- lettuce
- radishes
- root vegetables
- peas
- cherry tomatoes x 4



Mother Earth News

Container Gardening



Counter Top and Windowsill Gardening



Microgreens:

Any container will do!

Can be grown on a windowsill or
any sunny location



Easiest veggies to grow in small spaces

Sow seeds in relation to Last Frost Date

Last Frost Date for Hamilton is roughly May 1-10, Toronto is May 11-20

Sow seeds in April:

peas	arugula	radish	bunching onions
kale	swiss chard	spinach	bok choy (baby variety)
beets	lettuce	chives	carrots

Sow seeds in May or after last frost:

beans	cucumber	zucchini	most herbs
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Vegetables that should be started indoors

Some vegetables need a few more weeks than our summers have...so they need to be started in a greenhouse or indoors with grow lights.

tomatoes	peppers	eggplant	leeks
broccoli	cabbage	cauliflower	Brussel sprouts



Sowing Your Seeds

Plant in rows!



Label your
vegetables!





Where to Find Seeds or Starter Plants

Your fridge! Your cupboard!

- potatoes
- onions
- ginger
- garlic
- peas
- carrot, beet, turnip tops
- herbs: cilantro, basil, mint, parsley
- celery, bok choy, lettuce



Where to Find Seeds or Starter Plants

Online Seeds and Plant Sales

[Tree and Twig](#) - *tomatoes!* Grimsby, Hamilton / Burlington pickup points, pre-orders closes tomorrow, April 15th

[St Luke's Anglican Church](#) (Oakville) - online plant sale ends April 30

Online seed suppliers -

Geek and Tea (Dundas) - reseller Baker Creek and Hudson Valley Seed

William Dam Seeds (Dundas/Flamborough) - seeds and starter plants

Urban Harvest (Toronto) - seeds

Matchbox Seeds (Haldimand County) - seeds and self-serve farmstand

Heritage Harvest Seeds (Saskatchewan): Heritage and rare seeds

Where to Find Seeds or Starter Plants

Local grocery stores

Garden centres - Terra Greenhouses, Rona / Home Depot for spring seedlings

[Wiffletree](#) - Elora ON, shipping only. 100+ fruit trees and shrubs

[Kayanase Greenhouses](#) - native species for pollination gardens, fruit crops eg. elderberry, cherry, plum, apple, crabapple, wild strawberry, saskatoon / serviceberry

Farmers' Markets - an essential food service

Updated April 7, 2020

Farmers' Markets Ontario (FMO) asked for and has received confirmation from the Province that farmers' markets, as businesses that primarily sell food, **are considered essential workplaces** under the current Order which expires April 18, 2020.

<https://www.farmersmarketsontario.com/>

Community Gardens - not currently deemed “essential”

- add your voice to an open letter to government: [SustainOntario.com](https://www.sustainontario.com/)

Resources

Halton Food

Social Media

- Instagram @Halton.Food
- Twitter @HaltonFood
- Facebook.com/HaltonFood

Website (under construction) haltonfood.ca

Facebook Groups - Halton Gardeners

Master Gardeners

Horticultural Societies

[RBG Gardening Information](#)



Resources

Growing Sprouts:

http://sprouting.com/how_to_sprout.html

Growing Microgreens:

<https://www.westcoastseeds.com/blogs/how-to-grow/grow-microgreens>

Growing Food from Scraps

<https://foodrevolution.org/blog/reduce-food-waste-regrow-from-scraps/>

We want to hear from you!

What Webinars or Gardening Sessions Would You like to See Next?

Use the chat box to enter your suggestions or
email us: grow@haltonfood.ca

Thank you to
Halton Region
and
Halton Environmental Network
for your support!



Family of 4 - Fully Self-Reliant Garden

- basil, pole beans, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, cukes, dill, eggplant, fennel, garlic, kale, leek, lettuces, onions, parsley, parsnip, peas, peppers, potatoes, pumpkins / squash, radish, spinach, cherry tomatoes, turnips
- spring - winter
- fresh - preserving
- 750 sq ft
- 40 x 20 space



The Microgardener

Succession Gardening

Every 7-days

- leaf lettuce
- radishes
- spinach

Every 14-days

- beets
- arugula
- turnips

leafy - fruit - root

N P K

Every 10-days

- head lettuce
- asian greens
- peas
- sweet corn
- beans

Every 21-30 days

- carrots
- swiss chard

Materials

Basic tools – Trowel, pruners, water container, gloves

Watering cans – two will make life easier!

Soil and Amendments - add nutrients to your soil organically; feed the soil, not the plant

Seeds/Plants!

