

You don't need a big yard, or even much experience, to start growing your own fresh veggies and herbs. Whether you're using buckets on a patio or planting directly into the soil, gardening is a great way to connect with your food and reduce your environmental impact. I have also linked some of the listed products for easier access to these resources!

Getting Started:

1. Choose Your Spot: Pick a sunny area: most veggies need 6–8 hours of sunlight a day.
2. Pick Your Container or Plot: [Buckets](#), [raised beds](#), or a small patch of dirt all work. Just make sure there's good drainage.
3. Use Good Soil: Mix compost or [organic soil](#) into your garden to give plants a nutrient boost.
4. Water Wisely: Water early in the morning or late afternoon to avoid evaporation and keep soil consistently moist.

Beginner-Friendly Plants for Summer:

- Cherry Tomatoes: Perfect for containers, prolific, and sweet!
- Zucchini: Easy to grow and super productive.
- Basil & Mint: Great for beginners; just give them sun and water.
- Lettuce & Arugula: Quick growers that love cooler summer mornings.
- Peppers: Compact and thrive in warm weather.

Gardening can be a very therapeutic practice that simultaneously allows you to grow the freshest plants and reduce food waste and carbon impact. Let us know if you give it a try!



