



Choosing f to grow

Now that you have decided where to create your edible garden, you get to decide what fruit, vegetables, or herbs you would like to grow. Read below for some tips on choosing what to grow:

What do you like to eat? Growing fruit, vegetables, or herbs that you like to eat or cook with can keep you motivated in the garden. This can also save you time and money at the shops.



Think about all your senses. Are there plants that you like the look or smell of? Consider planting these too.

What season is it? Consider what plants grow best at different times of the year. Learn more via the Food from Home [monthly growing guides](#).

Sunlight requirements. Different plants require different amounts of sunlight (for example full sun or partial shade). Think about where your garden is located and how much sun it gets.

Space requirements. Not all plants grow the same. Think about how tall or wide your plant will grow. If you purchase seeds or a seedling, this information can usually be found on the label.

For more information, head to www.foodfromhome.org

