

What you will need:

Seeds
Soil
Water
Trowel
Plant tags



What seeds need:

L Light
A Air
W Water
N Nutrients
S Space

VISIT US ONLINE FOR MORE RESOURCES, RECIPES, & VIDEOS

<https://growforit.ces.ncsu.edu/growforit-resources/>



GROW FOOD FROM SEEDS!



[Facebook.com/NCSUstepstohealth](https://www.facebook.com/NCSUstepstohealth)

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NC STATE
EXTENSION





SOW IT



SEE IT

MAKE A GARDEN PLAN

Find a sunny place to plant your garden.
Seeds need room to grow!

Some people build raised beds, some people plant directly into the soil, and some use containers. Figure out which will work for you!

Use a planting calendar to determine when to plant your seeds. Some plants grow well in cooler temperatures, some plants grow well in warmer temperatures.



GROW IT

WATCH YOUR SEEDS GROW

Plants love plenty of attention while they're growing, so make sure you weed and water your new plants!

Each plant takes a different amount of time to grow to a food you can harvest and eat.

Check out the Steps to Health online for all sorts of tasty recipes with the foods you've grown! Congratulations on growing your own food!



PLANTING YOUR SEEDS

Take a look at the back of your seed packet to see how much space each seed needs.

The packet will also tell you how deep to plant your seeds. Usually, a seed likes to be planted two times the width of the seed.

Make sure you label your plants!

