#### How to Grow Food in Small Spaces







Presented by Portia Bellamy of GrowFlo

#### About Me



- Bachelors of Science in Molecular Biology
- 15 years of gardening experience and community service
- Founder/Owner of GrowFlo

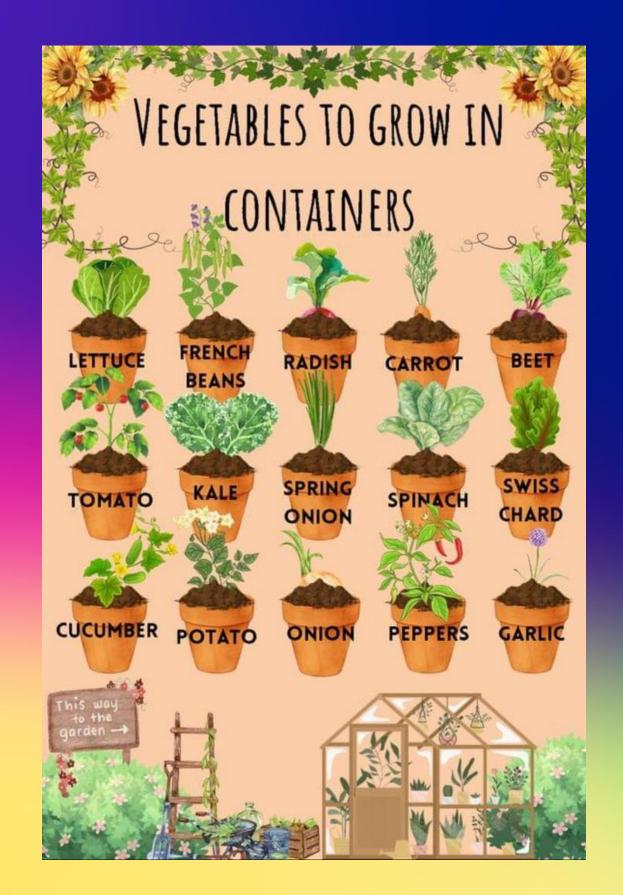
#### Why Grow Food in Small Spaces?



- Limited Space
  - Apartments
  - Townhomes
- Small Family
- Determining your capacity
  - Grow zone
  - Plant compatibility
  - Planting options for growing food

#### Choose the Right Plants

- Grow according to your grow zone
- Compact or dwarf varieties of fruits and vegetables:
  - cherry tomatoes
  - peppers
  - herbs
- Incorporate perennial fruit trees
  - blueberries
  - peach



## Container Gardening

- Grow your plants in containers
  - o pots
  - hanging baskets
  - window boxes
- Repurpose items like buckets or old dresser drawers for growing







## Vertical Space

- Vertical gardening can maximize space and increase yield
- Utilize walls, fences, or trellises to grow climbing plants like beans, peas, cucumbers, or strawberries





# Companion Planting

- Growing different types of plants together which are beneficial to each other.
  - Basil near tomatoes can help repel pests and improve the tomatoes' flavor
  - Garlic near cabbage can repel aphids and white flies



# Gardening Maintenance

- · Regular m.M.a.intenangeen includes:
  - watering regularly
  - fertilizing as needed
  - monitoring for pests and diseases
- With proper care and attention, you can enjoy a bountiful harvest from your small space garden

## Planning

- Select your seeds and starter plant varieties
- Choosing proper soil types and quantities
- Determine the number of containers needed and space available
- you can grow a variety of fresh produce even in the smallest of spaces.

## FAQ

- 1. What types of plants can grow in containers?
- 2. How much sunlight do I need to grow food?
- 3. What size pots should I grow in?
- 4. What type of fertilizers should I use?
- 5. Can I grow fruit trees in a grow bag?



Happy Gardening!







