

GROW YOUR OWN: PLANTS & PLANTING

REVIEW

Can you remember from last lesson, what do plants need to grow well?

P _____ **L** _____ **A** _____
N _____ **T** _____ **S** _____

SEEDS OR SEEDLINGS?

You can start growing plants from seeds or cuttings or buy seedlings:

- Seeds - use seeds suited to Hawaii conditions e.g. from University of Hawaii (see website below)
- Seedlings - available at many garden centers, large retail and home improvement stores

DID YOU KNOW?

Seeds & seedlings can be bought with Food Stamps.

Visit this website to see a list of seeds available from the CTAHR Seed Lab: <http://www.ctahr.hawaii.edu/seed>

CHOOSING YOUR SEEDS OR SEEDLINGS

You can grow your plants from seeds or seedlings. Some plants grow better from seeds, others are more suited to transplanting and can be bought as seedlings. Others do better when first grown in a small pot or tray then transplanted into a bigger container later.



1. SEEDS

Parsley
Lettuce
Choi sum
Chinese parsley

2. SEEDLINGS

Green onion
Chili Pepper

3. CUTTINGS

Mint
Thyme
Oregano

SEEDLING: A young plant that is grown from a seed

TRANSPLANTING: To uproot and replant (a growing plant)

CUTTING: A plant section originating from stem, leaf, or root and capable of developing into a new plant



GROW YOUR OWN: PLANTS & PLANTING

SEEDS, SEEDLINGS AND CUTTINGS

1. Seeds can be planted in a baking pan, plastic tray, toilet roll tube, yogurt pot, egg tray or even a cardboard milk carton.
2. Seedlings may be purchased from local stores or nurseries or can be grown at home.
3. Cuttings can be taken from healthy, mature plants



CHOOSING SEEDLINGS AT THE STORE

Choose plants that are healthy, medium-size, have a deep green color and are free of diseases and pests. Do not buy diseased plants that look yellow or wilted. The best vegetable transplants are not necessarily the tallest and largest plants.

TRANSPLANTING

Most vegetables should be transplanted into containers or the ground when they develop their first two to three 'true' leaves.

Transplant on a shady day, in late afternoon or the early evening to help prevent wilting. It helps to water the plants several hours before transplanting.

Transplanting should be done carefully to avoid injuring the young root system. Handle small seedlings by their leaves, not their delicate stems.

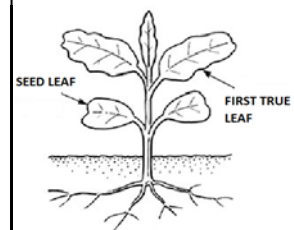
To transplant, carefully dig up the small plants with a knife.

Make a hole in the soil where the seedling will be planted. Make it the same depth as the seedling was growing in the seed container. For seedlings bunched together, let the group of seedlings fall apart and pick out individual plants. Avoid tearing roots in the process.

After planting, press the soil firmly around the roots of transplants and water gently. Keep the newly transplanted seedlings in the shade for a few days.

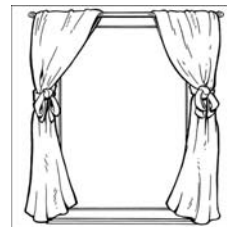
Answers from page 1: P - place, L - light/sunlight, A - air, N - nutrients (food), T - thirsty (water), S - soil

TRUE LEAF
The second set of leaves produced by a new seedling. The leaves look like the 'normal' leaves of that plant.



GROW YOUR OWN: PLANTS & PLANTING

Start small, don't be too ambitious.
Be successful with your first windowsill garden.
You can always expand later.



GROWING INDOORS

Vegetable gardening indoors has most of the same requirements as an outdoor garden ('PLANTS').

Place the plants in your sunniest window (preferably one facing south or east, where trees and buildings don't obstruct the light). Most plants need at least 5 to 6 hours of sunshine a day. Give plants a quarter-turn weekly to expose all sides to the sun. A kitchen windowsill keeps the plants within easy reach when cooking.

WHAT TO GROW?

For vegetables plant leaf lettuce, green onions or chives, and chili pepper.

The best herbs for window-sill gardens are those that stay dense and compact. Herbs will grow well in smaller 4-6" containers that fit nicely on a sill.

- Parsley (Italian or regular) grows well indoors.
- Chinese parsley (cilantro) will also do well on window sills.
- Oregano and thyme are also great options.
- Mint is also perfect, and comes in a wide range of flavors.



WATERING

Plants need just enough water so the soil stays slightly damp. Stick your finger in the soil and if it comes out dry, water your plants; if it is damp or wet don't.

- Small pots also tend to dry out more quickly than larger ones.
- Too much water can result in fungus disease.

TIME YOUR PLANTING

For the leafy greens (e.g. lettuce, choy sum) and green onions, planting one container every two weeks will provide you with a continuous supply of vegetables instead of everything suddenly being ready at the same time.

Sow a few seeds of leaf lettuce each week and harvest leaves often while they are still young and tender.



PLANTS AND PLANTING

PLANTING IN THE GARDEN OR CONTAINER

You don't have to plant everything at once. Think about the things you like to eat, and how often you eat them. You can then plan a planting calendar.

Here's an example of a planting calendar:

WEEK 1	<i>Lettuce</i>	<i>Green Onions</i>	<i>Parsley</i>	<i>Chinese parsley</i>	<i>Basil</i>
WEEK 2	<i>Choy sum</i>	<i>Mint</i>	-	-	-
WEEK 3	<i>Lettuce</i>	<i>Green onions</i>	-	-	-
WEEK 4	<i>Choy sum</i>	<i>Chives</i>	-	-	-

On the next page you can fill out your own planting calendar based on the space you have available at home.

By next lesson on _____ I will plant _____ in my garden/container

HANDY HINTS

RECYCLING POTTING MIX

- replace about $\frac{1}{3}$ of the mix each year
- recycle old potting mix by dumping it in a compost pile
- if you have many diseased plants, sterilize the mixture first

LĀNAI GROWING

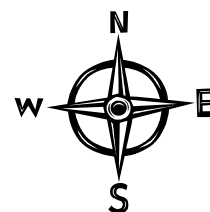
Use large trays or saucers under containers to stop water draining down onto your neighbor's lanai.

COOPERATIVE EXTENSION SERVICE UNIVERSITY OF HAWAII AT MANOA COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES 1955 EAST-WEST ROAD, AGRICULTURAL SCIENCE 306, HONOLULU, HAWAII 96822 The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity, affirmative action institution.

PLANTING ON YOUR *LĀNAI*

WHICH WAY ARE YOU FACING?

The direction your *lānai* is facing makes a difference to your growing environment. **S**outh and **W**est - facing *lānai* are more affected by the sun's heat and drying influence. **N**orth and **E**ast facing *lānai* are affected by the drying effect of the trade winds.



LIGHT



Turn the pots about a quarter turn once a week to expose all parts of the plant to maximum light. To make it easier to turn your containers, dollies or platforms with wheels or casters can be used. This is especially useful so your plants can be moved to avoid destruction from particularly nasty weather.

WATERING

Water whenever the soil surface is dry - not just on a schedule. Because the amount of soil in the container is relatively small, containers can dry out very quickly, especially in full sun. Watering once or twice a day may be necessary. Apply water until it runs out the drainage holes. However, too much water is also not good. Don't let more than an inch of water stand in the drainage saucer.



FERTILIZER

Fertilize regularly. If you use a soil mix with fertilizer added, then your plants will have enough nutrients for 8 to 10 weeks. If plants are grown longer than this, add a water-soluble fertilizer at the recommended rate.

RESPECT YOUR NEIGHBORS

Prevent water running off onto the *lānai* below or onto the parking deck, and watch out for branches that overreach your space and shed leaves onto your neighbor's *lānai*. Know the rules for your building, especially the amount of weight the *lānai* can hold.

Visit this website for more information on planting on your *lānai*
<http://www.ctahr.hawaii.edu/oc/freepubs/pdf/HG-43.pdf>