

# GARDENING

## IN SMALL SPACES

### Why Garden?

Relieve stress and reduce feelings of anxiety and depression



Get more physical activity



Eat more vegetables and fruit

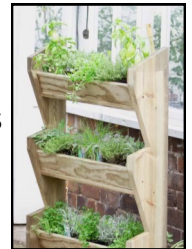


Enhance learning in multiple school subjects



### Tips for gardening in small spaces

**Find a spot**—rent a community garden plot; share space in a family/friend/neighbour's yard; swap out grass for garden; use boxes and containers inside, on a balcony, or in the yard.



**Choose plants that will fit in the space you have**—check the seed package to learn about proper spacing.

**Make sure there is enough light**—Indoors: by a sunny window, or with grow lights. Outdoors: different plants do well in different light. Monitor how many hours of sunlight your spot gets and compare that to your plant's needs as listed on the package.

**Save on space by square foot gardening and planting 'up'** on shelves, steps, or trellis; in hanging containers on a fence, wall, railing or post.



**Add compost** to your plant's soil to help keep them healthy in any sized space.

**Water regularly**—poke your finger in the soil, if it feels dry close to the roots, it's time to water.

Written by the Public Health Nutritionists of Saskatchewan (2020)

Distributed by: Chelsea Brown, RD | Regina Area | 306-766-7157 | [Chelsea.brown@saskhealthauthority.ca](mailto:Chelsea.brown@saskhealthauthority.ca)



[saskhealthauthority.ca](http://saskhealthauthority.ca)

### Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.