

Indoor Gardening Herbs and Vegetables Pocket Guide

Grow delicious herbs and vegetables year-round in your indoor garden. A freshly harvested tomato will add some extra zing to your salads, and a sprig of fresh mint is the perfect addition to any cocktail. Print out this handy pocket guide from 1st Lake Properties for easy reference.

Since 1970, 1st Lake Properties has designed, developed and managed over 9,500 apartment units in the New Orleans area. 1st Lake has become synonymous with premier apartment living in the Gulf South.



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VEGETABLE

Tomatoes



"Window-sill" tomatoes are smaller than outdoor varieties, but they taste delicious! These do well in 6-inch pots filled with good potting soil. Fertilize regularly but lightly. Water thoroughly, but not too frequently.

- Direct sunlight
- Soil mix kept moist
- 75°-85°

VEGETABLE

Green Onions



Green onions, aka scallions, can be easily grown by placing their roots in a glass of water in front of a sunny window. Cut off the tops for cooking; green onions are full of vitamins A and C, iron, calcium and fiber.

- Direct sunlight
- Fertilizer mix or water alone
- 68°-77°

VEGETABLE

Radishes

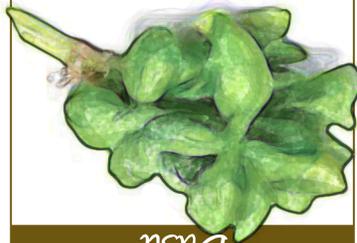


Radishes love sunlight, cool soil and lots of moisture with good drainage. Small radish varieties grow best indoors; they need plenty of room for their roots to grow. Daikon radishes should stick to outdoor gardens.

- Direct sunlight
- Loose, well-drained soil
- 50°-75°

HERB

Basil



Basil is easy to care for and likes lots of sunlight and warmth. When growing basil indoors, use organic fertilizer. Pots should have good drainage and pH levels should stay between 6.0 and 7.5.

- Lots of light
- Rich, well drained soil
- 55°-70°

HERB

Mint



Mint is an easy plant to grow indoors, whether in soil or in a bottle of water. Mint plants should be kept moist but not too wet. Rotate mint plants every 3-4 days, as they bend towards the sunlight.

- Indirect light
- Potting mix
- 55°-70°

HERB

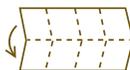
Rosemary



Gradually wean rosemary off of sunlight outdoors first, then keep it inside near your brightest window. Only water when the top of the soil is dry to the touch and never let it dry out completely.

- Bright light or fluorescent
- Light, fast draining soil
- 50°-80°

1. Cut along outer black line.



2. Fold in half lengthwise



3. Fold along each dotted line



4. Fold cover closed. Place wallet for quick reference



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