**A Beginner's Guide to Gardening in the City**

**Getting Started**
- You don't need a giant yard to start gardening, if you have access to a roof, a window box, or even a sunny windowsill, you can start growing.
- You can either grow plants from seeds or seedlings which are very young plants. Either of these can be found at hardware stores or plant nurseries.
- What you need:
  - A container for planting
  - Soil
  - Seeds or seedlings
  - Some form of watering can

**What Can I Grow?**
- **Fruits & Vegetables:** you can grow many of your favorite fruits & vegetables with just a little bit of practice.
  - Herbs: a great option if you want to grow something inside.
  - Flowers: there are countless options to add color to your space.
  - Native Plants: growing plants native to NYC is an easy way to support local species.

**Fruits & Vegetables**
- Great plants for beginners:
  - Cherry tomatoes
  - They do well in direct sunlight & continue producing tomatoes throughout the spring & summer.
  - Bell peppers
  - Can be grown in the same conditions as tomatoes.
  - Strawberries
  - Easy to grow & can thrive in a variety of climates.
  - Lettuce
  - Grows quickly & can be ready to harvest after just a few weeks.

**Gardening Inside**
- Even if you don't have an outdoor space, there are many plants that you can easily grow inside.
  - Herbs
    - Basil
    - Mint
    - Thyme
    - Rosemary
  - Flowers
    - Jasmine
    - African Violet
    - Cape Primrose

**Native Plants**
- Many plants that are native to the NYC area can be grown in small spaces.
  - Bird’s Foot Violet
    - grows up to 6 inches & has small purple flowers.
  - Wild Columbine
    - has unique red & yellow flowers.
  - Round Lobed Hepatica
    - grows up to 6 inches & can grow in the shade.
- You can find more information on the NYC parks department website.

**Flowers**
- Good plants for a beginners garden:
  - Zinnias
    - One of the easiest flowers to grow & they range in size & color so you can pick the best variety for your garden.
  - Marigolds
    - They grow quickly & attract many beneficial insects.
  - Nasturtiums
    - They have colorful orange & yellow flowers & edible leaves with a unique peppery taste.
  - Lavender
    - Very resilient & doesn't require much water.

**Tips & Tricks**
- When it is hot & sunny you will need to water your plants more frequently.
- Many plants start to get droopy when they need to be watered so be sure to watch for the signs that your plants are giving you.
- Grow What makes you happy! You will be a lot more motivated to take care of your garden if you are growing your favorite flower or berry.
- Don’t be afraid to look things up! You might not always have all of the answers when it comes to your plants, but you can usually find them in books or on the internet.