



Getting the Most Bang for your Buck Through Gardening!

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Capital Area Food Bank
Agency Achievement Academy



Together we can solve hunger



Agenda

- Save money on gardening resources
- Determine what to grow
- Maximize the **IMPACT** of your garden



How to Save



Save On: Soil ~ Materials ~ People ~ Plants



Save on Soil

Sources of Nutrient Rich Garden Soil

- How much?
- Free manure
- Free leaf compost
- Topsoil
- Buying in bulk
- Compost - make your own!





Save on Soil

Why?

- Improves soil health/ garden productivity
- Save money on fertilizer
- Reduces waste in landfill

How?

- 50/50 mix of “browns” & “greens”
- Give it moisture
- Give it oxygen
- Give it time





Save on Materials

Raised Beds

- Untreated wood
- Cinder blocks
- Used bricks or stones
- Logs
- Heaped beds
- Get creative!



Save on Materials



Container Garden

- 5 gallon bucket
- Old boot
- Plastic salad mix container
- Milk & juice containers
- Fabric grocery bag
- Child's play pool



Save on Plants

Grow from Seed

- Cheaper than seedlings – or free!
- Some plants must be started indoors
- You need
 - A fluorescent light
 - Some way to suspend it
 - Growing medium and tray
 - Optional: heating pad, capillary mat



Save on Plants



Buy Seedlings

- Farms and Farmers' Markets
- Local plant sales, nurseries, co-ops
- Perennials
- Friends
 - Extras
 - Cuttings
- Plant Swaps



Home Grown vs. Store Bought

4'x8' Tomato Garden

Lumber	\$35
Soil	\$60
Seedlings	\$32
Cages	\$32
Misc. Supplies	\$15



\$174 for 100+ lbs
of tomatoes =

\$1.74 per lb

Farmer's market tomato = \$3.99/lb

Total savings of \$225!



Choose What to Grow

- What do you REALLY EAT?
- Cost
- Organic vs. Conventional:
 - The Dirty Dozen
 - The Clean Fifteen
- Space requirements
 - Vining plants, especially the squash family will SPREAD.
 - Tomato plants are tall, large, and deep-rooted.
 - Lettuce is small and shallow rooted.
 - Carrots grow down but not out.





What to Grow Worksheet

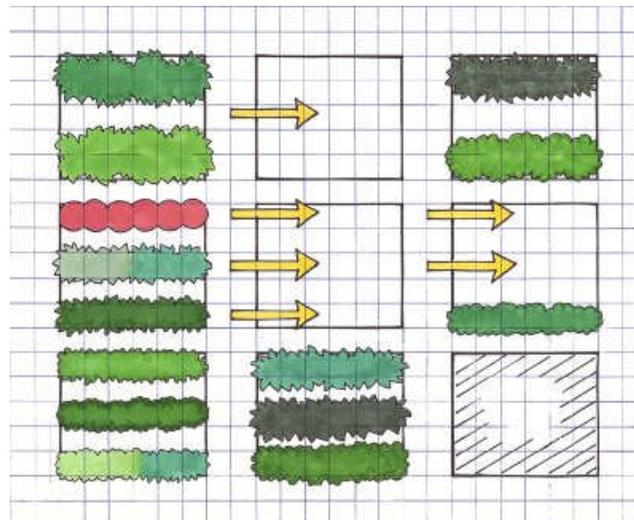
I WANT TO GROW	EAT A LOT!	COSTLY	DIRTY DOZEN	SPACE EFFICIENT
TOMATOES	X	\$		
CUCUMBERS	X	\$		
SPINACH			X	X
CHERRY TOMATOES	X	\$		
GARLIC	X			X
COLLARDS	X		X	X
PEPPERS	X	\$	X	X
HOT PEPPERS		\$		X
ZUCHINNI	X			



Maximize the Impact

Make the most of your garden!

- Use your space
- Succession Planting
- Harvest on time!





Maximize the Impact

Season Extension





Maximize the Impact



Preserving the Harvest

- Storage
- Freezing
- Canning and Pickling
- Drying





Questions?