

# Beginners Guide to Vegetable Gardening

Growing a vegetable garden is a great way to bring fresh, nutritious vegetables to your kitchen. Vegetable gardening is also a great way to save money, maintain a healthy weight, and boost your mood.

## What you will need:

- Soil (preferably one labelled nutrient-dense)
- Garden Rake
- Garden Hoe
- Garden Shovel
- Garden Trowel
- Gloves
- Water Source

## Pick the Right Location

- Before starting your first garden, watch how the sun moves across your backyard. Most veggies need about 6 hours of sunlight each day, so choose an open area.
- Once you have a site picked out measure it so you can get a better estimate of how many plants and seeds you will need.
- Check to see if there is a water source nearby such as a garden hose or sprinkler.
- Make sure your site has good drainage. You can test this by checking if it floods or dries after a big rainfall.

## It's Now Time to Prepare Your Soil:

- Use a shovel to dig and loosen the soil and break up any large chunks of dirt.
- Rake your entire garden area and remove any grass, weeds, and roots.
- Use a gardening hoe and mix in some fresh garden soil to the area (about a 2-inch layer).

## Choose Vegetables for Your Garden:

First decide if you want to use seeds or plants. Seeds are the cheaper option, and you can sow them indoors 6-8 weeks before the start of the season (before the last frost). Some of the easiest vegetables to grow are radishes, cucumbers, cherry tomatoes, kale, zucchini, and beets. Choose to grow vegetables that you know you and your family will enjoy.

## It's Time to Plant!

Use a garden trowel to make holes for your plants, making each hole two to three times deeper and wider than the container the plant is in. Space the plants at least 2 feet apart.



For more information visit:  
[WWW.MAGNAWELLNESS.CA](http://WWW.MAGNAWELLNESS.CA)

**GOOD** for you  
Health and Wellness  
for Magna Employees

**MAGNA**