

HEALTHY CONTAINER VEGETABLE & HERB GARDENS

healthy soil is the foundation to a healthy garden



Use Dr Earth Natural & Organic Fertilizers that are OMRI certified & Non-GMO, or a similar high quality organic fertilizer for the best results in your raised bed garden.



Be sure to invest in high quality organic planting media, such as Dr. Earth's premium natural and organic vegetable garden or all-purpose soil mix.

ITEM Size/Gal	SIZE W x H	VOLUME CF of Soil
1	7" x 6"	0.134
2	8" x 7"	0.204
3	10" x 7.5"	0.341
5	12" x 9.5"	0.622
7	14" x 9.5"	0.846
10	16" x 11.5"	1.338
15	18" x 13.5"	1.988
20	20" x 15.5"	2.818
25	21" x 15.5"	3.107
30	24" x 15.5"	4.058
45	27" x 18"	5.964
65	32" x 18"	8.387
100	38" x 20"	13.126
150	45" x 22"	20.249
200	50" x 24"	27.271
300	60" x 24"	39.270
400	70" x 24"	53.450
500	78" x 24"	66.366
600	86" x 24"	80.678

How much soil do you need to start a container Veggie & Herb garden?

A 1.5 Cubic Foot Bag of Soil Will Fill:

12-14	One Gallon Potting Containers
6-7	Two Gallon Potting Container
3	Five Gallon Potting Containers
1	Fifteen Gallon Potting Containers

Container Gardening is easy to do in an endless variety of containers. Ideas? Wine barrels, fabric pots, plastic pots, milk crates with a liner, slice open a bag of soil and plant directly in the soil, a baby pool that's no longer being used. Use your imagination, it'll work. For larger areas fabric pots are available in a variety of sizes, now available from Smart Pots.



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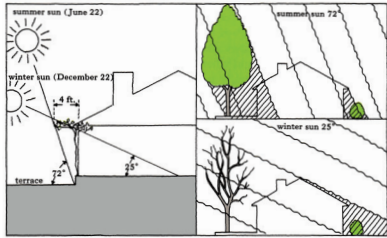
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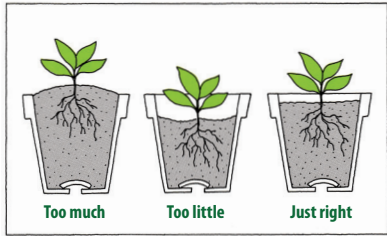
SUCCESS TIPS FOR HEALTHY CONTAINER GARDENS

SUMMER SHADE AND WINTER SUN



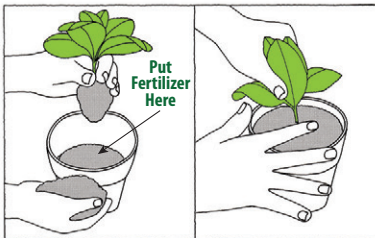
Carefully considering where the sun rises and sets around your containers ensures a successful garden environment for the plants you choose. Walk around your and observe obstacles to sun exposure.

HOW MUCH SOIL TO PUT IN A POT



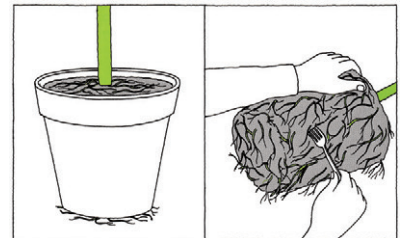
Use potting soils in pots. They retain moisture better and are designed to drain properly. Too much soil can develop a fungal disease. Too little soil can burn root tops, stunting plant growth. Good drainage is important.

POTTING AND FEEDING A PLANT



Fill pot with soil as high as the bottom of the root ball. Add fertilizer. Mix well. Transplant. Add more soil to fill to 1" below the top of pot.

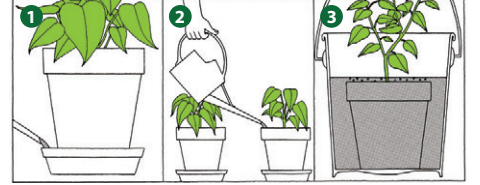
REMOVE TRANSPLANT AND LOOSE SOIL



Hold pot firmly. Remove plant by the base carefully. Scrape away loose soil to allow the roots to expand quickly into new, fresh and fertile soil.

3 WAYS TO WATER CONTAINERS

1. Watering the bottom allows soil to draw up through the drainage hole.
2. Top watering with a can allows you to reach in without wetting leaves.
3. To hydrate a very dry plant, soak it in a bucket of water for one hour.



FREE GIFT!

100 Organic Plants You Can Grow & Eat For Health and Well-Being

Helping you to understand the nutritional quality and health benefits of the top 100 most common fruits, vegetables and herbs with tips on how to grow and care for your organic plants. Included with many of our plants are recipes for healthy eating.

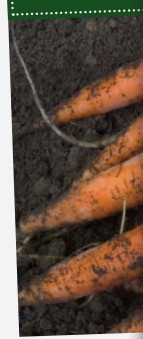
- ♥ **Health Power**
- ↑ **Vitamin & Mineral Content**
- + **Disease Prevention**
- 🌱 **How to Grow**
- 🚫 **Insect Control**
- ✓ **Tips**

Each page takes you through a plants benefits, care and tips for growing and includes a recipe to try out. Just click on the link on the lower left of this page to access this invaluable information for free or go to <https://drearth.com/magazines/gardening-guides/>.

GROW IT EAT IT LOVE IT

COMMON EDIBLE PLANTS

Carrot



Health Power

Many health benefits. Great source of beta-carotene contents. Help insulin resistance, a common cause of adjusting to changing brightness and reduces risk of emphysema from

Vitamin and Mineral Content

Vitamins - A, K, C, B6 (Pyridoxine), Potassium, Manganese, Magnesium

Disease Prevention

One daily serving of carrots or 100g of carrots provides 100% of the daily recommended intake of beta-carotene from carrots. Beta-carotene helps produce chemical antioxidants that help fight free radicals. High levels of carotenoids with flavonoids help reduce the risk of postmenopausal breast, bladder, lung, and prostate cancer. Carotenoids in carrots may also help reduce the risk of heart disease since supplementation of only one

How to Grow

Easy to grow with quality soil. Plant in less dense, finer soil. No matter to grow well. (Fresh and atypical tastes.) Lacking light types will grow in shallow soil

COMMON EDIBLE PLANTS

Tomato

Health Power

A great supporter of overall health. Tomatoes have a lot of vitamins C and A, plus beta-carotene and the pigment lycopene, all super antioxidants that help prevent cell damage by free radical oxygen molecules. These phytonutrients work in synergy with other vitamins and minerals in tomatoes to promote heart and bone health and protect against inflammation and a number of cancers. (The cardiovascular benefits come from helping to regulate blood pressure and reduce damage to blood vessels from oxidative stress, plaque buildup and elevated homocysteine levels.) Regularly eating tomatoes can lower cholesterol levels, promote proper fetal development and regulate blood sugar. The vitamins help make use of the energy in food.

Vitamin and Mineral Content

Vitamins - C, A, K, B1 (Thiamin), B6 (Pyridoxine), B9 (Folate), B3 (Niacin), B2 (Riboflavin), B5 (Pantoic Acid) and E
Minerals - Molybdenum, Potassium, Manganese, Chromium, Copper, Magnesium, Iron and Phosphorus

Disease Prevention

Tomatoes reduce the risk of cardiovascular disease, rheumatoid and osteoarthritis and asthma. They also help prevent cataracts and lower the risk of prostate, breast, lung, stomach, pancreatic, colon, rectal and endometrial cancers.

How to Grow

Plant in full sun, amend the soil well with a good compost or planting mix. They prefer a pH of 6. Tomatoes grow and produce best outdoors. They can also grow in containers (minimum 15 gallons of potting soil) but not to their full potential. More soil volume is best. Start from seed indoors 6 weeks before the last frost, or buy transplants from a local nursery. Plant seedlings or transplants in space at least 2 feet square. Keep the fruit from drooping onto the ground by growing the upright varieties against canes or wire cages. Pinch out the tops after they make 3-4 groups of fruits. For bush varieties, cover the soil underneath the plants (using bark or similar) so fruits develop off the ground. They are heavy feeders and can take copious amounts of fertilizer. Keep plants moist but not sopping wet to avoid fungal diseases.

Insect Control

Tomatoes are susceptible to tomato hornworm. Spray foliage with Bt (*Bacillus thuringiensis*) for natural control. You can also remove worms by hand early in the morning. Worms are usually on top of the foliage and are easy to remove and discard. As a general measure, you can spray with a botanical insecticide-fungicide for natural control of most insect pests and diseases, such as early blight, gray leaf spot, late blight, Septoria leaf spot, Southern blight and verticillium wilt.

Tips

Pick or buy tomatoes fully ripe, the redder the better. Ripe tomatoes may have 4 times more beta-carotene than green, immature ones. This makes backyard tomatoes the best. You know they were not picked green and shipped to ripen weeks later.



RECIPE CARD

Shrimp Stuffed Tomatoes

INGREDIENTS

2 cups cooked rice
4 large tomatoes
1 teaspoon olive oil
1 cup chopped onion
1 garlic clove, minced
1/2 cup crumbled feta cheese
2 tablespoons chopped fresh oregano
1 tablespoon fresh squeezed lemon juice
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 pound medium shrimp, peeled and deveined
1/2 cup hot water

INSTRUCTIONS

- Put rice in a large bowl; set aside. Preheat oven to 350°.
- Cut tops off tomatoes and set aside. Carefully scoop out tomato pulp. Save 1/2 cup pulp. Discard remaining pulp.
- Heat oil in a medium nonstick skillet over medium-high heat. Add onion; sauté 3 minutes. Add garlic; sauté 1 minute. Add reserved 1/2 cup tomato pulp; cook until liquid evaporates. Add onion mixture, cheese, and next 3 ingredients (cheese through shrimp) to 2 cups rice.
- Place hollowed out tomatoes in an 8-inch square baking dish. Divide rice mixture evenly among hollowed out tomatoes; replace tomato tops. Add hot water to baking dish. Bake at 350° for 40 minutes. Serve warm.



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