



SUSTAINABILITY

*Learn to live
lightly by
focussing on
Sustainability
and knowing
more about your
place*

Activity overview

Convert a foam
box into a
portable
vegetable patch

Equipment required

Foam box
Trowel
Soil
Compost
Mulch
Seedlings
Water
Shade

Time required

2 hours

GROW VEGETABLES IN A FOAM BOX

WHY: A great way to reuse everyday rubbish in a useful way to grow plants for food.

Instructions:

1. Make six holes in the base of the box, three on each side. These provide drainage.
2. Fill the box with potting mix or soil. Mix in some homemade compost or aged cow manure to provide extra nourishment for your vegetables.
3. Elevate the boxes slightly by placing them on bricks to help them drain. Select a spot for your vegie boxes with morning sun and afternoon shade. Now you're ready to plant.
4. For fast results, use some advanced lettuce or other seedlings. If you're willing to wait a bit longer you can plant some seeds, just a few at a time. Reseal the seed packet and keep it in a cool dry place so you can gradually plant the remaining seeds.



Picture:

<https://www.homestolove.com.au/how-to-grow-vegetables-in-a-foam-box-9457>

Less is more. The key to success is not to over-plant. If you want more produce, start more boxes, but plant gradually so there are always some crops coming on.

Water in new seedlings then spread some mulch around them. This helps keep the roots cool and moist. Spread the mulch loosely so that water can still penetrate easily.

This information is not for sale. It is for educational purposes only.

Contact us: Breathing_Space@maroonoec.eq.edu.au



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GROW VEGETABLES IN A FOAM BOX

Best vegetables to grow in pots

- Tomatoes
- Lettuce
- Kale
- Asian greens
- Chillies
- Herbs
- Strawberries
- Peas and beans
- Silverbeet
- Capsicums
- Zucchini



Picture:

<https://www.gardeningknowhow.com/special/containers/planting-in-styrofoam-containers.htm>

Most vegetables and herbs will grow well in pots. Avoid root vegetables that require plenty of room and opt for climbing plants, like beans, peas, cucumbers, and vegetables that grow above ground, such as kale, spinach and tomatoes, instead.

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