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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Container Gardens**

**By Jena Luthovski**

Container gardens may be more nominal than in-ground plantings, but they usually recompense

creative design and a broadminded willingness to change. With container gardens, you can experiment freely with combinations as well as new plants, considering that you can simply redecorate these planters the following season. It's not prudent to use garden soil if it drains badly or is infertile. You can surmount locations of shade and add pizzazz with perked up dark corners simply by adding vibrant flowers in containers.

You are even able to cultivate plants that would not see the light of day in your garden otherwise. Limited space can be used more resourcefully or even divided in large areas of landscape with the use of containers. Moreover, it's crucial to keep enveloping plants under control because they may overrun a garden.

It is important to keep plants clean and neat through regular sprucing. This not only brightens the look of plants, but reduces the evasion of insects and disease problems. Remove all depleted flowers, dying leaves and dead branches. Leaves should be dust-free by rinsing the plants with warm water and gentle authentic soap – shun detergent because it can create damage to leaves and buds. Cover the container to stop soap from getting into the soil. If tips of leaves become brown and dry, prune them off neatly with sharp scissors.

Humidity can be increased by setting plants on trays which are lined with a mixture of pebbles and filled with warm water to approximately one half inch of the container base. Keep a pot of water on the stove, mainly if you heat with wood.

Training entails many minor care activities that discriminates the beginner from the seasoned indoor plant gardener. For example, pinching is the removal of at least one inch of the stem tip and leaf growth to rouse new growth just below the tip and further lateral branching. Pinching can be a constant or one-time activity, depending on the needs of the plant owner. Frequent pinching will keep a plant condensed, but properly filled-out.

## Container Gardens

Container gardens are the perfect place to have fun and experiment. Use whatever plants you want. Mix in perennials, shrubs, trees, houseplants, vegetables and herbs. Include garden art in your containers or groupings, as you place containers anywhere there's an open space; this includes the front steps, on the deck, in holes in the flower border or create borders and screens with container bamboo or evergreen. If you don't like what you've created, you can disassemble it and begin again.

This type of gardening is quite enjoyable because it allows the chance to rearrange or alter containers and the plants in them in a short amount of time. You can group different plants with similar light and wetness requirements, pay critical attention to the gentleness of the plants you choose and water them habitually during the summer months, considering the intense heat and humidity.

Jena Luthowski writes about

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### **Growing Vegetables in Containers – The compact solution**

**By Judy Williams**

#### **Growing Vegetables in Containers – The compact solution by Judy Williams**

Container vegetable gardens are a great alternative for those that don't have access to backyards. There can be a range of reasons to grow your vegetables in containers...easy access to the kitchen, safer environments for children and the handicapped or just lack of a yard to use for gardening.

Vegetable gardens in containers can also be extremely attractive and serve the dual purpose of style and function around your patio.

The no dig vegetable garden can be just as successful in containers provided similar guidelines are followed.

Drainage is vital so ensure your containers have appropriate drainage holes to allow water to escape. If they don't, the plants will literally 'drown' and will be susceptible to diseases. They also need a sunny space. The advantage with vegetables grown in containers is that you can move the containers around to follow the sun if no one spot in your patio or garden is suitable.

Vegetables grown in containers will need some additional attention. Their root system is restricted to

## Container Gardens

the pot so make sure you keep them well watered. Containers are far more likely to dry out in hot conditions which will kill your plants or have them 'fruit' poorly.

It is also very important that a mulch is put on top of the container. This will slow evaporation and keep the surface temperature of the soil cooler. Plants like tomatoes have small, fibrous roots which will dry and die in hot soil.

Container vegetables may need some additional fertilising due to the extra watering. Nutrients will be washed away quicker in a container than in the ground. A diluted water soluble fertiliser is the best option to use regularly with vegetables.

There have been many varieties of vegetables that have been bred to grow in containers. They are generally referred to a 'dwarf' varieties for obvious reasons. A list of suggested varieties and container sizes may help with your selection. Check with your seed supplier on the varieties they recommend.

Having said that, there are many vegetable varieties that will do very well in containers. Tomatoes, lettuce, beets, carrots, cabbage, peas, beans, capsicums and peppers are all good choices. Cucumbers, cauliflower and broccoli will also do well as will virtually all herbs.

Crops like potatoes, corn, pumpkins and vine fruits generally need more room than a container can provide. But the size of your containers and the varieties available to you will dictate what you grow. As with most gardening, trial and error is your best education.

Judy Williams ([www.no-dig-vegetablegarden.com](http://www.no-dig-vegetablegarden.com)) is an avid organic gardener. No Dig Vegetable Gardens represents a clean, green way to grow your own food. The site covers all aspects of growing, cooking and preserving your harvest.

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