

CHICAGO GROWS FOOD GROW YOUR GROCERIES GROW KIT EDUCATOR INFO



SUMMARY

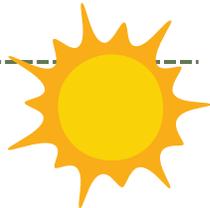
Chicago Grows Food launched the Grow Your Groceries Grow Kit program in 2020, providing grow bags, soil, seeds, and educational support in classrooms.



Why:

- Soil is contaminated in a lot of Chicago
- Grow bags are simple to start & move
- Can be used inside or outside
- Ease of bringing food home, helping build relationships with where our food comes from

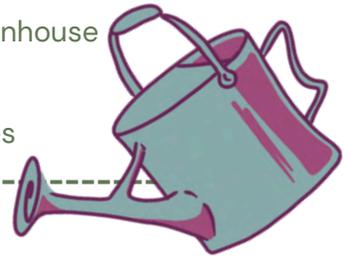
SUNLIGHT



- Different plants have different sunlight requirements, so it's important to understand what type of sunlight you get in the area where you want to grow food.
- Check the back of your seed packets or research online to learn about the type of sunlight your plants need. Look at the table below for definitions of the different types of sunlight. One benefit of fabric grow bags and containers is that you can easily move them around your growing space to help them get the sunlight they need.
- We recommend assessing the sunlight in your potential growing spaces (activity in booklet). If possible, assess the sunlight on the same day or the next day after receiving your grow kit. While you're assessing the sunlight, you can place your plant on a sunny windowsill inside or in a mostly shaded area outside.

USING THE KIT

1. Pour soil into bag
2. Plant seeds based on seed packet (you will likely have more seeds than you need)
3. Put on a plate if using indoors
4. Can use plastic bag as mini greenhouse (visit our website to see how)
5. Water often
6. QR code below links to resources



WATERING

Check your seed packets or research online to learn how much water your plants need. Fabric grow bags and containers dry out more quickly than raised beds.

Watering best practices

- Water is a finite resource which means that we could run out of it some day. Because of this, it's important that we conserve or use as little water as we can when watering our plants.
- Water your plants each morning before it gets too hot or be sure to get into a daily routine.
- Before watering, feel the soil below the surface to see if it feels damp (stick your finger into the first joint). If it is still damp you don't need to water your plants. You also don't need to water your plants if it has just rained or is going to rain.
- Water your plants slowly, making sure the water doesn't flow over the sides of the container. Stop watering once you see water flow out of the bottom of the container.
- Always water at the base of the plant and try to not get the leaves wet. Wet leaves attract pests and can cause diseases.

Please note: It is not recommended to use rain barrel water on crops you plan to eat without purifying it

QR Code with
Gardening Education
Resources



chicagogrowsfood.org/gardeningresources/



Full Sun



- 6 full hours of direct sunlight
- Those six hours could be from 9am – 3pm or 12 – 6pm;
- Full sun crops: include tomatoes, squash, peppers, eggplants and cucumbers

Partial Sun / Partial Shade

- 3–5 hours of sunlight each day
- Partial shade means morning and early afternoon sun
- Partial sun means that relief from the intense late afternoon sun is needed
- Shade can be provided by a structure or a tree

Full Shade



- Less than 3 hours of direct sunlight each day, best if it's morning light
- Even in the absence of direct sunlight, full shade can be a bright light
- These crops will bolt in full sun; shade allows them to grow in hotter weather

Dappled Sun



- Dapple sun is similar to partial shade.
- Plants get partial sun as it makes its way through the branches of trees.

If you are using the light from windows and growing inside, keep in mind that overhangs, other buildings, trees, etc. can interfere. That is why it is best to do a sunlight assessment.

Generally, this is how windows are categorized for light availability:

- **North facing windows - Low Light**
- **East or West facing windows - Medium Light**
- **South facing windows - Bright Light**

extension.illinois.edu

gardenersworld.com/plants/types-of-garden-shade/



South-facing Garden (Sun coming from the south)



Morning Noon Evening

West-facing Garden (Sun coming from the west)



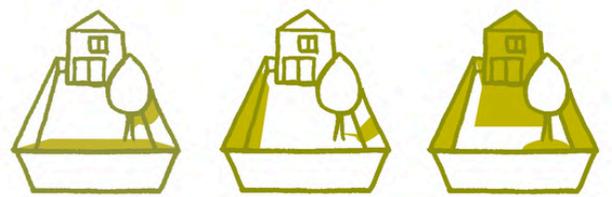
Morning Noon Evening

North-facing Garden (Sun coming from the north)



Morning Noon Evening

East-facing Garden (Sun coming from the east)



Morning Noon Evening

