

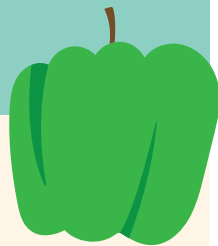
Indoor Gardening Starter Guide

Ready to reap the rewards of indoor gardening?

Get started with these easy-to-grow vegetables, fruits and herbs. For plants requiring full sun, consider adding an indoor grow light to ensure success!



Peppers



- 6-12 hours daily
- Keep soil slightly damp
- Choose a pot with a drainage hole
- Use a heating mat to keep the plants warm
- Eat alone or with dip, add to salads or soups

Lettuce



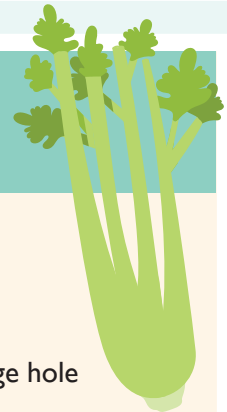
- 12+ hours daily
- Always keep soil damp
- Consider a hydroponic setup
- Feed a liquid, organic fertilizer after each harvest
- Salads, smoothies, or as low-carb wraps

Carrots



- 6-8 hours daily
- Keep soil damp
- At least 8-12 inches deep
- Choose a light, loose soil
- Eat raw or roasted, add to salads or soups

Celery



- 2-4 hours daily
- Always keep soil damp
- Choose a pot with a drainage hole
- Tie growing stalks together to prevent toppling
- Top with something tasty or use the leaves for salad or soup

Note: These are general tips and guidelines, so make sure to check the plant's specific recommendations for best results.

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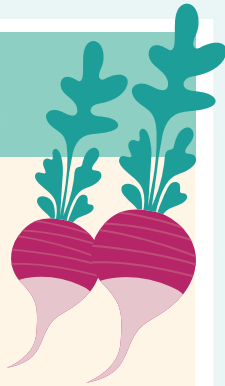
Independence
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Take Your Gardening Hobby With You When You Move To Independence Village

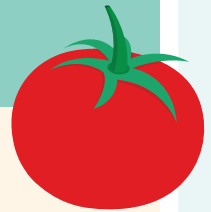
If you're considering a senior living community, explore the many benefits of Independence Village. Not only will you have a great space for your indoor (or outdoor patio or balcony) garden, you'll also have the added benefit of maintenance-free living, and ample opportunities to connect with others over favorite hobbies or new interests.






Radishes



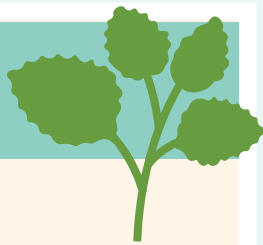
-  6-8 hours daily
-  Keep soil slightly damp
-  Choose a light, loose soil
-  Harvest when 1-2 inches in diameter
-  Eat alone or with dip, add to salads






Tomatoes



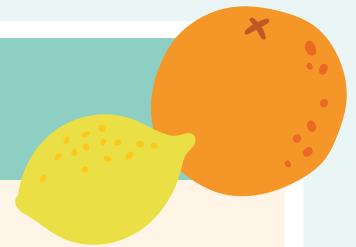
-  12 hours daily
-  When soil becomes dry
-  Add stakes or supports as the plant grows
-  Lightly tap flowers to spread pollen
-  Caprese salad (or any salad, really!), alone or with dip






Mint



-  3-4 hours daily
-  Keep soil slightly damp
-  Choose light soil with peat moss
-  Prune regularly to encourage new growth
-  Flavor tea or mixed drinks, use as seasoning in many dishes

Citrus



-  8 hours daily
-  When soil is nearly dry
-  Choose a pot with a drainage hole
-  Use fertilizer for citrus trees
-  Eating alone, flavor drinks, healthy desserts

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