

GARDENING FOR BEGINNERS

ADVICE FROM EXPERIENCED GARDENERS

**Start Simple and grow
as you go!**

*Spinach is easy to grow and use



Grow what you like to eat!

*Just make sure it's in season



**Reach out to your
community!**

*Community gardens, Facebook groups
and neighbors are full of information



JUST DO IT!

*Scoop some dirt, pop in a seed, water
and see what happens



BASIC INFORMATION



Gardening 101

Greatist Gardinging 101, Deep Green
Permaculture, Morag Gamble, Friends

Know your Location

Talk to your local nursery or community
gardeners, join a local Facebook group

Know your Soil

Gardening Australia "Know your
soil", start a compost, don't step on
your soil, plant legumes

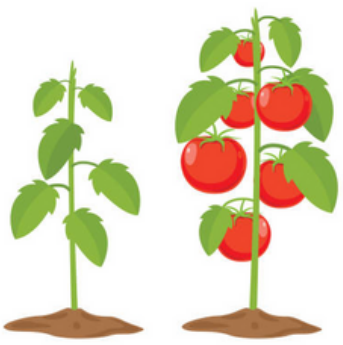
RESOURCES AND SUPPORT



Melbourne: CERES, Urban Food Garden,
Leaf Root Fruit, Sustainable Gardening
Australia, Kat Lavers, Melbourne's West Best
Gardening Group on Facebook

Online/Anywhere: Facebook- Good Karma Network, OSU

Permaculture course, your local nursery and community garden



Gardening Help COVID-19



How can I...

Try This

Access my
Community?



Join a local
Facebook Group

Access gardening
information?

*These resources provide
basic information, lessons,
DIY instructions and trouble
shooting resources



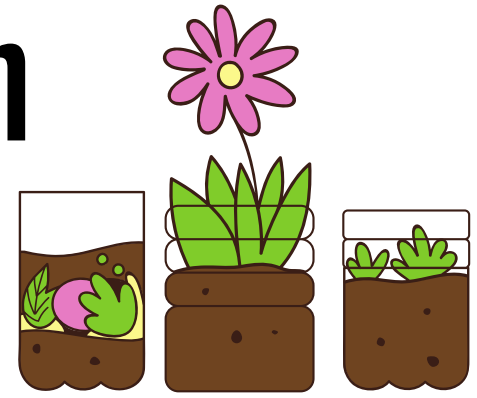
- Gardening Australia,
- Online classes
- Local Institution's
websites/
Facebook live chats
Check out:
SGA, CERES, Urban Food
Garden, the Plummery

Find seeds and
tools?



- Visit local nurseries
- Reach out to neighbors
- Find seed swap

Reasons to Garden during COVID-19



Good for your Mind!

Gardening during COVID-19 can help you...

- Relax and stay calm
- Feel positive and happy emotions
- Develop a skill and passion

***"Gardening is like cheap therapy,
and you get tomatoes"***

Good for your Body!

Gardening during COVID-19 can help you...

- Eat better to boost your immune system
- Exercise and move around
- Breathe in fresh air