



VERTICAL

Gardening

How to grow food up, not out

Introduction

One of the best things we can do for our health is to grow our own food and eat it fresh.

If you don't have much space at home, **vertical gardening** is a great way to grow food for your family.

Where can you grow food vertically?

- Walls
- Fences
- Balconies
- Gates
- Verandahs
- Poles

Why grow food vertically at home?

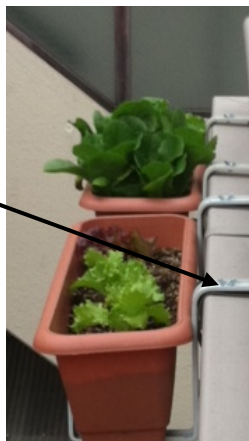
- Save space (grow upward, not outward)
- Use space that is not being used (walls)
- Save money (no need to buy vegetables)
- Make food safer and healthier (chemicals)
- Feed your family!

A simple start

Balcony planters

These are planter boxes placed in steel frames that are attached to the side of a balcony.

Use balcony planters to grow flowers, herbs, vegetables, even big lettuces!



Simple vertical gardening ideas



Frame gardens

Frame gardens are extremely easy to make. Simply lean an old bed frame, steel mesh grid or wooden pallet against a sunlit wall and hang planters or flower pots off it.



Chain gardens

Did you know that it is possible to turn just one sunlit wall of a building into a mini farm?

Chain gardens are cheap, easy to build, reusable, and friendly on the planet. Simply attach a strong chain to a high place (make sure it is secure!), and clip pots to it.



For more information, ideas and advice

Jonathon Walsh

- Garden installation and advice
- Hands-on gardening services
- Food growing kits
- Rooftop garden design, installation, maintenance.

E-mail: info@businessgrow.net

URL: www.businessgrow.net/Green.htm

