

BUDDY BISON'S VEGGIE GARDEN

One of the easiest things you can do to protect our parks and the environment is to grow your own vegetables using kitchen scraps. The less you have to buy from the store, the less land is needed to harvest plants. Plus, you get to have fresh produce within arm's reach! Follow this guide to plant a Buddy Bison Veggie Garden.



MATERIALS

- Large container for garden*
- Small container for water
- Large tray or dish for drainage
- Soil
- Kitchen scraps/seeds (see page 2)
- Scissors
- Decorations
- Water

OPTIONAL

- Plastic bag

DIRECTIONS

1. Think about where you will place your garden and decide which veggies you will grow based on the amount of sun/shade that is available (see options on page 2).
2. Gather your supplies.
3. Punch holes in the bottom of your container for water to drain through. They should be slightly smaller than a dime and about 3 to 4 inches apart.
4. Fill container with soil.
5. Place your smaller water container in the soil.
6. Decorate using stones, moss, leaves, flowers, or other natural materials.
7. Plant your seeds.
8. Place large container in drainage tray and move to your desired location.
9. Keep soil moist and change water in small container daily.



*If using a cardboard box be sure to: 1) Line the box with a plastic bag and tape it in place. 2) Punch holes through the box and bag. 3) Elevate your box in your drainage tray so that the box won't get too damp.

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SPROUTS THAT LIKE FULL SUN

PEPPER

Remove seeds from the inside of the pepper. Plant a grouping of 2 or 3 seeds in 1 hole no more than 1/4 of an inch deep into the soil. Water daily (gentle stream).

TOMATOES

Remove seeds from the gooey middle of the tomato. Plant them on the surface of the soil with firm contact. Water daily (gentle stream).

LETTUCE

Trim the bottom of the lettuce, keeping 2 to 3 inches of leafy greens. Place it in a container of water with the greens face up.

BEANS

Submerge beans fully in water for at least 8 hours. Drain and rinse beans, change water, and repeat 2 to 3 times per day. Beans can be moved to soil once they have developed sprouts at least 1/2 inch long.

SPROUTS THAT LIKE PARTIAL SUN

POTATO

Cut off a piece of potato with at least 2 "eyes" (dents). Allow it to dry, then place it in moist soil halfway covered.

GARLIC

Remove 1 garlic clove, skin intact. Plant it about 2 inches into the soil with the "pointy" side of the clove sticking out of the moist soil.

CELERY

Cut 2 inches off the bottom of a celery stalk and submerge the root in water.

MUSHROOMS

Remove mushroom caps. Plant the stalk of the mushroom in soil with just the top (where the cap used to be) peeking out of the soil. Keep very moist.

