



GROWING NUTRITIOUS AND FLAVORFUL EDIBLES INDOORS



EXTEND YOUR GARDENING ENJOYMENT AND FRESH FLAVOR BY GROWING A FEW EDIBLES INDOORS

SPROUTS

- Sprouts are an excellent source of antioxidants, essential amino acids and a handful of nourishing vitamins and minerals
- Fully cook before consuming to eliminate health risks associated with eating fresh sprouts
- Purchase seeds labeled for sprouting or growing microgreens
 - Alfalfa
 - Broccoli
 - Mung bean
 - Radish
 - Mustard greens
 - Amaranth
 - Peas
 - **Popcorn**
 - Sunflower...
- Purchase a sprouter or make your own from a mason jar and lid
- Place seeds in container and soak overnight
- Rinse and drain excess water
- Repeat twice a day until sprouts appear
- Remove and store in refrigerator in a ventilated plastic container
 - Use within a few days

MICROGREENS

- Microgreens are an excellent source of antioxidants, essential amino acids and a handful of nourishing vitamins and minerals
- Purchase seeds labeled for sprouting or growing microgreens
- Use a shallow container with drainage holes
 - Purchase or recycle fast food containers (just add drainage holes)
- Fill container with moist vermiculite, seed starting mix or potting mix
- Spread seeds over the soil surface
 - Lightly cover (I usually do)
 - Or leave on the surface and water in (recommended by some)
- Move to a warm location and keep planting mix moist to sprout
 - Cover the container with plastic lid or plastic to keep growing mix moist

Utility-friendly Tree Planting Tips from We Energies

Trees growing too close to power lines can cause sparks, fires, power outages and shock hazards. To avoid these problems, plant trees that won't interfere with power lines when fully grown. Small ornamental trees or shrubs that will not exceed 15 feet in height such as serviceberry, dogwood and low-growing evergreens are best to plant around power lines. Trees such as maple, basswood, burr oak, white pine or spruce grow more than 40 feet high and should be planted more than 50 feet from any overhead power lines.

And don't forget to call 811 at least three days before planting to check the location of underground services.

Learn more utility-friendly planting tips at we-energies.com.



- Remove cover and move to a bright location as soon as green appears
- Harvest with scissors right before use
 - Harvested greens only stay fresh for a few days in the refrigerator
- Compost planting mix, clean and reuse the container
- Option: Microgreen mats
 - One use and compostable
 - Keeps greens free of vermiculite and potting mix

HERBS

- Check out ***Growing Herbs Indoors*** webinar available On Demand
 - [CLICK HERE](#) to register
 - ✦ Enter password: **EpEs3aJ%**
 - [CLICK HERE](#) to download accompanying handout
- ***Turmeric (Curcuma longa) & Ginger (Zingiber officinale)***
 - Both grow from rhizomes, the fleshy underground portion that is edible
 - Select firm, not shriveled, rhizomes that are several inches long and have several buds
 - Cut the rhizomes into 2-3" pieces with 2-3 buds per each section
 - Start in a 4-6" pot
 - Lay the rhizome horizontally on the soil surface and cover with 2" of potting mix
 - Water just enough to keep the soil slightly moist, but not wet
 - Place in a warm, 70-80°F location until sprouts appear
 - ✦ This can take 3-8 weeks
 - Move to a sunny, 65°F location as soon as green appears
 - You will eventually move the plants to a 12" deep, 12-18" diameter pot
 - Ginger can grow 2-3' tall and turmeric 3-4'
 - You can move it outside once day and night temperatures remain above 50°F
 - ✦ As always, harden off plants when moving outdoors for the summer
 - The rhizomes will be ready to harvest in 8 to 12 months or more once the foliage fades
 - ✦ Dig, brush off soil and cut off stalk
 - Prepare **those to be eaten and those to be preserved**
 - ✦ Rinse off and allow to dry
 - ✦ Store in a slightly opened plastic bag in the refrigerator

Landscaping Around We Energies Utilities

Plants and other landscaping features can interfere with utility equipment and cause safety risks. Remember to:

Maintain equipment visibility: Use techniques that camouflage rather than hide utility equipment. Hearty grasses and/or flowers are preferred. They provide aesthetic improvements and grow back quickly should equipment access be necessary.

Ensure easy access: When fencing is used, choose a split-rail type, which can be easily dismantled when equipment access is needed. Be sure fences are located more than 3 feet from transformer sides and no permanent fence post is located in front of transformer door.

Keep proper clearance: When woody shrubs or bushes are used, place them more than 3 feet from transformer sides and more than 10 feet from its door. Keep future growth in mind for the size of shrubs or bushes.

Learn more utility-friendly planting tips at we-energies.com.

- ◆ Freeze by cutting into 1-1.5" pieces and place in a sealed freezer bag or vacuum sealed bag
- ◆ Dry 1-2" pieces in food dehydrator or 200° oven
 - Boil turmeric for 45 minutes before drying
- ◆ Once dry, they can be ground into powder to use for cooking
- ◆ Those growing these outdoors and able to harvest baby rhizomes before frost will find them tender and not as long lasting. Refrigerate or process when harvested.
- Save a piece or two to start new plants

VEGETABLES

• Greens

- Try leaf lettuce, spinach, arugula and other edible greens
- Plant in individual pots or larger containers with drainage holes
- Fill with a quality potting mix
- Check seed packet for planting directions
- Gently water
 - ◆ Water often enough to keep the top few inches of potting mix moist
- Once sprouted, move to a sunny window or under artificial lights if needed
- Thin plantings, allowing sufficient space to reach full size
- Harvest regularly to keep the plants producing

• Radishes, Beets and Carrots

- Look for quickly maturing and small varieties
- Repeat the same process as for greens

• Peas

- Select shorter varieties
 - ◆ Patio Pride
 - ◆ Sugar Ann
 - ◆ Snak Hero
 - ◆ Tom Thumb
- Plant 2 seeds in each individual 3" pot
- Or plant several seeds 2" apart in a long, rectangular container
- Thin plantings once seedlings reach 2" (have 2 sets of leaves)
 - ◆ Leave 1 plant per small pot and 4" between seedlings in larger container
 - ◆ Use scissors to remove extra seedlings at ground level and use them in salads, sandwiches and stir fries
- Peas are self-fertile, so no bees or shaking needed for pods to form
- Harvest pods when they reach the size you prefer



About Melinda

Nationally known gardening expert, TV/ radio host, author & columnist Melinda Myers has over 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening, the Midwest Gardener's Handbook, and Jackson and Perkins' Beautiful Roses Made Easy. She hosts the nationally-syndicated "Melinda's Garden Moment" program airing on over 115 TV and radio stations throughout the U.S. Melinda also hosts the internationally distributed Great Courses "How to Grow Anything" DVD series, including the latest Food Gardening for Everyone DVD set. She is a columnist and contributing editor for Birds & Blooms magazine, writes the twice monthly "Gardeners' Questions" newspaper column and a nationally-distributed gardening column. She appears regularly as a guest expert on national and local television and radio shows.

Visit Melinda's website,
melindamyers.com

• **Tomatoes**

- Select smaller varieties that will be easier to manage
 - ✦ Patio Choice
 - ✦ Tom Thumb
 - ✦ Tiny Tim
 - ✦ Micro
- Purchase transplants if available or start from seed (better selection)
- Grow smaller plants in 1-2 gallon pots and larger varieties in 3-5 gallon containers
- Self-water or pots with drainage holes filled with quality potting mix
- Place in south- or west-facing window or under artificial lights
- Once flowers form, lightly shake (an electric toothbrush works well) plants to pollinate

• **Peppers**

- Hot pepper varieties may be easier to grow indoors
- Plant in 1-2 gallon containers
- Follow the steps for growing tomatoes indoors

• **Lemons, Lime and Oranges**

- **Indoor Citrus**
- **Growing Citrus Indoors** - University of Missouri
- **Growing Citrus Indoors** - Colorado State University
- Grow all types of citrus in a well-drained potting medium. Many gardeners amend their potting mix with 1/3 small pea gravel, pumice or use a cacti and succulent mix to ensure good drainage
- Plant citrus in deep pots with drainage holes
- Water thoroughly with tepid water when soil just begins to dry slightly
- Increase humidity and reduce maintenance
 - ✦ Elevate the pots above any water that collects in the saucer
 - ✦ A large saucer to hold water and pot feet or other item to elevate the pot above the water helps add humidity around the plants
- Grow in a south or southwest window and supplement with artificial lights as needed
- Plants prefer 55°-85°F temperatures
 - ✦ Cooler (by 5-10 degrees) at night stimulates flowering
 - ✦ Avoid cold and hot drafts
- Fertilize regularly with an all-purpose acid-loving fertilizer
- Plants can be moved outdoors to a sunny, sheltered place for summer
 - ✦ Wait for day and night temperatures to remain above 50°F
 - ✦ Acclimate the plants to their summer home over a 2-week period

UPCOMING WEBINARS

February 21st

Old Fashioned Flower Favorites You & the Pollinators Will Enjoy!

February 24th

Low Maintenance Gardening for Loads of Beauty & Health Benefits

February 25th

Planning Your Rain Garden

February 27th

Creating a Private Space: Design Strategies for Screening, Privacy and More

March 3rd

10 Ways to Spice Up Your Garden with Summer-Blooming Bulbs

- Fertilize regularly with an all-purpose, acid-loving fertilizer
- Plants can be moved outdoors to a sunny, sheltered place for summer
 - ◆ Wait for day and night temperatures to remain above 50°F
 - ◆ Acclimate the plants to their summer home over a 2-week period
 - ◆ Move back inside when temperatures cool and before day and night temperatures drop below 50°F
- Sweet citrus fruit, like oranges and tangerines, need more heat
- Sour citrus fruit need less heat, making them better for indoor growing
- Thorns may be present
 - ◆ You can cut these off with a pruner
 - ◆ If the thorny stem sprouts from below the graft, remove the whole stem below the graft or to ground level
- Monitor and manage plants for:
 - ◆ Mites
 - ◆ Scale
 - ◆ Mealybugs, aphids, whiteflies
 - Check label and select a product that can be used to control these pests on edible citrus plants
 - **Summit Year-Round Spray Oil**[®] is organic and will manage all these pests

KITCHEN SCRAP GARDENS

VEGETATIVE PROPAGATION

• Potatoes

- Iris potatoes are tubers
- Cut the potato into several pieces with 1-2 eyes per section
- Plant in a well-drained potting mix
- Keep the soil warm and moist, but not wet
- Move to a sunny window as soon as any green appears

• Sweet Potatoes

- Tuberos root with the buds (growing point) at the top or broad end of the fleshy root
- Plant the whole tuberos root or just the top few inches with the growing point intact
- Plant in a well-drained potting mix
- Keep the soil warm and moist, but not wet
- Move to a sunny window as soon as any green appears

• Celery

- Save the bottom 2" of the celery stalk to start a new plant
- Set this in 1" of water in a shallow container in indirect light
- Change the water daily, maintaining the 1" water level
- New growth and roots appear in several days
- Plant this in a container of potting mix in 2-3 weeks
- Cover all but the center tips with potting mix
- Move to a brightly lit location

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• Pineapple

- Cut 1/2" below leaf cluster
- Leave core intact and remove any fleshy material
- Remove a few of the lower leaves, the bumpy growths on the stems are the start of roots
- Root your pineapple in perlite or vermiculite (may give better results) or a well-drained potting mix
- Cutting will root in 6-8 weeks
- Once rooted, move to a container with a well-drained potting mix, if it wasn't started in this
- You can move it outside when temperatures stay above 40°F
- Harden off the plants when moving them outside for summer
- In 2-3 years your plant may form fruit
 - ♦ Encourage flowering and fruiting with this technique
 - Place a piece of apple (gives off ethylene) in the pot
 - Enclose plant with apple in a sealed plastic bag
 - Keep the bagged plant out of direct sunlight
 - In 3 days remove the plant from the bag and compost the apple
 - Then wait for flowers and fruit to appear

KITCHEN SCRAP GARDENS

SEED PROPAGATION

- Look to nature for guidance when saving seeds from kitchen scraps
 - If a plant is native to a cold climate, it may need a cold treatment to sprout
 - ✦ Tropical plants will not
- **Apples, Pears and Cherries**
 - Collect and clean seeds, removing any fruit remnants
 - Give them a chill (stratify)
 - ✦ Place seeds in a bag of damp vermiculite or peat moss
 - ✦ Place in the refrigerator for 2-3 months before planting outdoors
 - ✦ Or plant outside in fall if apple trees grow in your area
 - Harden off plants when moving them outside for summer

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Melinda's Webinars are Available
On Demand!



WATCH NOW



• **Citrus**

- Plant as soon as possible as the seeds lose viability quickly
- Wash to remove sugary material - harbors fungus
- Plant seeds 1/2" deep, keeping soil warm and moist
- Move to a sunny window or under artificial lights as soon as seeds sprout
- Don't be alarmed if you have several seedlings grow from one seed
 - ✦ One is the result of pollination (not an exact match to the parent)
 - ✦ The others are apomictic seedlings that are vegetatively produced and are an exact match to the parent plant
- Harden off the plants when moving them outside for summer

- **Avocado**

- Hard seed coat needs to be scarified (scratch or puncture seed coat)
- Start in water or soil
 - ◆ Leave top $\frac{1}{3}$ of seed exposed
- Grow in bright light and cool temperatures
- Wait for temperatures to stay above 45°F before moving it outside for summer
- Harden off the plants to prevent damage as they adjust to their summer home
- Move them back inside when temperatures cool and before day and night temperatures drop below 45°F

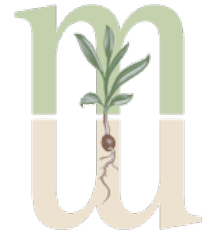


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