

# Keys to Successful Indoor Gardening

February 2019



Yankton  
Seed Library

# In cooperation with Missouri Valley Master Gardeners



We are excited to let you know that South Dakota Master Gardeners Training may be offered in Yankton this spring and summer. If you have been interested in becoming a Master Gardener now is the time to do it. Please go to <https://extension.sdstate.edu/garden-yard/master-gardeners> and register. We would love to have you join us.



# • Healthy Yankton

# Healthy Yankton Mission

The Healthy Yankton group encourages lifelong, healthy, active lifestyles by providing education, support and opportunities for individuals and groups in the Yankton area to improve or maintain their health.

# Mini-Grants



Healthy Yankton is proud to provide \$100 mini-grants to local groups for projects and events related to health and safety. Contact us if you are interested in applying.

## PAST RECIPIENTS

- Corps of Discovery
- Friends of Sacred Heart
- Lewis & Clark Behavioral Health
- Parents as Teachers
- Red Cross of Yankton
- South Dakota Safety Council
- Yankton Food Council

# Community Garden

Healthy Yankton's largest community project is the development and management of the local community garden created in 2009.

Located on West City Limits road adjacent to the dog park, the garden boasts 196 12' x 18' tilled garden plots. There are also four accessible raised garden beds.

Gardens are tilled at the beginning of each season and easy access to water is provided.

# FEES



- Seasonal Fee of \$20
  - Late April – Mid October
- One plot 12' x 18'
- Includes water
- Fee and Signed waiver are required to reserve a plot



# WEED CONTROL

Responsible for weed control

In your plot and the dirt path  
north of your plot

Weeds must not come to a head  
or flower

Excessive weeds may forfeit the  
plot for the current season

Weed continuously until END OF  
SEASON (Mid October)



# AVAILABILITY OF PLOTS

- Plots will be available as soon as possible
  - This will usually be by the end of April (Weather Permitting)
- Healthy Yankton will notify everyone when the garden is officially open
- Planting may begin immediately after garden is open
- All gardens must be planted by June 1<sup>st</sup>



# GARDEN AGREEMENT

- As a gardener, you commit to maintain your plot for the entire growing season
- This means until the garden is officially closed as notified by Healthy Yankton
  - Mid October
- If you clean up your garden in August, for example, you are still responsible for weeding and care of your plot thru the closing



# GARDEN SIGNS & STAKES

- White plot markers **MUST** be left standing in each plot
- Signs may not be removed or stored during the season
- Colored stakes marking plots **MAY NOT** be moved or removed



# TRASH REMOVAL

- Anything brought in **MUST** be removed
- No Metal stakes allowed
- Responsible for appearance of all inorganic weed control
- No plant supports should be flapping in the wind or flying away



# GARDEN TRAFFIC & EQUIPMENT



- DRIVE SLOWLY THROUGH THE GARDEN
  - Driving fast may result in having driving lanes closed
  - Do not round corners when driving
- All equipment brought in must be stored within colored stakes
  - Includes hose reels, hoses, shovels, any other items
- Moving stakes or having equipment outside of colored stakes interferes with City employees' mowing and maintenance



# GARDEN DAYS/CITY PARK RULES

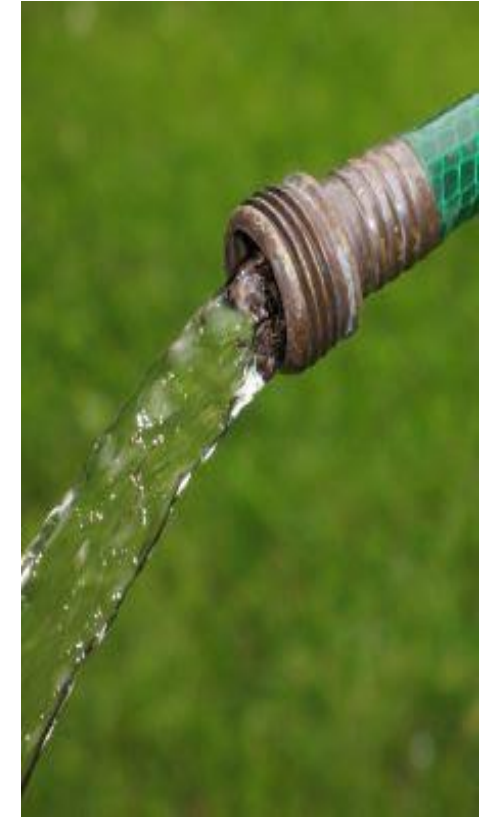


- Garden activities must be done during daylight hours
- Garden is officially closed from dusk until dawn
- All other City of Yankton park rules apply
  - No smoking
  - Pick up after pets



# WATER

- Various spigots are provided
- Water conservation is required
- Water is only for garden plants
- No unattended watering allowed
- Hoses must be disconnected and stored in garden plot when not in use





# NEIGHBORLINESS

- Be considerate
- Plant tall varieties in center so they don't shade adjacent plots
- Do not pick from another's plot without their permission
- Do not use fertilizers, insecticides or weed repellants that will in any way affect other plots



# ACTS OF NATURE

- Healthy Yankton is not responsible for acts of nature
- Refunds and reimbursements will not be allowed due to acts of nature



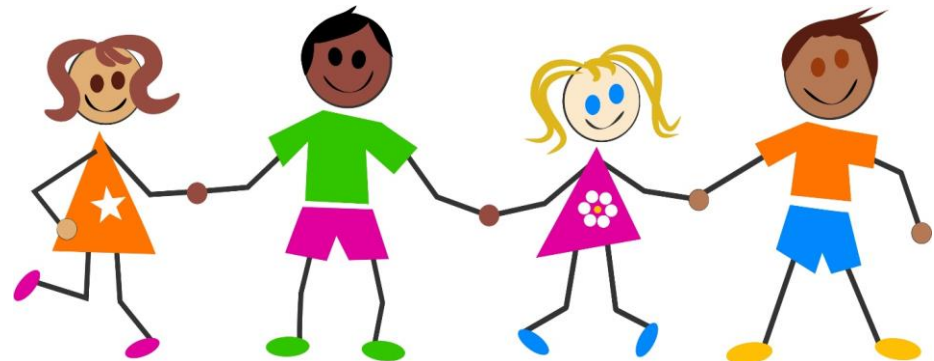
# PETS



- Pets are discouraged
- If pets are brought to the garden, they must be confined to a vehicle or on a leash **AT ALL TIMES**
- Pets **ARE NOT** allowed in other gardener's plots

# CHILDREN/PROHIBITIONS

- Children are welcome in the garden only with supervision of an adult
- Children are not allowed to enter any other gardener's plots without the express permission
- Perennial plants, trees, building material, moth balls and carpet are not allowed in the community garden



# END OF SEASON CLEAN-UP



- Clean up of your plot is required prior to the official closing
  - Meaning your plot is left with only black dirt
- Responsibility of your plot continues until garden closure (mid-October)
- ALL materials must be removed from your garden
- Healthy Yankton may impose a \$50 fine and/or ban a gardener for up to 3 years for not following these rules

# GARDEN HELPERS

- The Master Gardeners are available at scheduled times posted in the Kiosk for any concerns about pests, weeds, or general garden issues
- Anyone who helps with your plot (family or friends), you commit to make sure they are familiar with ALL the garden rules



# TIPS TO PREVENT THEFT

- Hide your prizes
- Keep plots in good condition
- Make your produce less inviting
- Grow more than you need
- Look out for each other
- Contact Healthy Yankton about thefts



# GROW A ROW

**HAVE EXTRA PRODUCE? PLEASE CONSIDERING GIVING IT TO OTHERS!**

- Contact Center 260-4400 Option 2
- The Center 665-4685
- Banquet 665-7199



**IN SOUTH DAKOTA...**

- **14.6%** of individuals live at or below the poverty line.
- **One out of every 8** individuals in South Dakota is food insecure.
- The percentage is significantly higher for children under the age of 18 – **one in every 5** children is at risk of going hungry.
- **19.2%** of its citizens 50 and older live below the poverty line.

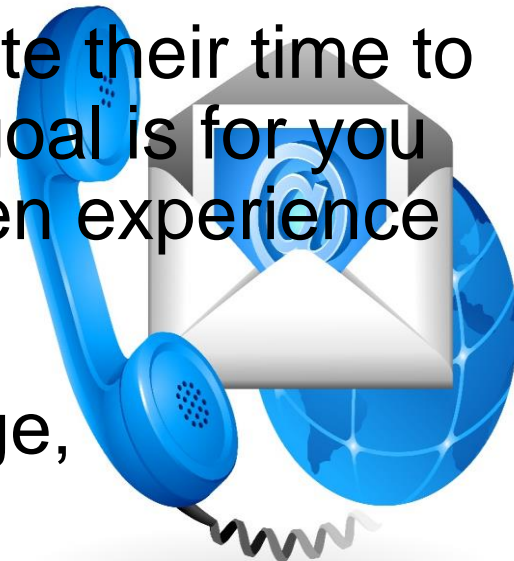


# Thank You!

- Avera Sacred Heart
- Boy Scouts
- City of Yankton
- HyVee
- Mark's Machinery
- Missouri Valley Master Gardeners
- Mount Marty College and Mount Marty Men's Basketball Team
- Sacred Heart Monastery
- South Dakota Department of Corrections
- The Garden Gate

# CONTACT INFO

- Please note that rules are for the safety and maintenance of the garden
- Healthy Yankton is an all-volunteer organization, our members donate their time to manage the garden. Our main goal is for you to have a healthy and safe garden experience
- “Healthy Yankton” Facebook page, [healthyyankton@gmail.com](mailto:healthyyankton@gmail.com)



# Indoor Gardening

## Water Management



# Start with Soil



- Do NOT use garden soil
- Soil based potting mix contains garden loam, peat moss, and perlite
- Soil-less potting mix contains peat moss, vermiculite, and perlite (must be wet before planting)
- Reusing: mix with  $\frac{1}{2}$  new potting mix (do not use from containers that showed signs of disease)

# Potting

- Use clean container
- Cover drainage hole with coffee filter
- Add fresh potting soil to bottom of new pot
- Invert potted plant, remove from pot
- Check roots—tease apart if root bound
- Transfer plant & pack soil
- Water well
- Keep out of strong light for at least a week



# Growing Conditions:

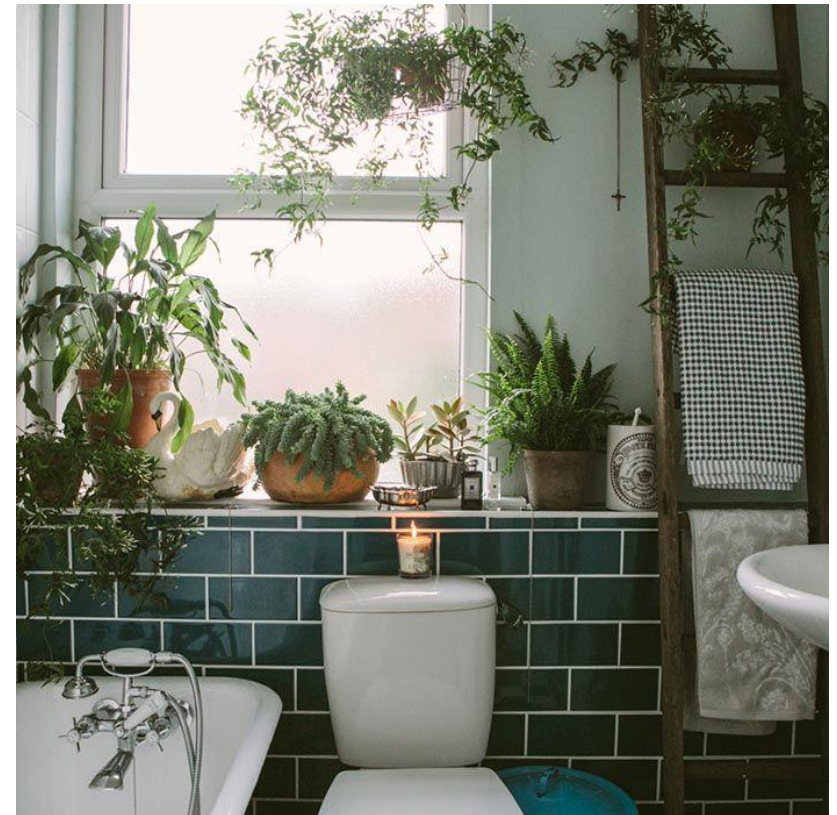


## Consider

- Light
- Temperature
- Relative Humidity
- Water
- Fertility

# Light

- Most important!
- Needed for plants to produce food
- East windows produce best light; south most variable
- Too little light:
  - Plant doesn't grow
  - New leaves small and lighter color
  - Old leaves dead



# Temperature

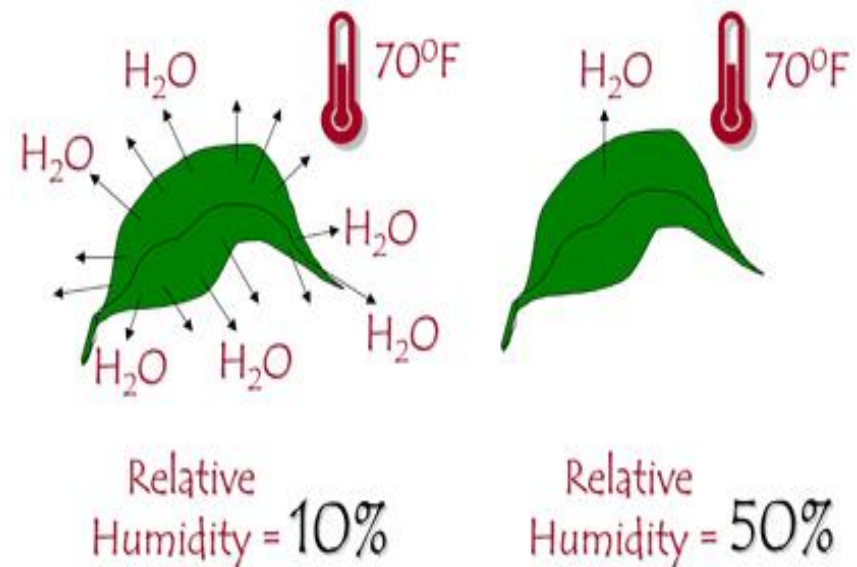


- Best range:  
70-80° day time  
65-70° night  
Temp should not drop  
below 50°
- Window temps vary  
widely



# Humidity

- Place plants close together
- Set plants on shallow tray filled with water & rocks
- Mist (may not be effective)
- Don't mist plants with hairy leaves



# Managing Water

- Watering is the most important and most often abused indoor gardening practice
- Plants require continuous and adequate supply of water
- Plants can absorb water from the soil only under certain conditions

# Available Water Supply

- There must be available water in the soil
- There must be some air in the soil for plant roots to function and absorb water
- Available water supply is the difference between these two extremes (no available water versus saturated soil)
- Proper water management avoids both extremes and maintains a supply of available water at all times

# Good Watering Practice



- Use well-prepared potting soil to assure good water-retention capacity as well as space for air
- Pot must have at least one drainage hole so excess water can drain away
- When watering, apply enough water to run out the drainage hole, water supply is replenished and salt buildup is reduced

# Good Watering Practice



- Allow the soil to become dry on the surface before watering
- If plant requires very frequent watering, move into slightly larger pot
- Most cacti and many succulents need little or no water from mid-November to mid March
- Flush soluble salts from pots about every 6 months
- Room temperature water is best for most plants
- Chlorine in tap water will not harm plants

# Signs of Overwatering



- Wet soil and wilting leaves
- Brown leaves
- Edema
- Yellow and new falling leaves
- Root rot

# Signs of Underwatering



- Wilted leaves
- Slow growth
- Discolored leaves especially at the bottom
- Dry, cracked soil

# Managing Nutrients



- Plants in containers have limited volume of soil from which to extract nutrients
- Nutrient supply rapidly becomes exhausted
- Replenish nutrients regularly



# Fertilizer Tips



- Slow or time-release fertilizers are a good way to fertilize houseplants
- Small amounts of nutrients constantly available is best
- Do not apply fertilizer to dry soil
- Do not overfertilize, More is not better. Better to underdo than to overdo
- Both organic and synthetic fertilizers are acceptable

# When to Fertilize?



- During times of active plant growth, fertilize about every other week
- During dormant times, fertilize about every 4-6 weeks
- If totally dormant, do not fertilize until new growth starts

# Resources

## Growing Indoor Plants with Success:

<http://extension.uga.edu/publications/detail.html?number=B1318&title=Growing%20Indoor%20Plants%20with%20Success>