

HOW-TO HYDRO

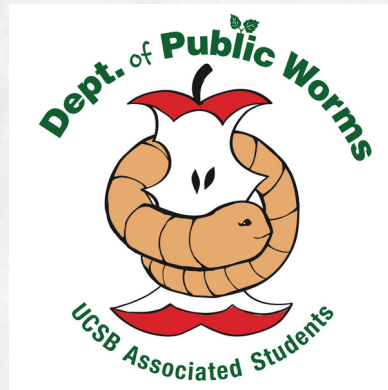
- Maintain pH between 5.5 - 6.5
- Add 1-3 tsp Hydrogen Peroxide biweekly as antibacterial
- Use RO H2O or evaporate chlorine from tap overnight
- Exchange reservoir water monthly
- Always dilute nutrients & pH solution before adding to the reservoir
- Pre-Rinse your medium
- Grow greens with greens & fruits with fruits for simpler nutrients
- Add 1 tbsp molasses for micronutrients



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KITCHEN CULTIVATION



TIPS & TRICKS
TO SUCCESSFUL
INDOOR GARDENS

Regrow

Herb Clippings

Basil
Cilantro
Dill
Parsley
Rosemary

Onions

Leeks
Green Onion
Garlic
Any onion!

Stems do best!

Greens

Romaine
Cabbage
Bok Choy

Celery

Roots

Fennel
Carrot Tops
Beet Tops
Turnip Tops
Radish Greens
Potatoes

Microgreens

Kale
Arugula
Collards
Swiss Chard
Sunflower
Broccoli
Cauliflower
Turnip
Beet
Clover

Sorrel
Mustard
Lentils
Alfalfa
Radish
Chia
Any beans
Wheat Berry
Barley
Quinoa



PC: Kaitlyn Haberlin

SEED-SAVERS

Tomatoes, tomatillos, peppers,
eggplant, squash & beans
Citrus & melons

Buy the biggest, ripest fruits
Never store seeds in plastic bags
Always use paper envelopes!

SEED-STARTERS

Newspaper cups
Water bottle planters
Clean egg shells & paper cartons
Paper towel rolls

FREE PLANTERS

Plastic produce trays
Hummus & dip containers
Glass jars (jelly, pickles, sauce, PB)
Dessert & cookie trays
Tofu containers
Salad boxes
Any hard plastic packaging!

KEY ELEMENTS

Drainage: no soggy roots
Light: orient towards windows
A Good Start: use high quality &
pre-moistened soil
Label your plants
Tent new starts with saran wrap
Line dirt pots with coffee filters
Keep your growing space clean

WATERING METHODS

Water bottle with holes in lid
Bubble lift drip irrigation
Be consistent & regular
Avoid drying out

USING PRODUCE

Salads
Pizza toppings
Sandwiches & wraps
Seasoning & garnish
Noodle dishes
Taco fillings