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
### 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

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**Regrow**

**Herb Clippings**
- Basil
- Cilantro
- Dill
- Parsley
- Rosemary
- Onions
- Leeks
- Green Onion
- Garlic
- Any onion!

**Stems do best!**

**Microgreens**
- Kale
- Arugula
- Collards
- Swiss Chard
- Sunflower
- Broccoli
- Cauliflower
- Turnip
- Beet
- Clover
- Sorrel
- Mustard
- Lentils
- Alfalfa
- Radish
- Chia
- Any beans
- Wheat Berry
- Barley
- Quinoa