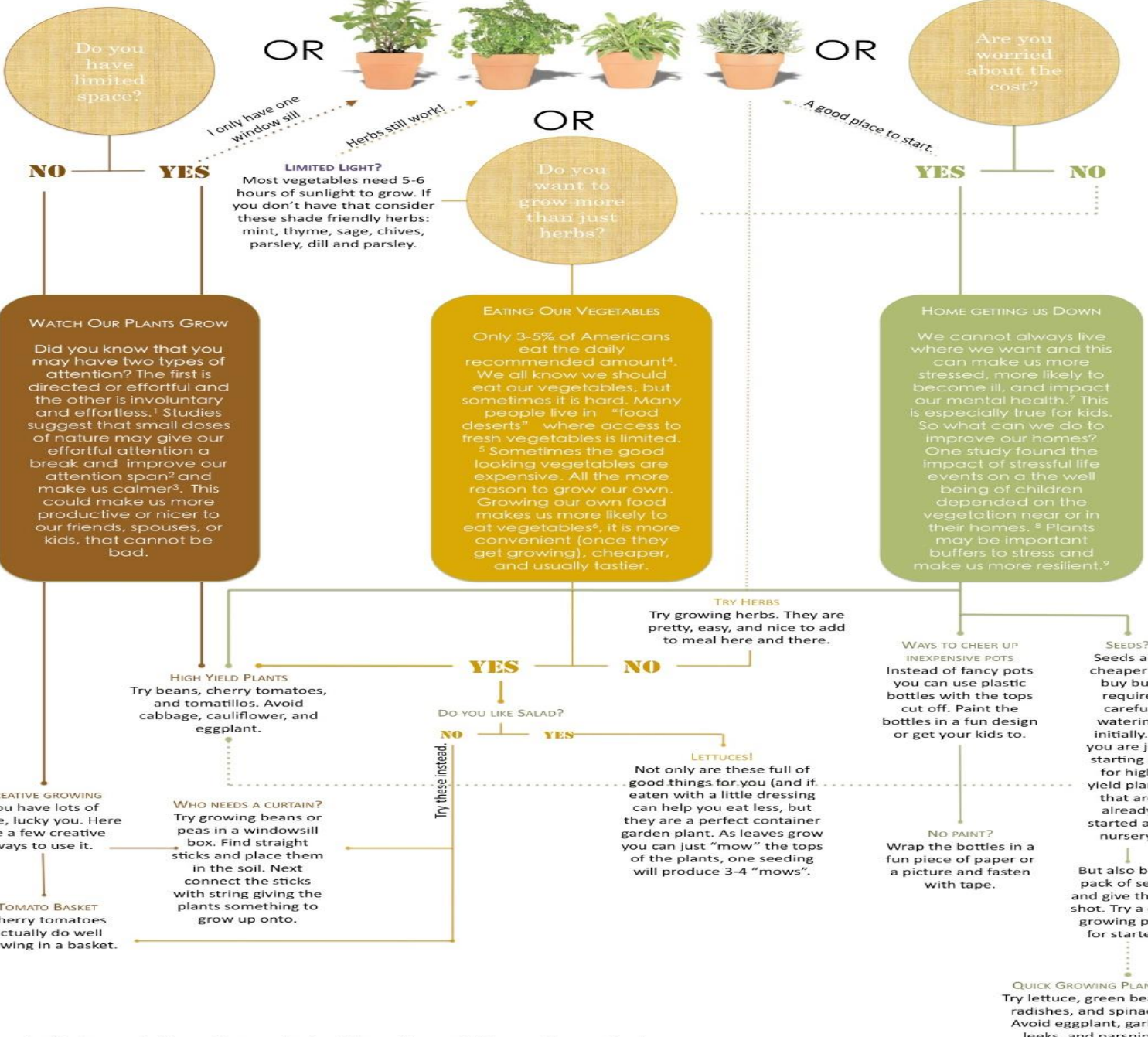


No matter where you live, your garden experience, or finances, there are lots of good reasons to start an edible container garden. Not sure why or how to start? Read on to find your fit.

START HERE

GROW HERBS

Easy to grow indoors, easy to use (gives added flavor to your meals), and easy to maintain.



Created by Margaret Demment in partnership with Capital District Community Gardens, Troy, NY and Youth Garden Project, Wood, UT, 2010.

Where to find more information and what those funny little numbers refer to:

1. In the book, *Psychology: the brief course*, by W. James, published in 1892.
2. In the article, "The nature of the view from home: Psychological benefits," by R. Kaplan (published in the *Journal of Environment & Behavior* in 2001).
3. In the article, "Children with attention deficits concentrate better after a walk in the park," by Andrea Taylor and Frances Kuo (published in the *Journal of Attention Disorders* in 2008).
4. In the article, "Most Americans eat much less than recommended amounts of fruits and vegetables," by P.M. Guenther, J. Reedy, and S.M. Krebs-Smith (published in the *Journal of American Dietetic Association* in 2006).
5. In the article, "Examining the impact of food deserts on public health in Chicago," by Mari Gallagher (published by Mari Gallagher Research and Consulting Group in 2006).
6. In the article, "Frequency of eating homegrown produce is associated with higher intake among parents and their preschool-aged children in rural Missouri," by M.S. Nanney, S. Johnson, M. Elliot, and D. Haire-Joshu (published in the *Journal of American Dietetic Association* in 2007).
7. In the article, "Housing and health: time again for public health action," by J. Krieger and D.L. Higgins (published in the *American Journal of Public Health* in 2002).
8. In the article, "Nearby Nature: a buffer of life stress among rural children," by Nancy Wells and Gary Evans (published in the *Journal of Environment & Behavior* in 2007).
9. In the article, "Coping with poverty: impacts of environment and attention in the inner city," by Frances Kuo (published in the *Journal of Environment & Behavior* in 2001).