

Companies in London to help you get started

Anything Grows SEED Co

www.anythinggrows.com

Baseline Nursery

www.baselinenurseries.com

Beautiful Edibles

www.beautifuledibles.ca

D&J Patton Bros. Landscape Supplies

www.patonsoils.com

Heeman's Garden Centre & Strawberry Farm

www.heeman.ca

Ontario Growers Supply

www.ontariogrowerssupply.com

Parkway Gardens

www.parkwaygardens.ca

Urban Harvest Landscape

www.urbanharvestlandscape.ca

Van Luyk Garden Centre

www.vanluyk.com

V&P Topsoil & Landscaping Supplies

www.vnptopsoil.com

Along with the local businesses listed above, you may also find great deals at yard sales, thrift shops, Kijiji, and Facebook Marketplace. Repurposing things around your home works well too!

Visit fual.weebly.com for a more detailed list of gardening resources located here in London.



FUAL

FUAL is a community organization of Urban Agrarians with broad experiences that include small to big food-growing and processing activities in the City of London. We are deeply committed to ensuring all of us are able to grow food locally, so that everyone has an opportunity to not only know where your food comes from, but to reap the benefits of readily available healthy food to eat and share.

Website

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Join our active community of Urban Agrarians in the "Friends of Urban Agriculture London" facebook group.



GUIDE TO BUILDING YOUR FOOD GROWING SKILLS



FUAL

Friends of Urban
Agriculture London



Planning

The steps of planning a garden help us integrate new skills into our current lifestyle, balancing new rewards with the fruitful challenges of food growing. Plan ahead to harvest local, healthy, and delicious food each season. Think about a few favourite veggies or herbs you enjoy and decide to grow 2-3 types of food plants to begin.

Match the size of your garden with the goals you set for the season, and consider:

Space

Will you grow in pots, boxes, or in the ground? If growing in containers you also need to source enough soil. If you grow directly in the ground consider adding compost to improve soil quality.

- Ensure good drainage for plants, especially for containers.
- Larger containers such as grow boxes assure good yield and healthy food for urbanites who have limited space or worry about soil contaminants.

Sunshine

6 hours or more per day is ideal for most fruit and vegetable plants. However many leafy green plants do well in partly shaded environments as well.

Water

Giving your plants rainwater benefits you, your plants, and the environment. Rain barrels are available for purchase from many retailers and are relatively easy to install. Try to install the rain barrels in a location where the water is easiest to access for your garden. Keep your garden healthy by ensuring the soil stays moist.



Plants

Will you grow from seeds, or purchase plants from garden centres? Most seed packs have excellent instructions for planting time and location. Many vegetables will grow by sowing seeds directly into the ground or container once temperatures are warm enough. Some plants need more time to mature and are best started

indoors. Seed and seedling swapping and sharing is a thing! Your seedling vendor and FUAL members all have great resources and tips for starting your season.

Compost

Creating compost at home is a cost effective way to enhance your soil's nutrients. All you need is a small corner to start the compost heap by combining kitchen scraps and yard waste, such as leaves and grass clippings. Food scraps should not include dairy, meat, or fats. For apartment dwellers you can always consider vermi-composting and bokashi techniques.

Tips and Tricks

Learn your space. Observe and make notes of your garden and surrounding conditions. Crop rotation is a time-honoured method of garden care and pest management and encourages good soil health.

Plan your desired harvest volume and think about what favourites will grow best across the seasons.

Think about companion planting, trap crops, and attracting pollinators.

Get serious about composting to enrich your garden for healthier soil and greater nutrients in your food.



Ongoing Growth and Maintenance

As we grow bigger, more gorgeous gardens, we gain sharable knowledge and enhance our personal and local secure good food supply.

Perennials such as rhubarb, elderberries, and strawberries add to the variety and anchor areas of your garden. These may include fruit and nut trees, cane fruit such as raspberries, or blackberries.

Space expansion and design allows us to integrate some edibles into the ornamental spaces in a yard or plot.

Natural pest control

is easier when the garden plan has greater diversity and we learn about balancing the pests and beneficials (from microbes to carnivores).



Structures such as stakes or frames help good garden health and harvest ease. Arbours and trellises can add beauty and function. Structures using combinations of wood, pipes, wire, etc. are also excellent options to build at home and can be equally as beautiful.

Planning, journaling, and improving your personal, cost effective system allows for a sleek, enjoyable good food adventure without having to spend much time in the supermarket.