

HOMEGROWN MISSISSAUGA

INDOOR GROWING GUIDE



Learn how to grow
fresh food indoors with
this step-by-step guide.



ACKNOWLEDGEMENTS

We acknowledge the lands which constitute the present-day City of Mississauga, and on which we cultivate relationships, grow, and share the harvest, and plant and steward seeds, as part of the Treaty Lands of the Mississaugas of the Credit First Nation, the Traditional Territory and Treaty lands of the Haudenosaunee, and the Traditional Territory of the Anishinaabe, Huron-Wendat First Nation and Wyandot First Nation. We recognize these peoples and their ancestors as peoples who inhabited and stewarded these lands since time immemorial. The City of Mississauga is home to First Nations, Métis, and Inuit peoples.

Indigenous food traditions, past and present, are integral to, and intimately connected with, the land. The City of Mississauga and Ecosource recognize and respect the traditions and stewardship of Indigenous Peoples. We are committed to continuing to learn, engage, and participate in the process of truth and reconciliation.

This guide was developed in partnership between the City of Mississauga and Ecosource. We would like to acknowledge the contributions of the community partners and gardeners whose knowledge informed the development of this resource.



WHY GROW FOOD INDOORS?

Growing your own food indoors can be a rewarding experience. It can give you a year-round supply of fresh, healthy ingredients that fit your cultural and taste preferences, while also being a fun activity you and your family can enjoy. Indoor gardening is space and resource-efficient, helping you make the most of light, water, and soil. This guide will walk you through the basics—from choosing the right spot and materials, to selecting easy plants to care for, and providing tips on how to enjoy the foods you grow indoors.

GARDENING & CLIMATE ACTION

The City of Mississauga's Urban Agriculture Strategy recognizes that food gardening can enhance community and ecological health. Urban agriculture supports climate action by reducing food miles and related greenhouse gas (GHG) emissions. It can also support climate change adaptation by cooling our neighbourhoods, improving air quality, absorbing rain where it falls, increasing biodiversity, and promoting community resilience.

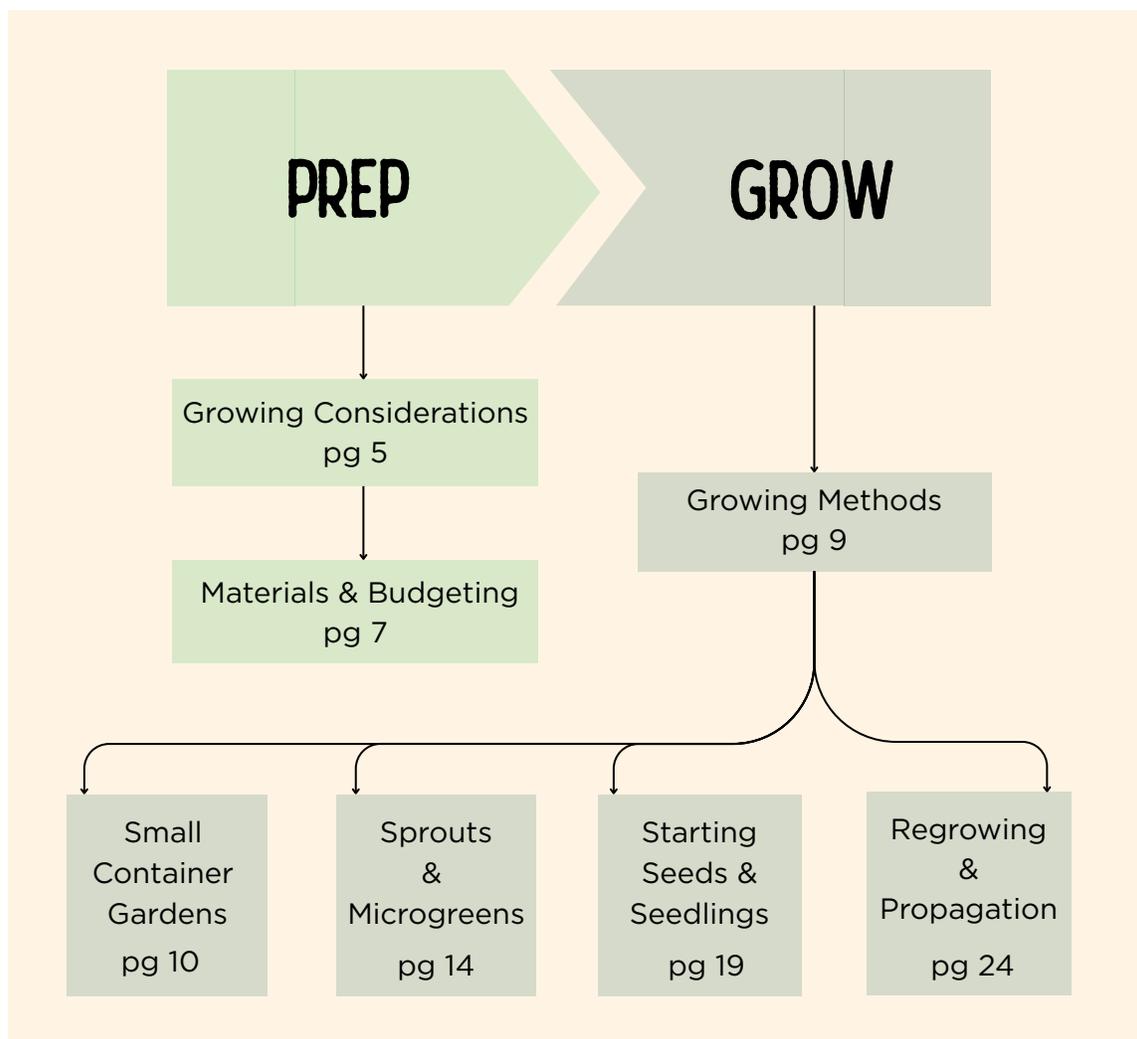


Given these benefits, the City of Mississauga is committed to supporting residents in developing skills to grow and harvest food.

HOW TO USE THIS GUIDE

This guide provides basic information to help you start growing food indoors at home. The content is divided into two parts: the first outlines how to prepare for indoor food gardening and the second explores different growing methods. The guide includes practical advice about what to consider at each stage of the process, as well as words of wisdom from Mississauga gardeners. A glossary at the end provides a quick reference for the key gardening terms underlined throughout.

Accessibility features have been integrated into the guide, including accessible fonts, contrast, and alternative text. To further support access, the guide is available for download in an alternative text-only format.





PREP

PLAN FOR YOUR INDOOR GARDEN





INTRO

Indoor gardening gives you full control over your growing environment, without relying on the unpredictable conditions outdoors. While your home may already provide some of the conditions plants need, others might require a bit of creativity or a small investment to create. Below are some key things to keep in mind as you get started.

HOW DO I PREPARE MY GROWING SITE?

SOIL

Some factors to consider for indoor soil include:

- Drainage: Perlite, pumice, or coarse bark create air pockets to allow water to flow through.
- Nutrients: Add fertilizers such as organic compost, fish emulsion, and worm castings at frequency indicated on package. Slow plant growth or yellowing leaves can indicate low nutrients, while brown leaves usually indicate too many.
- Texture: Ensure soil is light and fluffy allowing roots to take up air, water, and nutrients.
- Sterility: Avoid using outdoor soil (also called: top soil, black earth, or garden soil), which can carry pests, weeds and disease. If bringing outdoor plants in, inspect carefully for insects or eggs, and rinse or spray thoroughly to remove.
- Moisture retention: Coconut coir, peat moss, and composted bark help hold water without getting soggy.



Replace soil gradually:
25% yearly
100% every 5 yrs



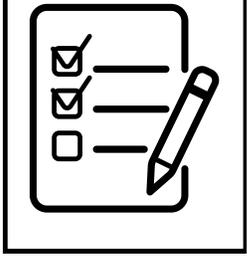
GARDEN TIPS

Potting mix is ideal for indoor gardening since it contains these elements, but avoid potting soil as it often includes outdoor soil and is not sterile

Make your own potting mix by following this formula.



1 part peat moss or coconut coir
1 part perlite or pumice
2 parts compost



✓ LIGHT

Most plants need 6–8 hrs of sun/day. Depending on what you'd like to grow, you may need to supplement with grow lights. Plants have different light requirements, so select plants based on your light conditions.

✓ WATER

Maintain balanced moisture levels:

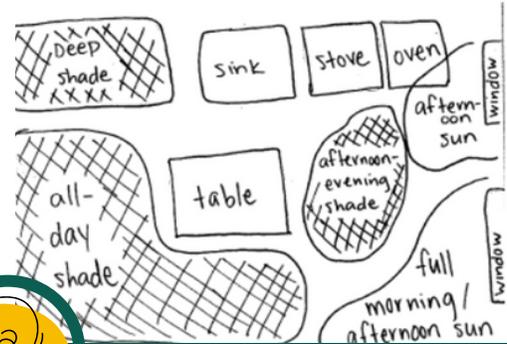
- Too wet → mold/rot
- Too dry → stress/death

Tips:

- Water roots, not leaves.
- Ensure pots or containers have drainage holes at the bottom, with a tray to catch water underneath to prevent damage to furniture or windowsills (don't let pots sit in water).
- Water until soil is fully wet. Let soil dry slightly between waterings.

✓ POLLINATION

Because indoor environments lack natural pollinators, choose plants that self-pollinate (like tomatoes and peppers) or those that don't require pollination to produce foods (such as leafy greens, roots, and most herbs).



GARDEN TIPS

Observe your indoor space for a few days to help you select the ideal spot for your indoor garden. Record which areas get direct sun and which are shaded by buildings, appliances or furniture (see the picture above). Consider how light patterns change with the seasons. South-facing windows (if available) receive the most consistent year-round light.



Root veggies → partial shade

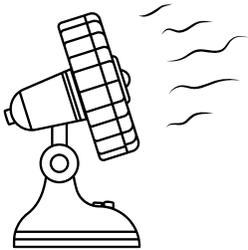
Leafy greens → medium light

Peas, beans, onions → full sun



AIR FLOW

Air circulation is important to prevent mold or disease.



How to test your airflow:

- Hold a thin tissue or thread near the top of the plant (where the leaves are).
- If it moves gently, air flow is good.
- If it does not move, air flow is poor.

If you have poor airflow, try using a ceiling fan or portable fan to improve circulation.



SPACE

Work with the space you have by thinking creatively. Use trellises or wall supports for climbing plants such as peas or beans, hang planters if windowsill space is limited, and choose compact or dwarf plant varieties for small surfaces. Make the most of shelves, corners, and wall-mounted planters to maximize growing space without crowding your home.

Be creative to maximize space and upcycle materials



WHAT MATERIALS DO I NEED FOR INDOOR GARDENING?

Creating the right conditions will require some materials, but indoor gardening does not have to be expensive! We recommend getting the basic materials below, which can be purchased, repurposed or borrowed. For example, consider borrowing seeds from a Mississauga Seed Library. With these cost-effective tips, you can start a small indoor garden for under \$50, and over time, invest in some of the advanced materials to upgrade your garden.

BASICS

- Pots/containers
- Seeds or seedlings
- Spray bottle or small watering can
- Hand tools (trowel, shears)
- Potting mix



ADVANCED

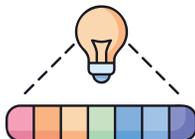
- Portable fan to strengthen plant stems and improve air circulation.
- Hydroponic planter if you'd like to expand your garden to grow vegetables without soil.
- Microgreen grow mat to provide a soil-less medium and make harvest easier.
- Heated seedling mat to create a more favorable environment for seeds to sprout and young seedlings to grow.
- Grow lights to increase the productivity of your garden. Bulbs range in price, light intensity, and light spectrum.



GARDEN TIPS

When choosing grow lights consider the following:

Light spectrum varies by plant type. Blue light is great for leafy growth and red light for flowering, so a full-spectrum "white" LED grow light is perfect for general growing.



Light intensity: Most indoor plants grow well with moderate to high light intensity for 12-16 hours per day. Look for 10-50 PPF per bulb.

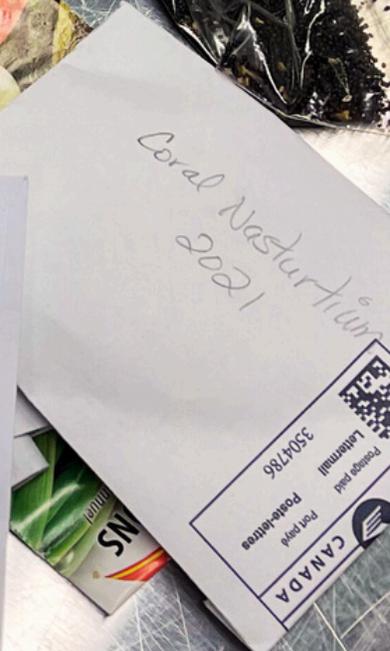
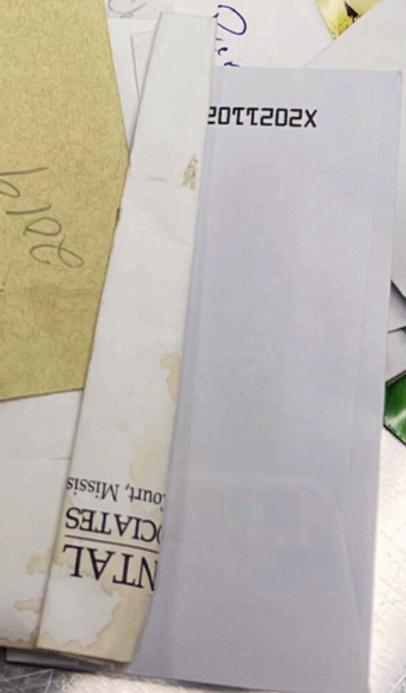
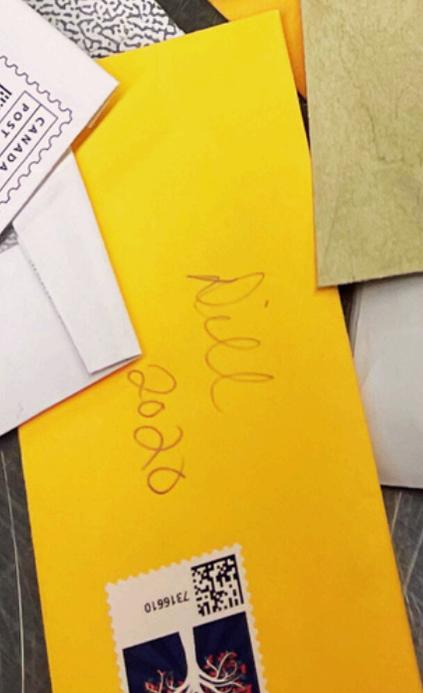
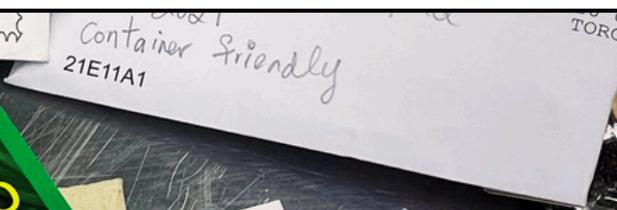
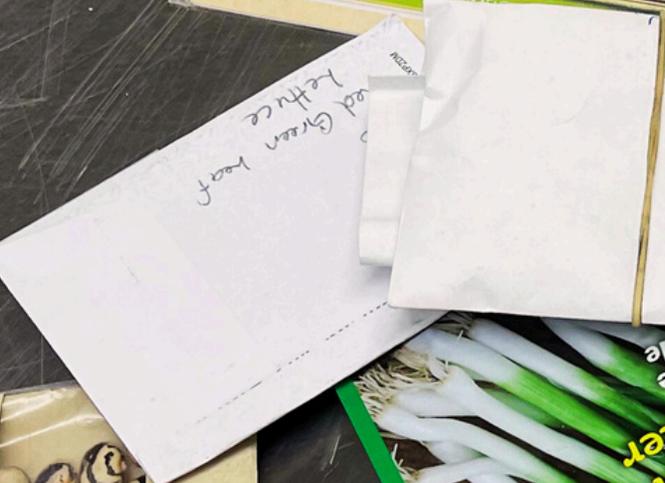
HELP



WORDS OF WISDOM

“When it comes to sourcing my seeds, I honestly go for seedlings because I have limited indoor space to sprout seeds at home. I target garden centers at large and small grocery stores and prefer to buy organic seedlings.... I like to dig my hands in the dirt and immerse myself in the planting and caring for my garden. It takes my mind away from my heavy desk work and the stresses of life. Growing my food is very relaxing and rewarding.”

- Iman Ahmed





GROW

INDOOR GROWING METHODS





INTRO

Container gardening is the practice of growing plants in pots, planters, or repurposed containers. It's an accessible way to grow food year-round—no backyard required—and offers plenty of flexibility to design a garden that fits your needs. As you get started, there are a few key considerations, such as choosing the right pot size and selecting varieties well-suited to indoor conditions.

PLANT VARIETIES

Certain plant varieties work better for growing in containers or small spaces. If you have vertical space, choose "climbing" or "vining" plants like pole beans, peas, cucumbers or cucamelons - just be sure to provide support such as a trellis. If vertical space is limited, choose "dwarf" or "compact" varieties such as bush beans, Tiny Tim tomatoes, or dwarf carrots. Seed companies often label varieties as ideal for balconies, pots, window boxes, or urban gardens—those are also good choices for an indoor container garden.



CONTAINER DIAMETER (inch) & VOLUME (L)

Leaf lettuce, arugula, baby radish, baby turnips, green onions, chives, small herbs	Cabbage, swiss chard, kohlrabi, turnips, large herbs	Pole beans, compact varieties of tomatoes	Cauliflower, eggplant, pepper, tomato, okra	Tomato, cucumber, zucchini, melon, squash
				
10 inch (7-11 L)	14 inch (22-26 L)	16 inch (34-37 L)	18 inch (52-56 L)	24 inch (90-94 L)



CONTAINER MATERIALS

Indoor garden containers come in many different styles, giving you options to suit your space and budget. You can purchase pots (see below) or repurpose items like tin cans, water bottles, buckets, or takeout containers. Just make sure they're food-safe!



	Materials	Cost	Strong & durable?	Lightweight?	Notes
	Terracotta	\$-\$\$\$ (Depending on size)	✓	Small - ✓ Large - ✗	Soil dries out quickly
	Plastic	\$	✗	✓	Direct sun can heat plastic which can harm plants
	Ceramic	\$\$	✓	Small - ✓ Large - ✗	

DRAINAGE

Drainage refers to how well excess water can flow out of a pot or container. Good drainage prevents root rot, by enhancing air circulation and keeping water from collecting at the bottom. To ensure good drainage, make sure your containers have holes in the bottom, and use potting mix with materials such as coconut coir, perlite, pumice, or composted bark.



GARDEN TIPS

Did you know that adding rocks to the bottom of pots doesn't improve drainage—it actually makes it worse by limiting space for roots inside your pot!



WORDS OF WISDOM

“Way back in 2007, I bought my late wife a Standard Hibiscus Tree for her birthday. It was her favourite flower, and in fact was her email handle when we met online in 1996 testing Microsoft software. It started off in a 12” pot and lives outside in the summer, and is brought inside when the weather forecast predicts the first frost. It was transplanted to a 14” clay pot and is now, some years later, in a 16” pot. It flowers outside in the summer, and explodes into flower when brought inside. It is now the third week in November, it has just lost 2 flowers, has 3 flowers in bloom and 5 buds. In mid to late December, it will have finished flowering and is hard pruned by 2/3rds. By June it will have new growth and will be ready to go outside. Don’t be afraid to buy exotic frost tender plants like Hibiscus, Orange or Lemon trees and allow them to share time outdoors in summer and then indoors during winter. Bringing large plants indoors is good for the mind and soul.”

- Andrew Taylor



GROW

SPROUTS & MICROGREENS

INTRO

Sprouting and growing microgreens are beginner-friendly ways to produce fresh, nutrient-dense food indoors, in just a few days. They require simple supplies and little to no light, making them easy to grow almost anywhere. Because the process is fast, fun, and easy, it's a great way to get kids excited about growing food and eating healthy.

SPROUTS

Sprouts are seeds that have just begun to germinate, creating tiny edible shoots. They grow in only a few days with just water - no soil or light needed. The result is a fresh, nutrient-rich food you can enjoy all year round. You can use the jar method below, or grow them in a colander, tray, or cloth bag.

MATERIALS

- Sprouting seeds such as alfalfa, mung bean, lettuce, radish, broccoli
- Cheesecloth
- Elastic band
- Jar

JAR SPROUT METHOD

STEP INSTRUCTION

1

Pour 1-2 tablespoons of the seeds into the jar and place the cheesecloth over the top securing it with an elastic band

2

Fill the jar with cold water, swirl, and drain.

3

Refill the jar with water and soak it for 8-12 hours.

4

Pour out water and turn jar upside down at an angle on a dish rack, bowl or baking sheet.

5

Twice a day, refill the jar with cold water, swirl, and pour out.

6

Continue this process until sprouts appear (approximately 4-5 days)

7

Rinse and pour out water a final time before removing the cheesecloth. Pour sprouts onto a paper towel or cloth and pat dry before eating.





MICROGREENS

Microgreens are young vegetable or herb plants eaten just after their first true leaves appear. They grow quickly in a thin layer of soil or a grow mat with little light. Although they are grown from seeds that can turn into full plants, if you eat them at this young stage, you get access to a high concentration of nutrients - so don't let them get too big!

STEP	INSTRUCTION
1	Soak seeds in water for 8-12 hours or overnight.
2	Fill container with 1-2 inches of potting mix or other growing medium.
3	Drain soaked seeds and spread in a single, dense layer across the top of the soil.
5	Spray with water regularly (2-3x/day) to keep them moist, but not soaking wet!
6	Once seeds start to sprout, place in front of a window to get as much sunlight as possible.
7	For maximum nutrition, <u>harvest</u> plants after their first <u>true leaves</u> appear or they reach 2-3 inches tall—usually after 8-12 days.
8	To eat, cut them with clean scissors just above the soil, and wash.
9	Discard remaining potting mix as seeds will not likely grow again and reuse poses risks of disease, mold, and low <u>harvest</u> .



GARDEN TIPS

Look for dry, raw, whole seeds, and organic, if possible. You can also buy seeds specifically labelled for sprouting.

MATERIALS

- Microgreen seeds such as sunflower (shell on), pea, buckwheat, fenugreek, arugula
- Growing medium such as potting mix, coconut coir, grow mat
- Shallow pot or recyclable container
- Spray bottle



hemp grow mat



potting mix



coconut coir



HOW CAN I EAT MY SPROUTS & MICROGREENS?

Sprouts and microgreens add a crunchy, flavourful, and nutrient-packed boost to your meals. They're usually eaten raw, but can also be lightly cooked. Try them in these ways:

- Add to salads
- Put on sandwiches or wraps
- Sprinkle on scrambled eggs, omelets, or avocado toast
- Mix into rice or grain bowls
- Add mung bean or soy bean sprouts into stir-fries



GARDEN TIPS

Sprouting carries some risk, so immuno-compromised individuals should consult a doctor before eating them. Always wash sprouts, store them in an airtight container for up to 7 days, and discard if slimy or smells off.



RECIPE

Kongnamul Muchim (Korean Bean Sprouts)

INGREDIENTS

- 2 cups mung bean sprouts
- 1 teaspoon sesame oil
- ½ teaspoon salt
- 1 teaspoon sesame seeds
- 1 garlic clove, minced
- Splash of soy sauce
- Chopped green onion

INSTRUCTIONS

1. Bring a small pot of water to a boil
2. Blanch sprouts until slightly softened.
3. Drain and cool quickly under cold water.
4. In a bowl, mix sprouts with sesame oil, salt, garlic, sesame seeds, soy sauce
5. Top with green onion and enjoy!

HOW COULD YOU ADD SPROUTS INTO THE MEALS YOU ENJOY?



WORDS OF WISDOM

“My community gardening experience began in 2021. When the growing season ended, I switched to sprouting and growing microgreens at home. It is quick to harvest, super fresh, inexpensive and best of all; nutrient-dense. To name a few that I have tried: alfalfa, arugula, broccoli, kale, mung bean, mustard, pea shoots....I have used jars, colander and paper towel for sprouting. It is truly easy! I did bump into small hiccups at the beginning with mold and uneven germination issues but quickly fixed it with a little research. For the fresh harvest, I love to toss it into salads, use in wraps or stir into soup when serving. I encourage everyone to do it at home to save money from buying from grocery stores!”

- Shadow Lee



GROW

STARTING SEEDS & SEEDLINGS



INTRO

Starting plants as seedlings often gives better results than planting seeds directly in larger spaces, especially for tomatoes, eggplant, kale, leafy greens, and herbs. Root vegetables like carrots, radishes, beets, and plants such as peas and beans, however, are best planted directly as seeds. You can buy seedlings or grow them yourself, then transplant them into larger spaces indoors or outdoors when ready. For more info on outdoor growing, see [Outdoor Growing Guide](#).

WHAT ARE THE BENEFITS OF GROWING SEEDLINGS?

- Saves money from buying at the store
- Can access cultural varieties that might be difficult to find locally
- Have control over growing methods used

MATERIALS

Seedlings have different needs than typical indoor plants. As young plants, they require more light (8-12 hours a day) and warmer temperatures (around 26°C). You may need grow lights or a heated seedling mat, if challenges occur.

The containers they use also differ. Seedlings begin in small containers (about 2.25"), then are moved into larger 4" pots as they grow, especially for plants like tomatoes, cucumbers, and squash. Make sure your containers are clean and allow for drainage. Remember to add a tray underneath to prevent water damage to furniture or windowsills.

CONTAINERS

Plastic



Biodegradable



Repurposed





METHOD

Follow the steps below to grow seedlings indoors:

1 GET STARTED

- Fill containers with seed starting or potting mix without ‘packing’ the soil.

2 PLANT SEEDS

- Plant 2-3 seeds of the same plant variety per tray cell or small container.
- General rule: The depth of planting should be twice the length of the seed.

3 WATER SEEDS

- Use a spray bottle so seeds are not disturbed.
- Water needs to reach the roots.

4 THIN SEEDLINGS

- Once seeds start to grow, remove ones that are too close together (try to have 1-2 plants per tray cell or small container). Keep the healthiest, biggest, and straightest plants.
- Cut off seedlings above soil to limit disturbance of other roots.

5 POTTING UP

- Transplant seedlings into bigger pots when true leaves appear.
- This process helps prevents plants from getting “root bound” and encourages plant growth.

6 HARDENING OFF (FOR OUTDOOR GARDENS)

- When outdoor temperatures are warm enough for your plant, expose seedlings to outdoor conditions over 5-7 days.
- Start with 1-2 hours in sheltered and shady location.
- Slowly increase time outside and exposure to direct sun.

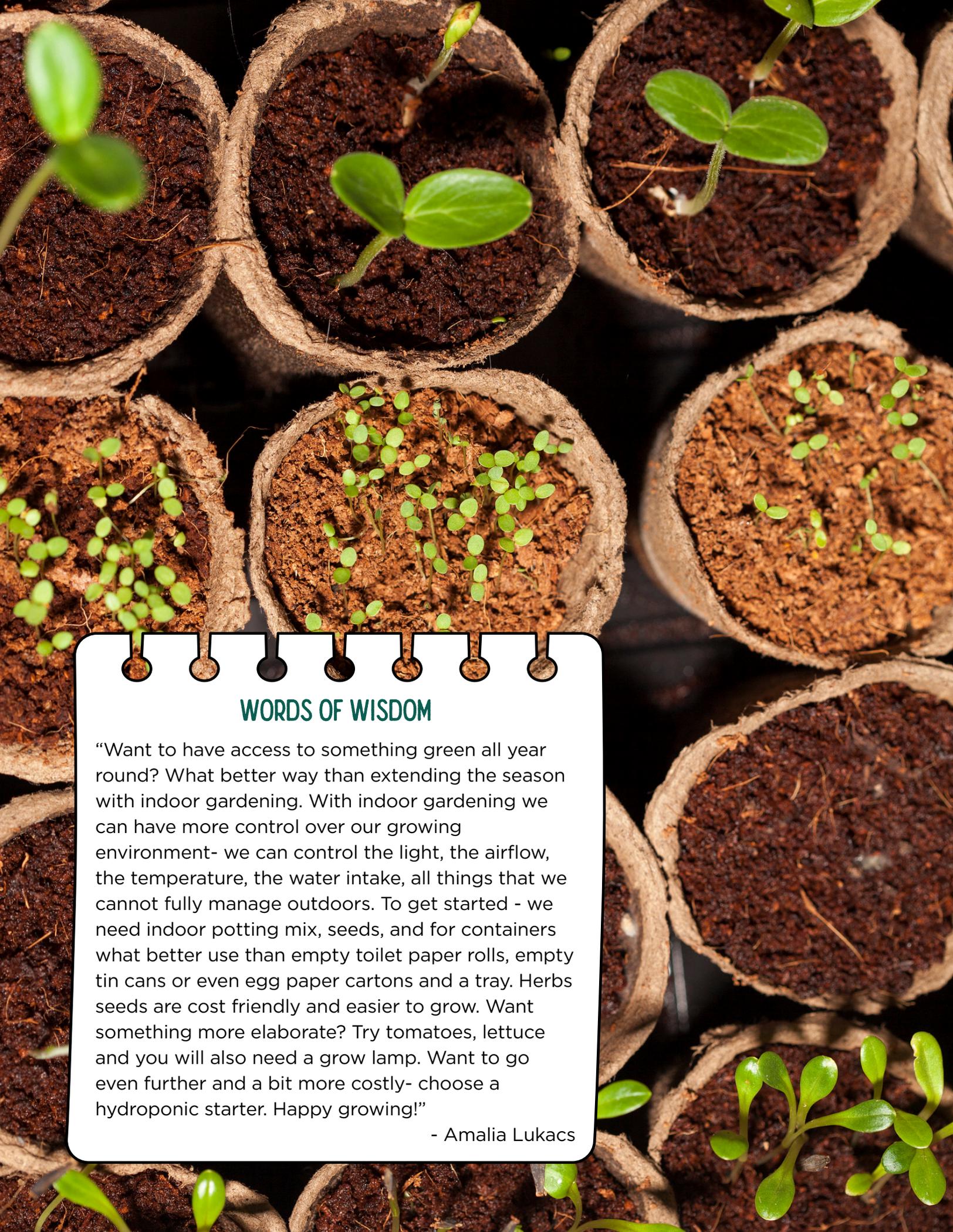
7 PLANT

- Transplant seedlings into their ‘final’ spot, which could be a larger pot, in ground or in a raised bed.



GARDEN TIPS

If you end up growing more seedlings than you need, try swapping them with your neighbours or friends to try out different plants!



WORDS OF WISDOM

“Want to have access to something green all year round? What better way than extending the season with indoor gardening. With indoor gardening we can have more control over our growing environment- we can control the light, the airflow, the temperature, the water intake, all things that we cannot fully manage outdoors. To get started - we need indoor potting mix, seeds, and for containers what better use than empty toilet paper rolls, empty tin cans or even egg paper cartons and a tray. Herbs seeds are cost friendly and easier to grow. Want something more elaborate? Try tomatoes, lettuce and you will also need a grow lamp. Want to go even further and a bit more costly- choose a hydroponic starter. Happy growing!”

- Amalia Lukacs



GROW

REGROWING & PROPAGATION



INTRO

Did you know you can re-grow some of your vegetable and herb scraps leftover from cooking? Not all vegetables are suitable for this method, so follow the tips below to set yourself up for success. While the quality of regrown veggies may not be the same as the originals, growing from scraps is a fun, low-cost way to try indoor gardening.

WHICH 'SCRAPS' ARE BEST FOR RE-GROWING?

green onions
lettuce
celery
bok choy
cabbage
herbs such as basil, mint, cilantro, rosemary,
oregano, thyme
carrots, beets, turnips (tops only)

HOW CAN I RE-GROW MY KITCHEN SCRAPS?

For green onions, lettuce, celery, bok choy
& cabbage:

1. Keep the base of the vegetable (the part you usually would throw away).
2. Place it in a small, clear glass or jar.
3. Add just enough water to cover the bottom of the vegetable's base.
4. Put in a sunny window.
5. You should see new growth after 3 -7 days. As it grows, you can harvest and eat the new growth.
6. Change the water every 1-2 days.
7. If the water starts to smell, or the vegetable stops growing, it's time to discard and start with another one.



For herbs (this method is also referred to as propagation):

1. Use a 4-6 inch stem, cut just below the leaf node.
2. Remove the leaves from the bottom half of the stem, but leave some at the top.
3. Put the stem in a glass or jar with water, making sure no leaves are underwater (they will rot).
4. Place in a bright spot out of direct sun.
5. Change the water every 2-3 days to keep it fresh.
6. Roots should appear in 1-2 weeks; once they reach 1-2 inches long, plant it in potting mix.
7. Wait until the plant has settled, about 1-2 weeks, before harvesting and eating your new herbs.



For beets, carrots, turnips:

1. Save the top 1 inch of the vegetable.
2. Place it, cut side down, in a bowl
3. Add just enough water to cover the bottom of the vegetable's base.
4. Put in a sunny window.
5. You should see green leaves growing after 4-5 days. Note: The root vegetables themselves will not grow.
6. As it grows, you can harvest and eat the new growth. Enjoy in salads, pestos, or soups
7. Change the water every 2-3 days.
8. If the water starts to smell or the plant stops growing, it's best to throw it out and start with a fresh scrap.



GARDEN TIPS

If you'd like your vegetable scraps to grow faster and stronger, once they start growing, you can plant them into potting mix, covering everything except the new growth. Use the tips in the 'container gardening' chapter for further information.





WORDS OF WISDOM

“Everything wants to live! And I love to regrow. Seeds from consumed produce, or even if there are no seeds, from bits and pieces of vegetable scrap, and even herb stems that have the potential to grow roots. I have re-grown mint, holy basil, garlic, onion, lettuce and greens from roots like carrots, turnips, beets and even chayote centres. All you need is water and a container. There is something magical and miraculous to witness the ability of a plant to survive even after some of it has been partially consumed, damaged or starting to decay. I recently regrew a garlic from a clove from my garden crop of garlic that I peeled but forgot. On one side it was bruised and had spots. I cleaned the good parts to eat and because there were some roots I kept the inside core and potted it with clay beads and water. I also refreshed the water occasionally. Today it is about one foot tall with greens I can use or I could pot the clove in soil and let it mature to produce seeds. Or even more exciting, it might produce a whole bulb again. I have learned how to grow scraps from elders, social media and gardening groups - and the most fun, trial and error!”

- Sadia Butt



GLOSSARY

Below is a list of common gardening terms that may be unfamiliar, along with clear explanations of what they mean.

BLANCH

To briefly boil vegetables or fruits, then quickly cool them in ice water to stop cooking.

COARSE BARK

Larger, chunky pieces of tree bark used in potting mixes. It helps water drain better, keeps the soil from getting too packed, and gives plant roots more space to grow.

COCONUT COIR

A fiber made from coconut husks, used in place of peat moss to hold moisture in soil.

COMPOST

Food scraps, leaves, manure, and other natural materials that have broken down over time and no longer contain toxins. Added to soil to improve its health.

COMPOSTED BARK

Tree bark that has been broken down over time into softer, soil-like material. It helps improve soil by holding moisture, adding nutrients, and making it easier for plant roots to grow.

DRAINAGE

How easily water can flow out of a pot or soil. Good drainage keeps water from sitting around plant roots, which helps prevent root rot and keeps plants healthy.

FISH EMULSION

A liquid fertilizer made from processed fish and fish waste. It is rich in nutrients and it can be added directly to soil or water for feeding indoor and outdoor plants.

FOOD SAFE

A material will not release harmful chemicals into food.

GERMINATE

The very beginning of seed growth. The seed begins to sprout roots and tiny leaves, turning into a new plant.

GROW LIGHTS

Specialized lights that help plants grow indoors by providing the light they need. They let you grow plants in places that don't get enough natural sunlight.



GROW MAT

A flat surface, usually made of felt or fibers like hemp, used to grow microgreens. It holds seeds and keeps them moist while they sprout, making it easy to grow small plants indoors without soil.

GROWING MEDIUM

The material that plants grow in, such as soil, coconut coir, or a soilless mix.

HARVEST

Noun: The foods that are gathered off plants when they are ready to eat, such as vegetables, fruits, or herbs.

HARVEST

Verb: the collection of vegetables, fruits, or herbs from your garden that are ready to be eaten.

HEATED SEEDLING MAT

Also known as a warming mat. A flat electric mat that gently warms the soil or growing medium for seeds. The extra warmth helps seeds sprout faster.

HYDROPONIC

A way of growing plants without soil. Instead, plants grow with their roots in water that contains all the nutrients they need.

LEAF NODE

The spot on a plant stem where leaves grow and new branches or roots can form.

LIGHT INTENSITY

How strong or bright the light is that shines on your plants. Higher light intensity means the plant receives more light energy to grow. Lower light intensity means the plant gets less light.

LIGHT SPECTRUM

The mix of different wavelengths or colors of light produced by a grow light.

MOISTURE

The amount of water in the soil, which plants need to grow but can't have too much or too little of.

NUTRIENTS

The vitamins, minerals, and other substances that living things need to grow healthy and strong.

PEAT MOSS

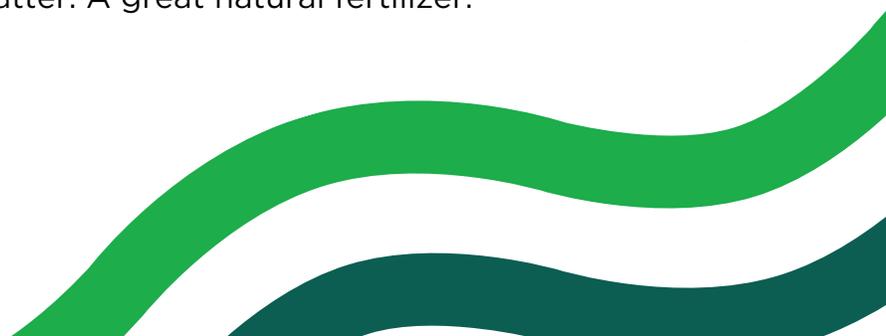
A spongy material made from mosses that helps soil hold moisture; harvesting peat moss releases carbon and is not considered a sustainable material.

PERLITE

A lightweight, white volcanic rock added to soil to help it drain better and keep it from getting too compacted.



POLLINATION	The process that plants go through to make seeds or fruit.
POLLINATORS	Animals or insects like bees, butterflies, bats, and birds that carry pollen from one flower to another. This helps plants make seeds or fruit.
PROPAGATION	The process of creating new plants from seeds, cuttings or other plant parts.
PUMICE	A porous volcanic rock used in soil mixes to improve drainage and airflow around plant roots.
SEEDLINGS	Young plants that have just started growing from seeds (usually up to 2 months old).
SELF-POLLINATE	A plant that can create seeds or fruit without the help of animals, insects, or wind.
STERILITY	Free from harmful germs, bacteria, fungi, or chemicals.
STEM	The main stalk or branch of the plant that grows above the roots and supports leaves, buds, or flowers.
TRANSPLANT	To move a plant from one place (like a small pot or seed tray) into the ground or a bigger container.
TRELLIS	A frame, ladder, or grid made of wood, metal, or plastic that plants can hold onto and climb upwards.
TRUE LEAVES	The leaves that appear on a young plant after the first tiny leaves (called cotyledons). The normal, mature leaves that look like the adult plant's leaves and can perform full photosynthesis.
VARIETIES	Different types of the same plant, each with its own traits like color, taste, or size.
WORM CASTINGS	The nutrient-rich waste produced by earthworms after they eat soil and organic matter. A great natural fertilizer.





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Growing a Green Community

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