Considerations Prior to Starting

1. Ensure that soil is loose either from tilling or raking.
2. Check planting calendar to minimize chances of frost.
3. Make sure you have planned out where to place plants.







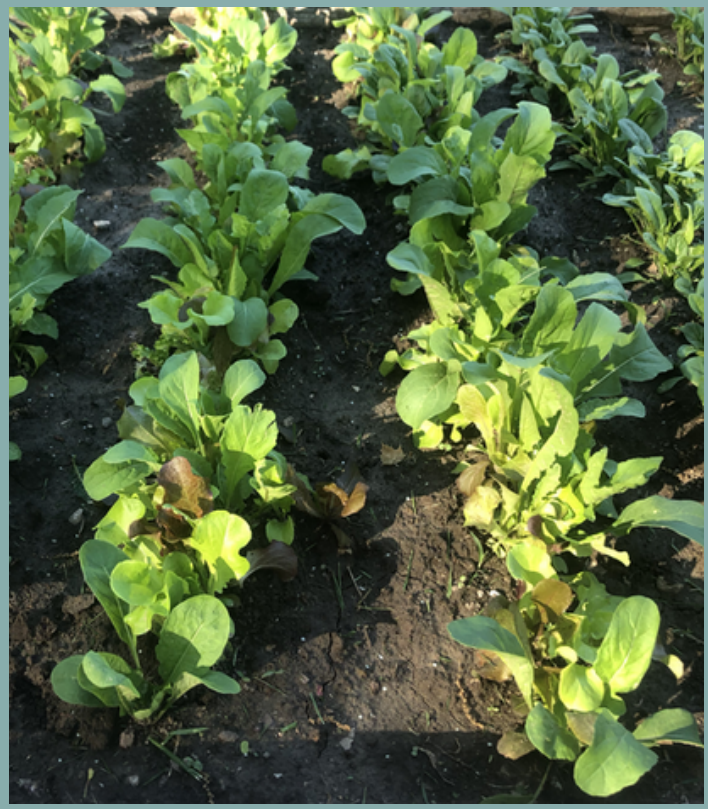


About the SIUE Community Teaching Garden

The SIUE Community Teaching Garden was established in 2021 by the Nutrition and Dietetics Program. We aim to promote food sustainability, provide nutrition education, and contribute to reducing food insecurity within the community.



Pictorial Planting Guide



SIUE Community Teaching Garden

Planting from a Started Plant

1. Dig hole large enough to place plant



2. Loosen plant roots



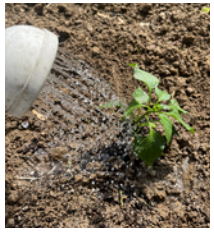
3. Place plant in hole



4. Cover plant with dug up soil



5. Water plant



Planting from Seeds

Review the back of the seed packet to see how far apart to plant the seeds.

1. Dig very shallow hole



2. Place seed(s) in hole



3. Cover up seeds with thin layer of soil



4. Gently water



Continue to keep area moist and check for signs of growth. Growth will start at different times, depending on the type of seeds and the weather conditions.

Special Consideration

Cans and Cages





Trellis Veggies



Companion Planting: Planting and growing two or more plants close together that naturally benefit each other.

Common examples include:

