

5 Insanely Easy – And Effective – Gardening Tips

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With the rise in food costs, millions are turning to their backyards to produce delicious fruits and vegetables. While the notion of gardening is nothing new, many find this hands-on process difficult to master. Although learning how to effectively garden is a life-long task, there are several tips and techniques to produce healthy and vibrant plants.

The following 5 gardening tips and techniques are insanely easy, and when done properly, can yield beautiful harvests. And the best part? No green thumb necessary.

#1 – Prepare Pots for Optimum Plant Health & Growth

So you've just bought several gorgeous planting pots to add a sense of drama and beauty to your backyard? Before you insert your delicate plants, it's imperative to prepare the pots. Instead of using chemical treatments, reach for items you already have. Combine equal parts of water, rubbing alcohol and white vinegar into a spray bottle. Apply a liberal amount into the pot and thoroughly scrub to remove clay pot salt deposits. Place the wet pot in direct sunlight to dry. Once

fully dry, insert your plants and watch them grow.

#2 – Protect Your Plants from Winter's Frozen Grasp

Sudden frosts and freezing temperatures can literally destroy young and mature plants. While there are many ways to protect your plants from freezing temperatures, save time and money by using gardening items you already have. Simply place a bucket or clay pot over the plants to protect them from frost and freezing temperatures.

#3 - Feed Plants with Vegetable Soup

Vegetable soup is a wonderful addition to any Fall and Winter meal plan; however, did you know there's an effective fertilizer derived from the very plants you wish to grow? Next time you boil your vegetables, don't throw away the used water. Rather, allow the water to cool to room temperature and pour directly at the base of plants. The nutrients extracted from the boiling process work wonders to promote healthy growth and maximize fruit production.

#4 – Prevent Fungus With a Spot of Tea

Tired of fungus destroying your plants? Want an effective way to eliminate fungus without turning to synthetic and chemical treatments? If so, simply make a cup of chamomile tea. After brewing a batch of organic chamomile tea, pour the cooled tea into a spray bottle and apply directly along the base and branches of your plants. Perform this treatment once-a-week to ward off fungal growth. This is an especially effective gardening technique for young seedlings. Need a stronger anti-fungal treatment? Dissolve a single aspirin tablet in 1 quart of water and spray around the base of the plant or directly on fungus to immediately kill fungus spores while protecting the plant from future infection.

#5 – Keep Pot Soil Where It Belongs With Coffee Filters

If you've ever tried caring for potted plants, you've likely found the soil leakage to be a problem. If gone unchecked, essential nutrients can seep out of the pot holes, which results in weak and damaged plants; no good for any plant, but especially herbs and small vegetable plants. Prevent this situation with a common household ingredient – coffee filters. Place an appropriately sized coffee filter along the base of the pot before adding soil. The filter keeps soil in the pot while allowing water and wastes to easily drain.

(Image from: Wikipedia)