

# Growing with Fabric Containers



# Why Fabric Containers?

Smart Pot and Root Pouch are the original fabric aeration containers. They are designed to enhance your gardening experience by helping you grow healthier, more fruitful plants. Less weeding, without the digging or other struggles that come with traditional gardening.

Smart Pots and Root Pouch are also BPA-free. So you can be **100% organic** without worrying about dangerous chemicals leaching into your soil. The same can't be said for other fabric containers and raised beds built with railroad ties or other treated lumber.

Those chemicals work their way into your soil and will be absorbed by the roots of plants.

# Better Than Traditional Containers

Compared to plastic and clay containers, fabric containers stay cooler on hot days because it allows air to flow through the sides of the fabric.

(Air Pruning).

Roots can't grow, circle back on themselves and are stressed when plastic and clay containers get hot.

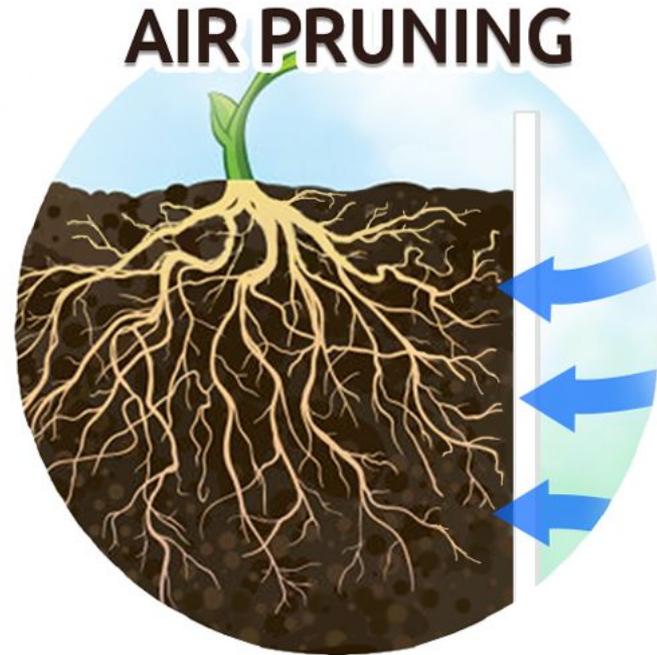
Smart Pots and Root Pouch also have models with handles so that you can pick them up and move them easily in and out of the sun and even indoors during weather not advantageous to growing.

# What is Air Pruning?

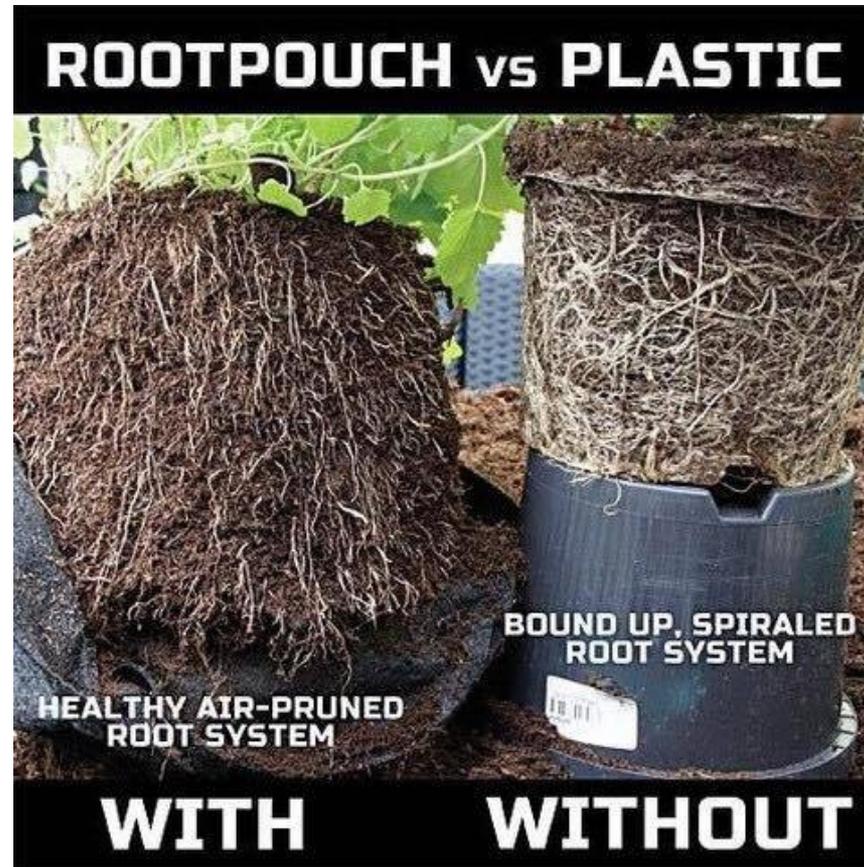
Air pruning occurs when a root comes in contact with the air on the side of a Smart Pot or Root Pouch. The root tip stops growing and instead begins growing smaller side-roots. This fibrous root structure takes in more moisture and nutrients.

This is the opposite of what happens in a plastic container where a few thick roots circle the pot until it constricts itself.

Air-pruning produces a stronger, healthier root system resulting in healthier plants.



# Fabric Container vs Plastic Container Root System



# What size container for which vegetables?

**So what do we recommend?** Here is a list of sizes we recommend using for various vegetables. These are recommendations only. If you have the space and want to go BIG, we encourage you to choose a larger size container than what's listed. If you have a smaller space or don't want a large plant, then go down a size or two to find your ideal fabric container size.

**7 Gallon Container** – Garlic, Leeks, Shallots, Lettuce, Spinach, Arugula, Chard, Endive, Escarole, Basil, Parsley, Rosemary, Thyme, Oregano, Sage, Beans, Bok Choy, Kale, Peas, Parsnips, Small Annuals

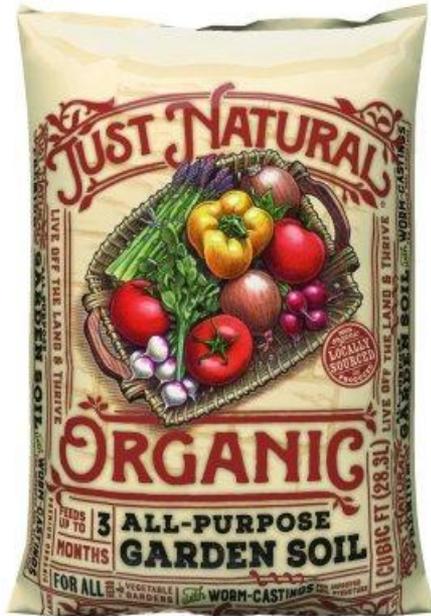
**10 Gallon Container** – Peppers, Artichoke, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Strawberries, Onions, Beets, Turnips, Carrots, Radish, Patio Cucumbers, Patio Tomatoes, Larger Annuals

**15 Gallon Container** – Cucumbers, Potatoes, Summer Squash, Zucchini, Patty Pan, Crooked Neck, Eggplant, Tomatillos

**20 Gallon Container** – Tomatoes, Musk Melons, Water Melons, Pumpkins, Sweet Potatoes, Winter Squash, Acorn, Butternut, Hubbard

# Recommended Organic Potting Soils

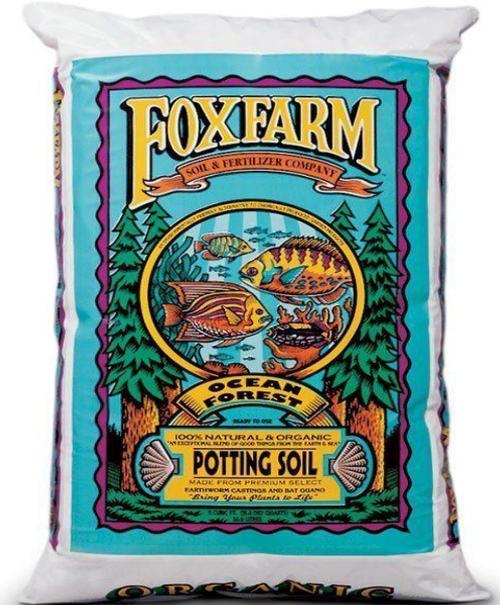
Good



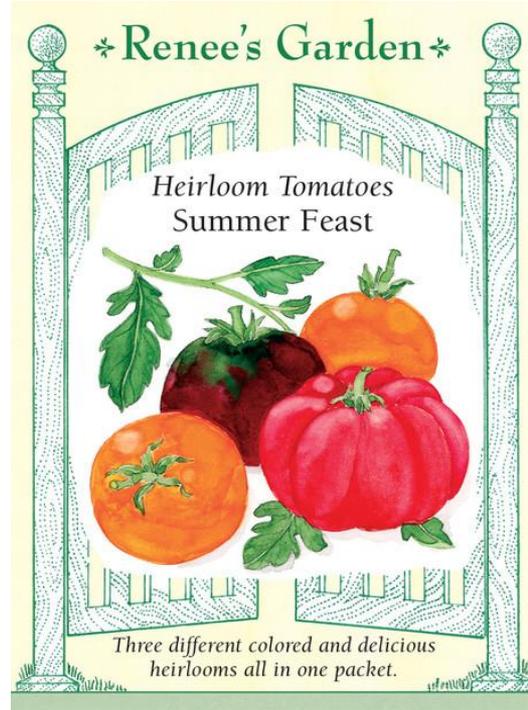
Better



Best



# Recommended Seed Companies



# Heirloom, Organic, Hybrid Seed Information

**Certified Organic Seeds** are harvested from certified organic crops. The seeds may be a hybrid or heirloom variety. Organic farmers must seek out organic seed in order to qualify for USDA Organic certification. If they can't find organic seed they're allowed to use conventional, untreated seed.

**Heirloom Seed** An heirloom is a cultivar that was commonly grown during earlier periods in human history, but which is not used in modern large-scale agriculture. Many heirloom vegetables have kept their traits through open pollination.

**Open-pollinated** Open pollination is pollination by insects, birds, wind, or other natural mechanisms. The seeds of open-pollinated plants will produce new generations of those plants. Because breeding is uncontrolled and the pollen (male parent) source is unknown, open pollination may result in plants that vary widely in genetic traits. Open pollination may increase biodiversity.

**Hybrid Seed** Hybrid seed is produced by manually cross-pollinating plants in a controlled environment. Hybrids are bred to improve the characteristics of the resulting plants, such as better yield, greater uniformity, improved color, disease resistance, and so forth. Hybrid seed cannot be saved, as the seed from the first generation of hybrid plants does not reliably produce true copies, therefore, new seed must be purchased for each planting.

**Tomatoes, Determinate** Determinate types bear a full crop all at once and top off at a specific height; they're often good choices for container growing. Some of the best are Celebrity, Tasmanian Chocolate, Glacier, Amelia, Patio Yellow and Romas.

# What is Companion Planting?

There are many herbs that can act as companion plants in your vegetable garden. Some attract beneficial insects to increase pollination and to predate pests. Others work in the root zone to enhance the bioavailability of nitrogen, phosphorus, and potassium by increasing beneficial soil microbes. Many of these companion herbs improve the health of soil and act as a tonic to the whole garden.

- Echinacea attracts beneficial insects to the garden that prey on insect pest.
- Plant basil with tomatoes, peppers, and eggplant to enhance their flavors.
- Plant marigolds near tomatoes, cukes, onions, potatoes and lettuces as they have pest repellent properties keeping numerous beetles and aphids out of your garden.
- Sunflowers enhance the growth of corn, tomatoes and roses. The ray flowers are rich food for pollinators. Sunflowers also attract hummingbirds which eat white flies, ants, aphids, mites, and mosquitoes. Plant them in the border as these tall plants can shade other crops in your garden.

# Smart Pot and Root Pouch Pics





# THE HEALTH BENEFITS OF GARDENING

## Stress Relief



Gardening can help reduce the level of stress hormone Cortisol

## Immunity Booster



Direct exposure to dirt and plants can help boost your immune system

## Work Out



3 hours of moderate gardening could equal a 1 hour gym session

## Bacteria Friends



Soil contains a natural antidepressant that can make us happier

## Green Diet



Those who grow veggies are more conscious about having a healthy diet

## Brain Health

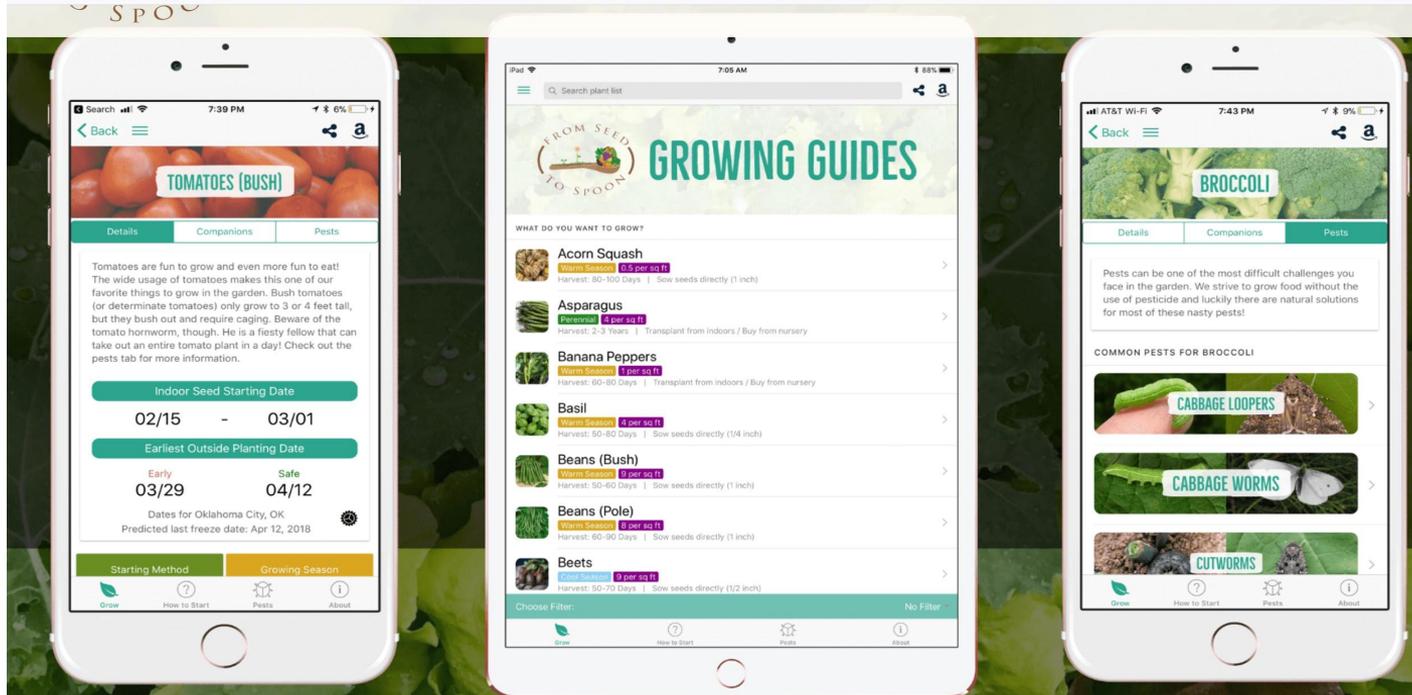


One study revealed that daily gardening can reduce risk of dementia by 36%

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# Is There an App For That?



**Our FREE Seed to Spoon iOS & Android app guides you through planting, growing, harvesting, and preparing over 60 different vegetables, fruits, and herbs!**