

**Low Carbon Communities Initiative**

**Networking Key Services- NKS**

**Taking it a couple of steps further**

**Plant young plants**

It should go without saying that young plants are delicate and easily damaged, so here is another tip for gardening novices - you should be extra careful when removing them from their tiny plant pots. Do not be tempted to grasp them by the stem and pull them out of the pot as this will only damage the plant. Instead:

* Turn the plant upside down.
* Press the underside of the pot until the plant and the soil slide out.
* Once you have freed the plant from its pot, dig a hole in your chosen plant bed deep and wide enough to hold the roots.
* Place the plant in the hole and fill it in with the soil you removed earlier.
* Do this for all of your plants and then water them thoroughly to encourage the roots to spread out.

**Water plants correctly**

The aim of watering plants is to provide them with enough water to survive but not so much that the soil becomes waterlogged. The best way to achieve this is to water your plants slowly to allow the water to reach deep into the soil. Ideally, the soil should feel moist at about 2-3 inches (5-6.5cm) beneath the surface.

Plants at different stages of development also require different amounts of water. Young plants will need to be watered daily to encourage growth and healthy roots, whereas established plants will generally only need to be watered once every 2-3 days, depending on the weather.

**So, there we have it, starting a garden is not as scary as a lot of people think. Even if you are a gardening novice, you will be able to enjoy a thriving garden year after year as long as you plan ahead, choose your plants carefully, and give your soil a nutritious boost.**