

# 6 Steps in Planting Vegetables

## and feeding others



### Step 1

#### Choose Your Veg

Select vegetables that grow well in your region and suit your preferences. Consider easy-to-grow options like potatoes, carrots or tomatoes.



### Step 2

#### Prepare the Soil

Find a sunny spot in your garden or use containers. Remove weeds and loosen the soil using a trowel or shovel to ensure good drainage. Examine the layers of the soil.



### Step 3

#### Plant your Vegetables

Use a trowel or shovel and plant them carefully on the topsoil layer and remember to give them plenty of space.



### Step 4

#### Water Wisely

Water your vegetables regularly, keeping the soil moist but not waterlogged. Use a watering can or a gentle hose setting to avoid disturbing young plants.



### Step 5

#### Wait for Harvest

Keep a gardening journal to note growth progress and any changes. As your vegetables thrive, harvest them when ripe and feel proud.



### Step 6

#### Give Them Away

Once you have successfully harvested your vegetables, find places where people are going hungry and provide them with free food to make the world a better place.

