

# Grow Food, Buy Local Resources



## Learn how to Garden

[Vegetable Gardening Handbook](#) for Beginners

Video UC Start your garden <https://www.youtube.com/watch?v=zxxn6cLDbhA>

[How to start a vegetable garden](#)

[Companion Planting](#)

[Common Mistakes Gardeners Make](#)

Planting: One method is to plant down in the furrow so that you can flood when watering, use the composted manure either dug in or as a top dressing. Mulch to conserve water.

For pest control, line bed with wire mesh to deter gophers, surround seedlings with chile powder to discourage snails, trap earwigs with soy sauce and oil in a low container with a hole in the top, hand pick snails. Leave the sowbugs, they eat dead leaves and consume heavy metals.

## Supplies

San Diego Garden Beds <https://sandiegogardenbeds.com/>

San Diego Seed Company <https://sandigoseedcompany.com/growing/gardening-in-san-diego/>

## Classes

Take a [Master Gardeners](#) and [Master Composters](#) class

[Master Gardener Vegetable Class](#)

[Urban Ag 101](#)

## Buy Local

North County [Community Supported Agriculture](#) CSA

Purchase [directly from producers](#) and shop at your local [Farmer's Market](#) when you can

Support local farmers at the supermarket by buying produce from Bew Wise Ranch, Mountain Meadow Mushroom, Archies Acres, JR Organics and many other local producers

## Food Advocacy

[Become a member](#) of the San Diego Food Systems Alliance to advocate for a resilient food system.

Learn about the root causes of our food system issues through [San Diego County Food Vision 2030](#).

## Other

Gardens are more than collections of plants. Gardens and Gardeners are intersectional spaces and agents for positive change in our world. Listen to the [Cultivating Place podcast](#).

Reduce Food Waste: [20 pro tips how to reduce waste at home](#).

Why Eat Plants [A printable poster](#) Four Great Reasons to eat a more plant-based diet

If you have more good resources to share, please let us know.