

ADVERTISEMENT

# Vegetable Gardening is IN!

By Joe Covington

There has been a huge resurgence in vegetable gardening, and for many good reasons. Home grown veggies are more delicious and nutritious, and how cool is it to harvest your own food to eat! The gardening experience allows you to get some exercise, which may also lower your blood pressure, and it gives you a strong sense of accomplishment and getting back to the earth.

You'll be surprised at how easy it is to get your garden started, especially if you plant in a raised bed or even in large containers.

Follow these simple steps to a successful garden:

1. Choose a planting location with 6 or more hours of sun.
2. Prepare rich, well-drained soil by tilling in plenty of compost and expanded shale (pre-mixed in Covington's Soil Builder).
3. Plant vegetables you and your family like to eat that are the appropriate size for the space you have.
4. Feed your plants with a good fertilizer.
5. Add 2 inches of mulch to control weeds and retain moisture in the soil, then water as needed.

Here are some of the vegetables that can be planted now:

Beans	Eggplant	Squash
Corn	Okra	Tomatoes
Cucumbers	Peppers	Zucchini

Make it a family affair and get the kids involved. They'll enjoy gardening while getting a great science lesson...and they may even ask for seconds on those vegetables they helped to grow!

*Joe Covington is the owner of Covington's Nursery & Landscape Co. at 5518 President George Bush Hwy @ SH66 in Rowlett.*

## It's time for Homegrown Veggies!



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