

Edible Plants You Can Grow Inside



Growing edible plants inside isn't tricky.

All you need is an appropriate container, enough light, and to pick varieties that grow well in containers.

Picking the Right Container

Whenever you want to grow edible plants inside, you need to pick a container that meets the needs of your plants.

When picking a container, you must consider several things, like drainage and size.

Drainage

Sitting water encourages root rot, and this problem can

persist in the winter because lower temperatures do not cause evaporation like in the summer.

Make sure any pot you use has drainage holes. You can obviously buy pots with holes, but when I grew herbs in containers, it was much cheaper to buy other containers and add holes with a drill.

Size

Some plants grow more extensive root systems or have root systems that spread out and stay relatively shallow in the soil.

So it is crucial to understand the plant's needs for the size and shape of your plants. For example, you don't need a deep container if you want to grow strawberries. However, a tomato plant produces a more extensive root ball, so its container must be much deeper than the strawberry.

Light

When growing plants inside, you must ensure they get enough light.

You may be lucky for things like small herbs and have a south-facing window without obstructions blocking the light. This means they may get enough light just sitting on the window sill.

But if you want to grow things like fruits or veggies, you must get a grow light that will provide 8 hours of sunlight daily.

You can choose grow lights to fit your needs, too. For example, you can get them with automatic timers, so you don't have to remember to turn them off once the plants have met their daily light needs.

Edible Plants that Grow Well in Containers

Many plants grow well in containers. Below is a list of the most common edible plants you can grow inside.

Herbs

Herbs are a popular choice for growing edible plants inside. They do well in containers and only take up a little space.

The best herbs for growing inside are basil, oregano, rosemary, chives, thyme, sage, and mint. And these herbs come in various varieties, so you can produce many different versions simultaneously.

Peppers and Tomatoes

Peppers and tomatoes need bigger pots, but they can thrive indoors, given enough light. Wouldn't it be awesome to have fresh garden salsa all year long?

Microgreens

Microgreens are different from the above plants. They can quickly grow inside because they don't need light. Microgreens are the early growth of things like beans. To grow them, lay beans on damp (but not wet) paper towels, cover them with another damp paper towel, put them in a plastic bag or tray, and put them in a dark place. In as little as 5 days, they will have grown into leggy little, delicious things.

Conclusion

Do you grow any edible plants inside? Tell me about it!