

The 7-Day Small Space Food Growing Jumpstart

A cozy, beginner-friendly guide to growing your
first real food — even without land



Grow real food. Anywhere.

Welcome to Your Small Space Harvest 🌱

You don't need a big backyard, perfect weather, or a green thumb to grow food.

You just need:

- a small patch of sunlight
- a few simple containers
- and a gentle plan that actually makes sense

I created this guide after years of teaching science, studying environmental systems, and helping families build resilient, small-space gardens that actually produce food.

This 7-day jumpstart was created to help you grow your *first* real food — without overwhelm, guilt, or complicated systems.

We're going to take this slowly.

Cozy step by cozy step.

By the end of this week, you'll have:

- your first crops chosen
- your containers set up
- living soil prepared
- and a real harvest timeline to look forward to

You're officially a gardener now.

Let's begin 🌱

Kristy



Day 1 — Choose Your First 5 Crops

The secret to early success is choosing plants that want to grow for you.

Start with forgiving, high-reward crops that thrive in containers:

- Cherry tomatoes
- Lettuce or spinach
- Basil
- Green onions
- Strawberries

These plants grow quickly, tolerate beginner mistakes, and give you that magical “I grew this” feeling fast.

Beginner Rule:

If this feels like too much, just start with **2 crops** instead of 5. Tiny beginnings still grow beautiful things.

Reflection Prompt:

Which 2–5 crops feel most exciting to grow right now?

Today's Tiny Win:

- ✓ Write down just **one** crop you want to grow. That's it. You don't need to commit to the whole garden yet. Choosing one plant is how every harvest begins.

Cozy Tip:

The best garden is the one you actually start.

Day 2 — Pick the Right Containers

Containers are your garden beds.
Choosing the right ones makes everything easier.

Look for containers that:

- have drainage holes
- are food-safe plastic, ceramic, or terracotta
- are at least 8–12 inches deep for most crops

Container Size Guide:

- Lettuce & herbs → 8–10" deep
- Tomatoes → 12–18" deep
- Strawberries → 8–10" deep
- Green onions → 6–8" deep

Budget Hack:

Drill holes in old storage bins, buckets, or tote boxes.
Gardening doesn't need to be expensive to be beautiful.

Checklist:

- Containers with drainage
- Saucers or trays
- One container per crop (to start)

Today's Tiny Win:

- ✓ Identify **one container** you already own (or could easily get). A pot, a bin, a bucket — it all counts.

You're building your garden from what you have, not what you lack.

Cozy Tip:

Your containers don't need to match.
Your food will still taste amazing.

Day 3 — Build Living Soil

Soil isn't just dirt.

It's a tiny living ecosystem.

Most bagged soils are stripped of nutrients and microbial life.

That's why plants grow... and then suddenly struggle. Here's your cozy, beginner-friendly soil blend:

Simple Soil Recipe:

- 50% potting soil
- 25% compost
- 25% coco coir or peat moss

Optional boosters (if available):

- Worm castings
- Mycorrhizal fungi
- A sprinkle of organic fertilizer

Mix gently.

Think “fluff,” not “pack.”

Checklist:

- Potting soil
- Compost
- Coco coir or peat
- Mixing container

Today's Tiny Win:

✓ Touch your soil. Seriously.

Notice how it feels — dry, fluffy, compact, alive.

Connection comes before perfection.

Cozy Tip:

Healthy soil = calm, resilient plants.

Day 4 — Seeds vs. Transplants

Both seeds and starter plants work beautifully.

The trick is choosing the right one for *your* season and patience level.

Seeds:

- cheaper
- more variety
- slower start

Transplants:

- faster results
- easier for beginners
- slightly more expensive

Beginner Rule:

Use transplants for:

- tomatoes
- basil
- strawberries

Use seeds for:

- lettuce
- spinach
- green onions

Checklist:

- Seeds or transplants selected
- Small pots (if starting seeds)
- Labels or markers

Today's Tiny Win:

✓ Decide: **seed or transplant** for just one crop. There's no "right" choice — only the one that feels easiest today. Ease is part of the system.

Cozy Tip Box:

There's no wrong way to begin.
Only the way that feels easiest today.

Day 5 — Watering Without Drowning

Overwatering kills more plants than underwatering.

Here's the cozy watering rhythm:

- Stick your finger 1 inch into the soil
- If it feels dry → water
- If it feels damp → wait

When you water:

- go slow
- soak until water drains out the bottom
- empty saucers after 30 minutes

Best Time to Water:

Morning.

Your plants wake up hydrated and happy.

Checklist:

- Watering can or hose
- Drainage trays
- Morning reminder set

Today's Tiny Win:

✓ Stick your finger into the soil **once** today. That's all.

You're learning your plants' language — and they'll teach you the rest.

Cozy Tip Box:

Plants love consistency more than perfection.

Day 6 — Find Your Sunlight

Sunlight is your garden's main fuel.

Most food plants need:

- 6–8 hours of sun per day

Here's how to map your light:

- Check your space at 9am, 12pm, 3pm
- Notice where shadows fall
- Place sun-loving crops in the brightest spot

Shade-Friendly Crops:

- lettuce
- spinach
- herbs
- green onions

Checklist:

- Sunniest spot identified
- Crop placement planned

Today's Tiny Win:

- ✓ Stand in your growing space for **one minute** and notice the light. Morning or afternoon — either is perfect.
Awareness is the first form of care.

Cozy Tip Box:

Even gentle sunlight can grow beautiful food.

Day 7 — Your First Harvest Timeline

Here's what to expect:

- Lettuce → 30–45 days
- Basil → 45–60 days
- Green onions → 30–60 days
- Strawberries → 60–90 days
- Tomatoes → 60–90 days

You don't need to rush.

Your job is simply to show up, water gently, and notice growth.

That's it.

You're officially growing food now.

Reflection Prompt:

What are you most excited to harvest first?

Today's Tiny Win:

- ✓ Circle the crop you're most excited to harvest. Let yourself feel that anticipation. That feeling is what keeps gardens growing.

Cozy Tip Box:

Every harvest starts with a tiny act of care.

Ready to Grow Even More Food?

You just built your first tiny food garden.
That's something to be proud of.

If you want to:

- grow more crops
- design a higher-yield garden
- build living soil long-term
- grow through heat and storms
- harvest year-round
- feel confident, not confused

I'd love to guide you inside my full program:

 [Grow Food Anywhere](#)

The Small Space Harvest System

An 8-week cozy, science-backed journey where we build real food gardens together — step by step.

Not ready yet? Join the [email garden](#) for tips + seasonal guidance.

You'll hear from me soon with seasonal tips and a gentle invitation to grow deeper — no pressure, ever.

Your Biggest Tiny Win:

- ✓ You started. That alone puts you ahead of where you were a week ago. Your garden is already real.



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