

# URBAN FARMER

LOVE THE EARTH

## How to: Grow on a Rooftop

One method urban gardeners have picked up on is growing their vegetables on a rooftop, especially if the roof is flat. A rooftop receives plenty of sunlight to foster a vegetable's growth since many times there's nothing else blocking the sun, and it's a great way to use commonly wasted space.

Rooftop gardening isn't only for those who want an avenue to exercise their green thumb. Although rooftop gardening is an excellent option for urban gardeners and will provide a bountiful harvest, it also creates a beautiful environment to entertain friends in.



[Find everything you need for your rooftop garden at ufseeds.com](http://ufseeds.com)

### Before planting:

Several precautions should be taken before you begin planting vegetables all over your rooftop. First, you should check with your landlord or rental company to make sure a rooftop garden is allowed. Second, you should seek the help from an architect to ensure your roof can handle the added weight that a rooftop garden could potentially bring.

### When planting:

Even if your building is cleared to withstand the additional weight of a rooftop garden, it is still smart to use as little weight as possible. Instead of heavy clay pots, opt for fiberglass or foam planting containers. When picking out soil, use lightweight potting soil. Other options, especially to improve drainage, is layering Styrofoam peanuts at the bottom of a pot instead of rocks.

A good option to consider when planting on

a roof is to use trellises frequently. These will help break the wind as well as provide an avenue of growth, and since rooftops are wide open, they tend to experience more wind damage. Implement several windbreakers throughout your rooftop to ensure your plants don't get damaged. Keep in mind the importance of watering frequently, and even consider a way to store water on your rooftop since frequently carrying heavy buckets of water up to the roof doesn't seem appealing.

Also, it's much more feasible to plant your roof-grown vegetables in containers rather than adding an entire lawn to your rooftop. When planting, pick varying sizes of containers to mix it up a little, and also be sure to place the containers on top of pallet boards or some other barrier so the moisture isn't in direct contact with the roof all the time.



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The easiest vegetables to grow on a rooftop are those which are known for their adaptation to container growing. These include leafy vegetables like lettuce, kale and spinach, as well as herbs. These are also plants that will less likely be damaged by high winds, unlike taller, top-heavy plants like tomatoes and peppers. When growing tomatoes on a rooftop, opt for plants that produce smaller fruits. This same tip can be used for bell peppers and eggplants. The smaller the fruit is, the better it will do on a rooftop.

Find everything you need for your rooftop garden on our website at [ufseeds.com](http://ufseeds.com)!



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