Top Vegetables and Herbs for Growing Indoors

Growing vegetables indoors can be a great way to have fresh produce year-round, regardless of the season. And if you're looking to extend your growing season or have the spring-planting itch, then indoor vegetable gardening might be just what you're looking for.

Below are some key factors to consider:

- Most vegetables need 6-8 hours of direct sunlight per day. A south-facing window is ideal. If natural light is insufficient, consider LED or fluorescent grow lights.
- Use containers with drainage holes to prevent overwatering.
- Choose a light, well-draining potting mix (not garden soil) for best results.
- Water when the top inch of soil feels dry. Avoid overwatering to prevent root rot.
- Most vegetables thrive at 65-75 degrees Fahrenheit.
- Use a small fan or open windows to ensure good air circulation and prevent mold as well as ensure strong stems.
- Use an organic liquid fertilizer (like fish emulsion or seaweed extract) every 2-4 weeks.

Choosing the right vegetables to grow is key. While some vegetables are not suited for indoor growing at all, others are both easy to grow and produce harvests well worth the trouble.

Below are some great options to try:

1. **Leafy greens** such as lettuce, spinach, kale or arugula are fast growing, tolerate lower light levels and won't mind a cold draft in the winter.
2. **Herbs** such as basil, oregano, parsley, rosemary, thyme or mint are some of the most popular to grow indoors.
3. **Microgreens** are a powerhouse of nutrients that are both quick and don't take up much space. Try radish, mustard greens, or sunflower shoots just to name a few.
4. Both **Radishes** and **Baby Carrots** are a fun, fast-growing root vegetable to grow indoors.
5. **Green onions** can be grown in water and continually harvested near a sunny window.
6. If your **Garlic** is starting to sprout, simply plant it in a small container and harvest the greens as they grow.
7. Fruit-bearing plants that are self-pollinating like the **Dwarf Red Robin Cherry Tomato** are a great option too.

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