



From Your Balcony to the  
Green Future

# BALCONY GARDENING IN A CHANGING CLIMATE

Presented by Shelter International e.V.



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# Introduction: Balcony Gardening in a Changing Climate

## PROJECT OVERVIEW

Balcony gardening offers practical solutions for **urban food security** and climate adaptation, transforming underutilized spaces into thriving green havens for city dwellers.

# The Significance of Balcony Gardening

## FOOD SECURITY AND ADAPTATION

Balcony gardening plays a crucial role in enhancing urban food security. By utilizing limited spaces, individuals can grow fresh produce, contributing to sustainable urban living. This practice also helps communities adapt to climate change by reducing food miles and improving local resilience.



# Spring Balcony Gardening (March-May)

## STARTING THE GROWING SEASON

As the days grow longer, it's time to nurture your seedlings indoors, preparing for a bountiful garden this year.



# Spring Gardening Tasks



01

## SEED STARTING

Begin your gardening journey by **starting seeds indoors**, ideally 6-8 weeks before the last frost. This gives your plants a head start for a fruitful growing season.

02

## SOIL PREPARATION

Preparing a fresh soil mix is crucial; use quality potting soil and organic compost to foster **healthy plant growth**, ensuring adequate drainage and nutrient availability.

03

## SETTING UP CONTAINERS

Choose containers that suit your plants' needs, ensuring they have proper drainage. **Set them up** in a sunny location to maximize the potential for growth and development.

# Recommended Spring Plants for Your Balcony



**LETTUCE**

**Crisp and nutritious** for fresh salads and wraps.



**SPINACH**

**Versatile leafy green** perfect for cooking and salads.



**RADISHES**

**Quick-growing root vegetable** adds crunch to dishes.

# Summer Balcony Gardening (June-August) Tips

## MAINTAINING AND HARVESTING

During the warm months, remember to water daily, fertilize weekly, and regularly harvest to ensure abundant growth and productivity.



# Essential Summer Gardening Tasks

A decorative graphic of a dark green leaf is located in the bottom-left corner of the page.

01

## DAILY WATERING

Consistent hydration is crucial for **healthy plants**. Water in the morning to prevent evaporation and ensure that roots absorb moisture effectively during the hot summer months.

02

## WEEKLY FERTILIZING

Heavy feeders, like tomatoes, require **regular nutrients**. Use a balanced fertilizer weekly to support growth, enhance yields, and encourage vibrant foliage throughout the growing season.

03

## REGULAR HARVESTING

Frequent harvesting of fruits and vegetables promotes **continuous production**. By removing ripe crops, plants redirect energy to new growth, ensuring a bountiful supply all summer long.

# Essential Summer Plants for Your Balcony Garden



**TOMATOES**

**Rich flavor** and versatile for many dishes



**PEPPERS**

**Sweet or spicy**, perfect for summer recipes



**EGGPLANTS**

**Nutritious** and great for grilling or baking

# Autumn Balcony Gardening (September-November) Tips

## PREPARING FOR COOLER WEATHER

As temperatures drop, focus on planting cool-season crops, preparing compost, and planning your garden layout for next year's growth.

# Autumn Gardening Tasks

## 01 PLANTING

In autumn, it's important to **plant cool-season crops** like lettuce and spinach to ensure a robust harvest as temperatures drop, maximizing your balcony's productivity.

## 02 FERTILIZING

As the growing season winds down, **reduce fertilizing frequency** to allow plants to acclimate to cooler temperatures, promoting healthier root systems and winter resilience.

## 03 COMPOSTING

Preparing **compost for winter** not only enriches your soil but also reduces waste. Collect organic materials throughout the season to create nutrient-rich compost for spring planting.

# Essential Autumn Plants for Balcony Gardening



**LETTUCE**

**Crisp and refreshing** for fall salads and dishes.



**SPINACH**

**Nutritious and versatile**, perfect for cooking or salads.



**KALE**

**Hardy and nutrient-rich**, ideal for cooler temperatures.

# Winter Balcony Gardening (December- February)

## INDOOR CARE AND PREPARATION

During winter, focus on maintaining indoor herbs like parsley and chives while planning for the upcoming spring gardening season.



# Winter Gardening Tasks

## 01 INDOOR HERBS

Maintain herbs like parsley and chives on sunny windowsills. Regular watering and light pruning encourage growth and ensure a steady supply of fresh flavors for winter meals.

## 02 SEED PLANNING

Plan and order seeds for spring planting during winter. Research suitable varieties and create a list to ensure a successful start to the growing season in your balcony garden.

## 03 HOMEMADE FERTILIZERS

Make homemade fertilizers using kitchen scraps and organic materials. This sustainable practice enriches your soil and prepares it for planting, fostering healthy growth for upcoming crops.

# Winter Plants for Your Balcony Garden



**PARSLEY**

**Versatile herb** perfect for winter dishes and salads.



**CHIVES**

Adds a mild onion flavor to meals and garnishes.



**MICROGREENS**

Nutrient-dense and ideal for indoor gardening fun.

# Conclusion: Embracing Balcony Gardening

## URBAN RESILIENCE AND SUSTAINABILITY

Balcony gardening serves as a vital **response to climate change**, enhancing urban food security. By cultivating plants in small spaces, communities can grow fresh produce, reduce carbon footprints, and foster connections among neighbors. Every balcony can contribute to a greener future.



Thank You! Start Your  
Balcony Garden Today



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