



Beginner Garden Checklist

A simple first-step guide for choosing a space, gathering supplies, and starting small - without getting overwhelmed.

STEP 1

Space & Sunlight Check

Before you buy anything, figure out what you are actually working with.

- ☐ Walk your space at 3 different times of day (morning, midday, afternoon) to see where the sun actually falls.
- ☐ Note any spots that get 6+ hours of direct sun - this is your best spot for most vegetables.
- ☐ Note any spots that stay shaded most of the day - save these for leafy greens or herbs.
- ☐ Check how close your space is to a water source (hose, spigot, or sink).
- ☐ Check the surface - soil, patio, balcony, or windowsill - since this determines your growing method.
- ☐ Confirm the space is realistically accessible for daily 5-minute check-ins.

STEP 2

Starter Supply List

You do not need everything on day one - just enough to get your first plants started.

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| ☐ A few containers or one small bed | ☐ Seeds or starter plants (pick 2-3 easy crops) |
| ☐ Potting mix or garden soil | ☐ Plant labels |
| ☐ Hand trowel | ☐ Gloves |
| ☐ Watering can or hose | ☐ A notebook or this planner to track what you do |

■ Beginner tip

Start with 2-3 easy, forgiving crops such as lettuce, herbs, cherry tomatoes, or radishes. It is easier to expand next season than to recover from an overwhelming first one.



Your Simple First Week

You do not need a complicated routine to get started - just these small, steady check-ins.

STEP 3

Simple First-Week Routine

Five minutes a day is plenty while everything gets going.

Day 1

Day 1: Pick your spot and set up containers or your bed. Water the soil so it is ready for planting.

Day 2

Day 2: Plant your seeds or starter plants. Water gently right after planting.

Day 3

Day 3: Check in - no watering is needed unless the top inch of soil feels dry.

Day 4

Day 4: Look for pests or wilting. Water only if the soil is dry.

Day 5

Day 5: Water if dry. Take a quick photo to track progress from week to week.

Day 6

Day 6: Check in briefly. Pull any weeds you spot while they are small.

Day 7

Day 7: Water if needed. Jot down what is sprouting and what needs attention next week.

■ Rule of thumb

Stick your finger about an inch into the soil. If it is dry, water. If it is still damp, wait a day and check again. Overwatering is one of the most common beginner mistakes.

■ You are ready

That is it: a spot with the right light, a handful of supplies, and a light-touch routine for week one. Everything else you will learn as you go.

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