

# STARTING A HOME GARDEN

Learn more about Gardening and Nutrition:



## BENEFITS OF A HOME GARDEN



### HANDS ON LEARNING

Gardening allows for a highly interactive environment that is adaptive to different learning styles



### IMPROVED DIET

Students who grow their own vegetables are more likely to eat them at home



### CONNECTION TO NATURE

Students learn to appreciate the natural world by working with it first hand



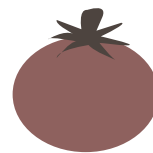
### PHYSICAL ACTIVITY

The physical activity involved in gardening is much higher than classroom settings

## SUPPLIES LIST

- WATER SOURCE
- PLANTING SOIL
- GARDEN SHOVEL
- SUNNY LOCATION
- SEEDS OR PLANTS

## HIGH-YIELD CROPS



TOMATOES

CUCUMBER



BEANS



GREENS

# TAKE HOME ACTIVITY: STARTING SEEDS INDOORS

When starting plants from seeds, special care must be taken to ensure they sprout properly. Tomatoes and lettuce are some of the easiest plants to start from seeds. Most seeds should be started indoors and then transplanted to larger containers.

## STEP 1

### LEARN ABOUT YOUR PLANTS

Before starting to plant your seeds, learn about the best time of the year to grow them, how deep to place them in the soil and the amount of water and light they need.



## STEP 2

### FIND A CONTAINER

Recycled containers -such as egg cartons- work well for starting seeds as long as they are at least 2 inches deep. Make sure to poke some drainage holes at the bottom.



## STEP 3

### GET SEED STARTING MIX

One of the most important parts of growing your seeds is the kind of soil you use. Make sure to buy seed starting mix which allows for proper drainage.



## STEP 4

### PROVIDE PLENTY OF WATER

Seeds need lots of water to grow properly. Make sure to keep your soil wet but not completely saturated with water. Also consider adding fertilizer to seeds that need it.



## STEP 5

### PLACE IN A SUNNY LOCATION

Seedlings need lots of light to grow strong. Make sure to place them near a sunny window.



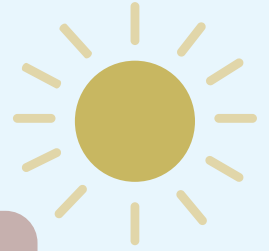
## STEP 6

### TRANSPLANT SEEDLINGS

Seedlings are ready to be transplanted when the roots are filling their container. Keep reading to learn more about growing your seedlings inside or outside.



# OUTDOOR GARDENING



## TRANSPLANT

Acclimate your seedlings by taking your seed trays outside in a protected location for 1-3 days.

Then, dig a small hole in your new location, plant your seedling, and water.

## SUNLIGHT

Most vegetable plants need lots of sun to grow properly. Before planting your garden, make sure the area gets at least 6 to 8 hours of sunlight per day.

## WATER

Plants need to be watered consistently to be able to grow properly. Make sure to water based on the type of vegetable and the size of the plant.



## PLANTS

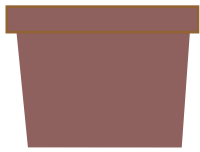
Pick plants that are high-yield and appropriate for your growing climate. Start off with a small amount and variety of plants to avoid overcrowding.



## SOIL QUALITY

High quality soil is important for a healthy vegetable garden because plants get their nutrients from the soil. Adding compost helps to improve the soil's composition and support insects that promote plant growth. Mulching the surface of the soil limits weed growth and adds organic matter into the soil.

# INDOOR GARDENING



## METHOD

Transplant your seedlings in a large container with soil mix made for indoor plants or try out hydroponics which works well for indoor environments.



## WATER

Indoor plants need more water than those outside. Use room temperature water and pour until water flows through drain holes.



## TEMPERATURE

Most plants need to be kept at around 65-75°F. If your plants start withering you may need to mist them with water.



## LIGHT

If you are planting in the winter or somewhere with limited light you will likely need a grow light. Grow plants together that have similar light and watering needs.

## DIY: MAKING RECYCLED PLANTERS

Practice sustainability and save money at the same time by transplanting your new seedlings in a milk jug.

Watch a  
video tutorial



- 1 Clean out your milk jug completely
- 2 Draw a line around the top of your milk jug
- 3 Cut the top off the milk jug, leaving the handle on the jug
- 4 Cut drainage holes on the bottom of your container
- 5 Fill container with potting mix

# TOMATO RECIPES



1

## TOMATO SAUCE

Fresh tomatoes give sauces an authentic flavor. They can be served smooth or chunky to your taste and even blended with pesto or other family favorites.

3

## TOMATO SALSA

This fresh snack is easy to make and can be served as an appetizer with chips or paired with tacos and served as part of a main course.

2

## ROASTED TOMATOES

Simply cut your tomatoes in half and bake in the oven. This can be served as a side dish with meat or chicken or used as a base for a tomato soup.

4

## TOMATO SALAD

Tomatoes and leafy greens are a great base to any salad. Mix in other seasonal vegetables, cheese, nuts, seeds and a dressing or vinaigrette to complete the dish.

## BURST CHERRY TOMATO PASTA from Bon Appetit

### Ingredients

- ½ cup extra-virgin olive oil
- 6 garlic cloves, smashed
- 4 pints cherry tomatoes
- ¾ tsp. crushed red pepper flakes
- 2 large sprigs basil, plus 1 cup basil leaves, torn if large
- 1½ tsp. kosher salt, plus more
- Pinch of sugar (optional)
- 12 oz. campanelle or other tube pasta
- 1 oz. finely grated Parmesan

### Preparation

1. Heat oil in pot and add garlic.
2. Increase heat to medium and add tomatoes, red pepper flakes, basil sprigs, and 1½ tsp. salt.
3. Cook until tomatoes begin to burst and smash some to help thicken the sauce.
4. Taste and adjust seasoning, adding sugar if sauce seems tart.
5. Cook pasta separately and add to pot with sauce.
6. Top with Parmesan and basil.

## CHERRY TOMATO SALAD from Allrecipes

### Ingredients

- 40 eaches cherry tomatoes, halved
- 1 cup pitted and sliced green olives
- 1 (6 ounce) can black olives, drained and sliced
- 2 green onions, minced
- 3 ounces pine nuts
- ½ cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon white sugar
- 1 teaspoon dried oregano
- salt and pepper to taste

### Preparation

1. In a big bowl, combine cherry tomatoes, green olives, back olives, and spring onion.
2. In a dry skillet, toast pine nuts over medium heat until golden brown, turning frequently. Stir into tomato mixture.
3. In a small bowl, mix together olive oil, red wine vinegar, sugar, and oregano. Season to taste with salt and pepper. Pour over salad, and gently stir to coat. Chill for 1 hour.

## BENEFITS OF EATING VEGETABLES

Vegetables provide **DIETARY FIBER** which helps reduce blood cholesterol and supports healthy bowel function.

Vegetables are an important source of **FOLIC ACID** which helps the body form red blood cells and is critical to fetal development.

Vegetables are high in **VITAMIN A** and **VITAMIN C** which helps protect against infections.

Vegetables are low in **FAT** and **CALORIES**.

Vegetables are rich in **POTASSIUM** which helps maintain healthy blood pressure.