

# A Garden Companion for the Young Child



Designed for preschool age children



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*Written and Photos by Trina Tauzer Koushmaro*

*Produced with funding by the Yolo County Office of Education  
Head Start/Early Head Start Program*

## ***Introduction...***

*“The Garden Companion for the Young Child” is a guide for preschool teachers with a month by month curriculum of activities to maintain a sustainable garden throughout the year. This manual is only intended as a guide. Each school garden is different. Therefore, it is important to adjust the activities and garden planning to fit the needs of your school. Keep in mind, that there are many more garden activities that you can add to the ones shared in this manual. It is fun and exciting to find new ideas by reading gardening books, going online, talking to other gardeners or even creating your own activities. You may even be able to draw from your own gardening experiences as a child. So, remember to be flexible, ready to explore and try new things in the garden!*

*Happy Gardening!*  
*Trina*

## ***A little bit about Yolo Farm to Fork ...***

Yolo Farm to Fork is a nonprofit organization supporting edible school gardens and providing garden-centered and farm-based education to students. We are dedicated to bringing locally grown farm-fresh food to school meals and to reducing waste through recycling and composting. Our programs provide the real-life resources for kids to improve nutrition habits, fight obesity and integrate garden learning with classroom instruction while sustaining edible school gardens.

***Help us keep them growing healthy eating habits!***





## Table of Contents

<b>August</b> - Living/nonliving and Needs of the Plant.....	pgs. 2-5
<b>September</b> - Parts of the Plant.....	pgs. 6-8
<b>October</b> - Seeds.....	pgs. 9-10
<b>November</b> - The Leaf.....	pgs. 11-13
<b>December</b> - Roots and Herbs.....	pgs. 14-15
<b>January</b> - The Stem.....	pgs. 16-17
<b>February</b> - The Flower.....	pgs. 18-20
<b>March</b> - Planting seeds and Spring.....	pgs. 21-22
<b>April</b> - Growing New Plants from Different Parts of a Plant.....	pgs. 23-24
<b>May</b> - Fruit.....	pgs. 25-26
<b>June</b> - Harvesting the Garden.....	pg. 27
<b>July</b> - Pollinators.....	pgs. 28-29

### Resource pages.....

A planting guide for the young child's garden

Edible Flowers

Recipes

Glossary of Garden Tools and Terms

List of Gardening Books



# August

## What to Discuss

**Record garden discussions in your classroom garden journal**

- Difference between living and nonliving things.
- Needs of plants - water, sun, air and soil.
- How we can grow our food, and what we should grow in the garden.

## Classroom Activities

### Living and nonliving

- Plant a seed and plant a marble activity.
- Sort objects or pictures of living and nonliving things.

### Needs of a plant

- Do experiment of 4 plants depriving them each of one element - sun, water, air or soil.
- Make newspaper pots and plant seeds indoors to transplant to the fall garden.

### Garden Journal

Start your garden journal with your class to keep a record of garden activities and add drawings, pictures and other art work.

## Garden Activities

- Begin to weed and harvest any summer vegetables.
- Add compost or organic mulch to prepare for fall garden.
- Plan a fall garden (refer to list for best plants to grow in fall).

## Definition of living and nonliving things

Young children often have difficulty characterizing things as living or nonliving. For example, they tend to describe anything that moves as alive. They also do not yet understand the cycle of life (birth, growth, death), and therefore classify anything that has died as nonliving. In science, living is used to describe anything that is or has ever been alive (dog, flower, seed, log). Nonliving is used to describe anything that is not now nor has ever been alive (rock, mountain, glass, wristwatch). Over time, the children will begin to understand that all living things grow, breathe, reproduce, excrete, respond to stimuli, and have similar basic needs like nourishment. Older students may even realize that all living things are made up of cells.

## Picture of living and nonliving things

Gather pictures of both living and nonliving things. Hold up a picture and ask the kids if each object is living or nonliving. Do not correct them right away. Let them discuss their answers. The kids can pretty easily tell you which ones are living and which are not, but there are a few tricky ones (i.e. a rock and a wooden chair). It's fun to listen to the reasoning behind their answers – the debate can become quite heated at times!

Following questions:

- ***How can you tell if something is living or nonliving?***
- ***What are some things that all living things have in common***

## Growing a seed and a rock

### Materials

- Two plastic pots or cups
- Bean seed or other fast growing seed
- Small rock or marble

### Directions

1. Take two small containers filled with soil.
2. Plant a rock in one and a seed in the other.
3. Place containers in sunlight and keep moist with water.
4. See which one grows.

### Which one grew?

### Why did the seed grow and not the rock?

Examples of living things - *leaf, seed, flower, fruit, vegetable, pets, insect, branch*

Examples of nonliving things - *marble, rock, plastic toy, cup, glass, book*





# September

## What to Discuss

- Parts of the plant - root, stem, leaf, flower, fruit, seed
- We eat all the different parts of the plant -name some (see list).

## Classroom Activities

*Refer to activity page for directions and materials needed.*

- Grow beans on on wet cotton or in a plastic bag - to see all parts of the plant.
- Pull a weed and label parts.
- Bring in different edible parts of the plant - see list.
- Start an outside potting bench for dramatic play.

## Garden Activities

- Finish weeding and harvest any summer vegetables.
- Add compose and/or organic mulch to amend soil.
- Plant the fall garden.
- Follow a watering schedule to ensure adequate water for the garden.

## Edible Parts of the Plant

1. Bring in samples of different parts of plants for eating.
2. Let children observe and taste them.

### Eating different parts of the plants.

- **Flowers** -broccoli and cauliflower
- **Stems** - celery, asparagus and kohlrabi
- **Leaves** - cabbage, brussels sprouts, lettuce, spinach, kale and chard.
- **Roots** - onions, carrots, beets, turnips and radishes.
- **Fruits** - tomatoes, eggplant, peppers, okra, squash, cucumber and pumpkins \* Would you believe these are the fruits of a plant?
- **Seeds** - peas, corn, lima and kidney beans, garbanzos and blackeyed peas, sunflower and pumpkin seeds.

## Potting Bench for Dramatic Play

### Materials

- Container for mulch or soil
- Soil or mulch
- Large seeds or beans
- Plastic flowers
- Watering cans
- Plastic pots



### Directions

1. Put soil in large container or in pile on ground.
2. Set up a table or area with all the supplies.
3. Have a water supply - a water table nearby works great.
4. Let children play gardening.
5. Restore area each day or as needed so the materials are available during play time.

\*Sifting through the soil and finding the seeds, and then dropping them back into the can is an activity in itself!



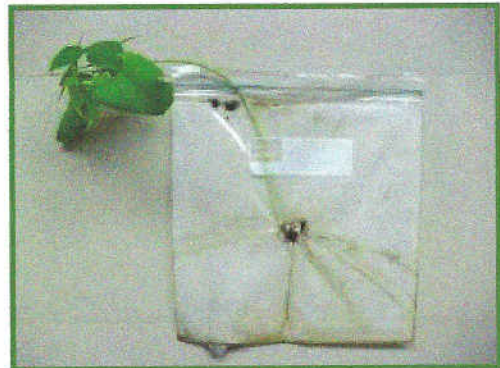
## Sprouting Seeds

What happens to a seed when you plant it in the soil? When we plant seeds they first sprout or “germinate.” When planted in the soil, we’re unable to see the first sprout push out of the seed coat or see the root system. In these activities, you will be able to observe germination and the plant’s roots.

### Beans in a Bag/Cup

#### Materials

- Zip lock sandwich bags or plastic cups
- Dry beans
- Paper towels
- Permanent marker



#### Instructions for growing in ziplock bag

1. Distribute a zip lock bag to each child and write their name in the top corner with a permanent marker.
2. Dampen a paper towel per child and have them place the folded towel in the bag. Paper towels should be damp enough to provide moisture for the bean, but not dripping (which could cause mold).
3. Have children place a dry bean on top of the damp paper towel and seal the bag. There does not need to be any air in bag.
4. Tape each bag to a window or a wall which gets some sunlight. The seed mostly needs warmth at this stage, not light.
5. The seeds should begin to germinate in 3-5 days. Moisten the paper towels if they are drying out.

#### Or in a plastic cup:

1. Fold a paper towel in half or thirds to fit your plastic cup.
2. Moisten the towels evenly with water.
3. Place beans between the towel and the cup
4. Place the cup in a sunny location.





# October

## What to discuss

- Review parts of plant – roots, stem, leaf, fruit, seed.
- Seeds – plants grow from seeds.
- Where are the seeds?

## Classroom activities

*Refer to activity page for directions and materials need.*

- Grow an avocado pit.
- Open up different fruit, vegetables and plants to see where the seeds are and count how many seeds there are.
- Harvest sunflower and pumpkin seeds – roast and eat.
- Dry seeds and save for next year's garden.
- Make collages or designs using seeds.

## Things to do in the garden

- Weed and harvest any leftover summer vegetables.
- Continue Planting a fall garden (refer to list).
- Collect seeds from harvest veggies.
- Trim perennials such as rosemary, mint and sage.



## Growing an Avocado Pit

### Materials

- Avocado pit
- Small jar or clear cup
- toothpicks

### Directions

1. Wash the avocado pit.
2. Use 3 toothpicks to suspend it broad-end down over a water-filled glass to cover about an inch of the seed.
3. Put the glass in a warm place out of direct sunlight and add water as needed.
4. You should see the roots and stem start to sprout in about 2-6 weeks.



## Collecting sunflower seeds

1. Plants that are ready for harvest will look like they are dying. The flower head will start to turn from green to yellow and flop over from the weight of the seeds.
2. Cut the seed head with at least 12 inches of the stock and bring it indoors to dry.
3. When completely dried, which will take from one to four days, the seeds will easily fall from the seed head.
4. The sunflower seeds can then be washed and eaten as is, lightly toasted in the oven, saved for projects, or used to grow new sunflowers next season.

## Art with sunflower seeds

### Materials

- Yellow paint
- Paper - large piece for group or single sheet per child
- Paper plate
- Sunflower seeds
- Glue
- Stapler

### Directions

1. Dip a hand (or two) in yellow paint and make handprints on paper.
2. After handprints dry, cut each print out.
3. Staple the hand prints around the edge of a paper plate.
4. Glue sunflower seeds in the center. You can use seeds sold as bird food if you don't have enough seeds from your flowers.







# November

## What to discuss

- Parts of leaves - blade, margin, veins, petiole
- Leaves that we eat
- Why leaves change colors

## Classroom activities

*Refer to activity page for directions and materials needed.*

- Draw leaf and label parts or label a real leaf.
- Do a leaf art project (see list).
- Go on nature walk and collect leaves -compare shapes and colors.
- Taste leaves or make a leaf salad!

## Things to do in the garden

- Begin harvesting fall garden vegetables.
- Plant bulbs for early spring flowers.
- Water less if rainy season has begun.

## ART WITH LEAVES

### Leaf Collages

Collect dry leaves and have the children glue onto piece of paper or paper plates.

### Leaf Rubbings

Have the child place a leaf under a piece of paper, and rub the paper with crayon, and the leaf shape will appear. This works much better with green leaves.

### Leaf Prints

Obtain a leaf for each child. Have the child paint the vein side of the leaf. Press the leaf onto a piece of paper to create a leaf print.

### Leaf Hands

Trace each child's hand onto a fall color of construction paper, and cut it out to make it look like a maple leaf.

### Leaf Tree -We are thankful for....

Use brown construction paper for the trunk of the tree, and tape up fall leaves to the wall to make a huge fall tree in your classroom. Write down things the children are thankful for on each leaf.

### Leaf Painting

Have the children paint, using leaves as paint brushes.

### Leaf Glitter

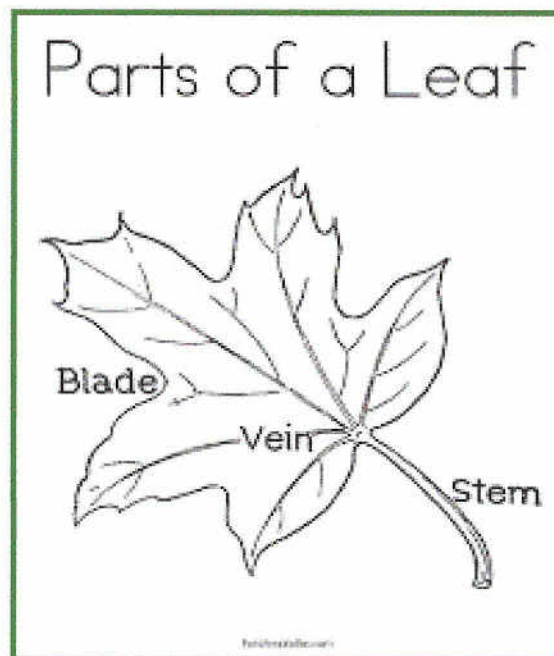
Find some old brown leaves. Have the children crumble them up and use them as glitter. You could even paint them before you crumble them to make different colored glitter.

### Leaf People

Have the children glue a leaf on a piece of paper, and draw legs, arms, and a head to create a person.

## Label the leaf

Use a real leaf and teach parts of the leaf to the children



## Leaf Salad

### Ingredients

Any leaves you can obtain such as:

- Lettuce
- Chard
- Spinach
- Parsley
- Cilantro

And other edible leaves.



Mix all the leaves together. Serve with dressing if you prefer. Discuss the different textures, flavors and colors of the leaves.





# December

## What to discuss

- Some roots are edible.
- Roots absorb water and nutrients and anchors the plant in the soil.
- Uses of herbs for cooking, scents, and health.

## Classroom activities

*Refer to activity page or recipe page for directions and materials.*

- Taste roots such as jicama, daikon, turnips, carrots and radishes.
- Grow a sweet potato in water, then plant it in a pot of soil.
- Make Root Soup for lunch (see recipe).
- Use rosemary sprigs for holiday gifts.

## Things to do in the garden

- Bring in any potted plants to protect them from frost.
- Pull up any roots left in garden.
- Plant cover crop in garden using seed mix for cover crop to replenish soil.

## How to grow a sweet potato

### Materials

- Sweet Potato
- Toothpicks
- Jar or vase

### Directions

1. Place the sweet potato in a container of water.
2. Keep the top 1/3 of the potato exposed by placing toothpicks into the sides.
3. The pointed end should be down in the water.
4. In a few weeks a vine with several stems will begin to sprout.



You can keep the vine growing in water, or you can transplant it into soil after about three weeks. Just carefully remove the potato, remove the toothpicks and plant it in a pot that is large enough to completely bury the potato, or you can cut off the sprouted sections of the potato and plant them in the soil.

## Rosemary Bouquet

### Materials

- 3-4 sprigs of rosemary 4 inches long
- Doily for each child
- Aluminum foil
- Festive ribbon

### Directions

1. Cut 3-4 sprigs of rosemary for each child.
2. Wrap bottom stems in a square of foil.
3. Cut a small hole in center of doily.
4. Insert wrapped stem into hole.
5. Scrunge up foil to hold rosemary in place.
6. Tie a ribbon around bouquet.
7. Let rosemary bouquets dry.







# January

## What to discuss

- The stem carries water and nutrients to all parts of the plant.
- Make a plan for what to grow in the garden – ask the children what they would like to grow.

## Classroom activities

*Refer to activity page for directions and materials needed.*

- Put a white flower or celery stalk into a glass of water with food color and observe what happens.
- Bring in different stems from plants that are edible –let children taste them.
- Create a paper garden mural that includes the plants the children want in their garden.

## Things to do in the garden

- Pull up the cover crop and start a green compost pile.
- Pull weeds and turn soil. Add fertilizer or compost.
- Clean garden tools and repair if necessary.
- Plan your garden (s) and order seeds or purchase them at a nursery or hardware store.



## Celery in Colored Water Experiment

### Materials

- Celery stalk with leaves
- Clear jar or glass
- Red or blue food coloring

### What You Do

1. Fill a tall, clear glass or jar half-full with water.
2. Add a few drops of red or blue food coloring and mix well.
3. Trim the bottom of a large stalk of celery, leaving the leaves on the stalk.
4. Place the celery stalk in the glass or jar.
5. Watch for results over the next few days.



## Edible Stems

Many plants have edible stems, such as broccoli, sweet potato, cauliflower, celery, kohlrabi, rhubarb, asparagus, bamboo, kapul, sassafras, sugar cane, leek and onion. In some cases, like broccoli, other parts of the plant are edible as well, such as the flower.

## Garden Collage

### Materials

- Long roll of paper
- Paint or crayons
- Large Ink pads
- Leaves for printing or cut sponges in leaf shapes for printing
- Tissue paper flowers - two 4" squares per flower



### Directions

1. Roll out paper.
2. Ask the children to draw plants and animals in the garden.
3. Add tissue flowers. Make tissue flowers by layering two or more squares twisted from the center to create a flower.
4. Add Leaf prints. Paint back of leaves with paint or press in large ink pad to make prints or cut leaf shapes out of sponges and print with paint.



# February

## What to discuss

- Parts of flower –stem, leaf, petal, seeds.
- Talk about blossoms on trees –first sign of spring coming.
- Talk about garden tools names and uses.
- Observe the bulbs coming up – discuss how after the cold winter the earth is warming up.

## Classroom activities

*Refer to activity page for directions and materials.*

- Label parts of flower (daffodils work great).
- Bring in a branch of blossoms for observation.
- Make “popcorn” trees.
- Make newspaper pots for seeds.
- Plant tomato,cucumber,pepper, spinach or lettuce seeds indoors to transfer to later to the garden.

## Things to do in the garden

- Pull weeds.
- Add compost to the soil if you haven’t done it already.
- Demonstrate tool safety.
- Allow children to use tools for turning soil and weeding.
- Plant potatoes in a container – *See directions.*

## Parts of the flower

- **Flower:** The flower and its petals attract insects and birds. These animals move pollen from flower to flower, which helps the flowers produce new seeds.
- **Stem:** The stem supports the flower and carries nutrients and water to the leaves.
- **Leaves:** The leaves use light from the sun to turn nutrients from the soil into food for the flower.
- **Seeds:** The seeds produce new flowers.

## Popcorn tree

### Materials

- Popcorn (left over from snack so not to waste food)
- Real twigs or brown paint or brown crayon
- White glue
- Construction paper or cardstock

### Directions

1. Glue twigs of paper to resemble branch or tree
2. Or paint or draw branch or tree with paint or crayons
3. Glue discarded popcorn to resemble blossoms on the tree.

## Popcorn Tree Song

<https://www.lds.org/music/library/childrens-songbook/popcorn-popping?lang=eng>

I looked out the window and what did I see?  
Popcorn popping on the apricot tree.  
Spring has brought me such a nice surprise:  
Blossoms popping right before my eyes.  
I can take an armful and make a treat. A popcorn ball that would smell so sweet  
It wasn't really so,  
But it seemed to me  
Popcorn popping on the apricot tree.



## Growing Potatoes

1. Prepare: Cut seed potatoes into chunks having at least 2 eyes each or plant potatoes whole.
2. Fill a container about 1/3 full with a mixture of garden soil and compost, straw, or dried leaves.
3. Plant potatoes eye side up.
4. As potatoes grow and reach about 3-4" tall fill container with More soil. (Potatoes grow up in the soil rather than down).
5. When potato plants begin to grow flowers, it is time to harvest potatoes.
6. Either turn container over and enjoy finding the potatoes or stop watering and dig for potatoes whenever you want some!
7. You can keep some of the new potatoes to start a new container of potatoes and eat the rest!





# March

## What to discuss

- Review the needs of plants – water, air, sun, and soil.
- Compare seeds to the actual vegetable and talk about how it will grow.
- Plan what to plant in early spring garden for a June harvest.
- Talk about seasons (first day of spring is usually around March 22).

## Classroom activities

*Refer to activity page for directions and materials needed.*

- Make a seed booklet.
- Start seeds indoors for planting in April – cherry tomatoes are great! Radishes, peas and carrots do not transplant well. The seeds should be planted directly in the ground.
- Celebrate the first day of spring – make and throw seed balls.

## Things to do in the garden

- Start planting seeds for a spring garden in late March. Select plants that will be ready to harvest in June: radishes, carrots, greens, snap peas, beans, lettuce.
- Plant transplants and seedlings started indoors such as strawberries, cherry tomatoes, lettuce, spinach and beans.
- Plant flowers and herbs in the spring garden or put in a separate garden space.



## Seed Ball Recipe

### Materials

- Clay mud from your backyard or 2 parts potting soil and 5 parts pottery clay
- 1-2 parts water
- 1-2 parts seeds of your choice
- Large tub or bucket to mix ingredients
- Large box to dry and store seed balls



### Directions

1. Mix the soil, clay and 1 part water thoroughly until there are no lumps.
2. Slowly add more water until the mixture is the consistency of play dough.
3. Add seeds.
4. Keep kneading the mud until the seeds are well mixed in.
5. Add more water if necessary.
6. Take small bits of the mud mixture and roll into ball about one inch in diameter. The balls should hold together easily. If they're crumbly, add more water.
7. Dry the seed balls for 24-48 hours in a shady place before sowing or storing. They store best in a cardboard box. Do not use plastic bags.
8. Sow the seed balls by placing them carefully over the area to be planted or you can gently toss them one at a time - which is a lot more fun!

## Seed Booklet for your classroom

### Materials

- Seeds
- Old seed catalogues
- Contact paper
- Construction paper -white paper for pages and any color for cover.
- Stapler or ribbon and hole puncher

### Directions

1. Fold 3-4 pieces of construction paper together.
2. Staple on the folded edge or punch holes and tie with ribbon.
3. Collect seeds from plants or take a few left over when planting.
4. Glue seeds and plant picture on a page and label the page with the plant name.
5. Cover each page with contact paper.





# April

## What to discuss

- Parts of plant review – roots, stem, leaf, fruit, seed.
- Sometimes new plants can start from other plant parts other than the seed.
- Watering the garden – plants need water. Too much can hurt them, and too little will keep them from growing.

## Classroom activities

*Refer to activity page for directions and materials needed.*

- Grow carrots, green onions celery and sweet potatoes in water – observe.
- Observe the signs of spring –take a nature walk and wear masking tape bracelets to collect natural things such as grass, weeds flowers, leaves and twigs.
- Hang herbs to dry and store in airtight containers for future activities or cooking.
- Make playdough adding herbs for texture and scent.

## Things to do in the garden

- Begin a watering schedule for the garden – unless there is ample rainfall.
- Continue planting a spring garden.
- Thin out radishes and carrots so the plants have room to grow. This can be done by simply pulling up gently or cutting at the base of the plant with scissors.
- Trim perennials such as rosemary, mint and sage.
- Pull unwanted weeds.

## Nature Bracelets

### Materials

- A piece of masking tape or duct tape large enough to slip over child's hand.

### Directions

1. Cut a piece of masking tape long enough to make a bracelet to slip over child's hand.
2. Form a ring with tape with sticky side out.
3. Slip on bracelet and go explore!
4. Decorate bracelet with leaves, pebbles, flowers, seeds and other things from nature.



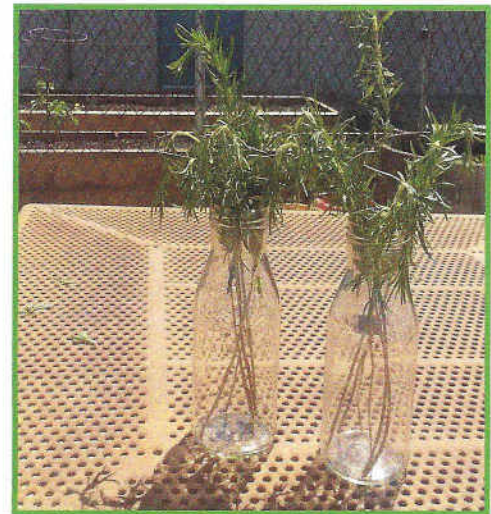
## Propagate new plants from cuttings.

### Materials

Rosemary, lavender, sage, mint

### Directions

1. Remove leaves on the bottom of stem.
2. Place cuttings in glass containers with water in a sunny window. In two weeks, there should be roots sprouting.
3. Change the water every four or five days.
4. After roots develop, plant directly into soil.



## Scented playdough

*See playdough recipe in the recipe pages.*

1. Pick and chop herbs to add them to playdough to add scent. Add seeds for texture.
2. Add flowers, sticks and pebbles to create a pattern or design or just for creative play.





# May

## What to discuss

- Reflect and observe the garden. Talk about what is growing first, biggest, smallest, etc.
- Talk about fruit and where the seed(s) is in a fruit.
- Decide what to grow in the summer garden (Only If school continues through summer or there are people to care for the garden over the summer months).

## Classroom activities

*Refer to activity page for directions and materials needed.*

- Bring in assorted fruit and cut open. Compare seeds. Notice some fruits only have one seed and others have several.
- Make a fruit smoothie.
- Make fruit prints with paint.

## Things to do in the garden

- Continue weeding and watering – remember to water in the morning as the days get hotter.
- Start harvesting spring garden.
- Begin planting the summer garden.
- Add mulch to cut down watering and protect the plants from drying out.



## Fruit Printing

### Materials

- A lemon, an orange, an apple, a strawberry
- Red, yellow, green, and orange tempera paint
- Paper plates
- Knife

### Directions

1. Slice the fruits in half revealing the centers, which should be done by an adult. If you cut the apple around the middle, it reveals a star!
2. Invite your child to help by placing two to three paper plates next to the sheet of white drawing paper. These will be his paint palettes.
3. Now you can squeeze about a teaspoon of each color paint around the paper plates, leaving enough room for the fruits.
4. Make prints by pressing the sliced fruits into the paint, then onto the paper, and lifting to reveal the fruit prints.
5. Continue pressing and tapping until the paper is filled with colorful prints.

Or.....

## Garden T-shirts

### Materials

- Kid safe fabric paint
- Large child's t-shirts
- Cardboard to fit inside of shirt

### Directions

1. Insert cardboard inside t-shirt to keep paint from bleeding through
2. Follow the printing instructions as above.



\*Be sure children wear a paint smock or t-shirt covering their own clothes while printing with fabric paints. It is best to work with one child at a time while printing with fabric paint.



## June

### What to discuss

- Harvesting fruits and vegetables and herbs – a fruit or vegetable doesn't need be cosmetically beautiful to be healthy and tasty!
- Deadhead flowers – pull or cut off dead flowers to encourage more flowers to grow.

### Classroom activities

*Look in recipe section for recipes for edible flowers and herbs.*

- Cut flowers for bouquets
- Use edible flowers in recipes
- Make mint water
- Make pesto and serve on crackers
- Make strawberry jam

### Things to do in the garden

- Harvest spring garden vegetables and strawberries.
- Watch for garden pests.
- Dead head flowers for continuous flower production.
- Pull weeds.
- Increase watering and try to water early morning in hot weather.



# July

## What to discuss

- Good bugs and bad bugs
- Pollination

## Classroom activities

*Refer to activity page for directions and materials needed.*

- Make a butterfly puddler to attract butterflies to your garden.
- Invite a beekeeper to come visit your class.
- Make snail traps using rolled up newspaper.
- Place a hummingbird feeder in or near your garden.
- Create butterfly blotter art with paint.

## Things to do in the garden

- Harvest summer vegetables.
- Watch for garden pests especially snails.
- Collect seeds from harvest veggies.
- Dead head flowers and to promote more growth.
- Cut off flowers on herbs such as rosemary, mint and sage to keep leaves healthy.



## Fun facts about pollination

- Once the pollen meets the egg a seed is born.
- Seeds are usually formed in fruit - fruit contains seeds.
- Once the fruit is mature it releases the seeds and creates new plants.
- Seeds need the right amount of water, light and nutrients to grow.
- Seeds are moved to new places by wind, birds and by attaching to people and animals.

## Butterfly puddler

### Materials

- Shallow dish
- Sand
- A few rocks preferably black
- Plastic leaves or flowers for decoration

### Directions

1. Fill the container with sand with a few pools for water.
2. Add water- just enough to dampen sand and fill pools.
3. Add a black or dark rock so butterflies have a warm place to rest.
4. Add flowers leaves and anything else to decorate the puddler.



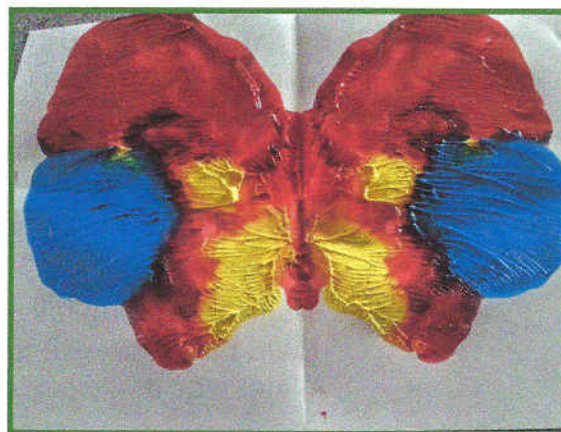
## Butterfly Blotter Art

### Materials

- Paint
- White paper
- A plastic spoon for each color

### Directions

1. Drop spoonfuls of paint on one side of paper (usually 3-4 colors work).
2. Fold paper in half and press firmly.
3. Open up and you will have a butterfly!
4. Cut out the butterfly if you prefer.



## A planting guide for the young child's garden

### Early spring planting for early summer harvest

Carrots, radishes, strawberries, lettuce, chard, spinach, snow peas, sunflowers, potatoes, herbs, summer bulbs, flowers.

### Late spring planting for a late summer harvest

Melons, tomatoes, squash, pumpkins, gourds, cucumbers, corn, peppers, carrots, bush beans, radishes, flowers.

### Late summer planting for a late fall harvest

Snow peas, fava beans, lettuce, chard, spinach, beets, radishes, bulbs, flowers, possibly pumpkins and squash (if planted early enough). Fall is a great time to plant a tree!

### Winter

Winter is a good time to let the garden rest. However, you can plant cover crops if you want. Some cover crops are daikon, radishes, beans, mustard, kale. I recommend Renee Seeds cover crop. After the winter and before planting a spring garden, the cover crop can be worked into the soil to give the soil an added boost of nourishment. It is a good way to keep the weeds down and you might find a few radishes or daikon to eat as well!

### Planting seeds and transplants

- When planting from seeds, read the back of the packet for information on when and how to plant the seeds.
- When buying transplants read the tag to find out when and how to plant.

\*For a more extensive planting calendar, you can find one online for the Sacramento Valley. Go to:

[https://www.ucdmc.ucdavis.edu/hr/wellness/\\_docs/planting\\_guide.pdf](https://www.ucdmc.ucdavis.edu/hr/wellness/_docs/planting_guide.pdf)



## Mrs. Fields

<https://www.mrsfields.com/blogs/blog/2013/05/edible-flowers-recipe-ideas>





# Garden Recipes

## Mint Water

### Ingredients

- 4-5 medium to large mint leaves, washed and slightly crushed (just crumple them in your hand).
- 8 oz. of cold water
- Ice cubes

### Directions

- Place the mint leaves in a glass and fill with water and ice.

## Root Soup (Sweet Potato-Carrot Soup)

### Ingredients - serves 8 children

- 2 Tbs oil
- 1 large onion, chopped
- 2 cloves of garlic, crushed
- 3 medium sized carrots, chopped
- ½ tsp. ginger
- ½ tsp. mild chili powder \*can be omitted
- 2 medium sweet potatoes, peeled and chopped
- 4 cups Vegetable stock or broth
- Salt and freshly ground pepper to taste

### Directions

1. Heat oil in the soup pan on high heat, then when the oil starts to bubble, turn the heat down to a lower heat.
2. Sauté the onion and garlic for 2 – 3 minutes, stirring constantly to ensure they don't burn.
3. Add the carrots and cook for a further 2 – 3 minutes, again stirring constantly and add drops of hot water, if required, to prevent the mixture sticking to the bottom of the pan.
4. Stir in the ginger and chilli powder. Stir for 30 seconds.

5. Add the chopped sweet potato and vegetable stock. Simmer for 20 – 25 minutes until the vegetables are soft. Blitz / puree in a food processor or blender.
6. Return to the same pot and reheat. Stirring constantly to keep it from burning

## Pesto

### Ingredients

- 3 cups basil leaves (about 5 sprigs)
- ¼ cup olive oil
- 2 medium cloves garlic
- ¼ cup parmesan cheese
- 1 Tablespoon sunflower seeds
- Salt to taste

### Directions

1. Coarsely chop garlic.
2. Remove stems from basil leaves.
3. Place all ingredients in food processors until blended.
4. Add oil, and salt as needed.
5. Freeze extra in ice cube trays for later use.

## Leaf Salad

### Ingredients

- Lettuce
- Arugula
- Spinach
- Chard
- Parsley or Cilantro
- And any other leafy vegetable that you might have

### Directions

1. Wash all the leafy vegetables
2. Let children tear the leaves in small pieces
3. Put in a large salad bowl and add your favorite dressing!



## Fruit Smoothie

### Ingredients - serves 4-5 children

- Fruit - strawberries, bananas or peaches and any other fruit
- ½ cup vanilla yogurt
- ½ cup milk
- 2 tsp. honey
- 1 cup ice

### Directions

1. Cut up fruit.
2. Add fruit to blender with all the other ingredients.
3. Mix until smooth.

## Strawberry Jam

### Ingredients

- 25 medium sized strawberries
- 2 tsp. lemon juice
- 1 ½ cups sugar
- A large microwave safe bowl
- Microwave -safe plastic wrap
- Clean glass jars with lids
- Ladle labels

### Directions

1. Wash the strawberries.
2. Take off the leaves and cut strawberry in half.
3. Place pieces in bowl and add lemon juice.
4. Microwave high for 5 minutes.
5. Stir in sugar and return to microwave uncovered for 5 more minutes.
6. Stir and then cook for another 3 minutes.
7. Ladle hot jam (only adult should do this) into jars and put on lids while hot.
8. Put labels on the jar once it is cooled.

## Playdough

### Ingredients

- 2 cups of flour
- 1 cup salt
- 2 tablespoons of cream of tartar
- 2 tablespoons of vegetable oil
- 1 1/2 cups water just at the boiling point
- Food coloring (optional)
- Herbs

### Directions

1. Add food coloring to water before starting.
2. Mix all ingredients in a large bowl.
3. Add herbs or let children add herbs when they are playing with it.

## Edible Flower Recipes

Edible flower can be used to decorate cakes, cupcakes and salads.

### Flower Ice Cubes

#### Ingredients

- Icecube tray
- Edible flowers

#### Directions

1. Pull all stems and leaves off flowers.
2. Fill ice cube tray with water.
3. Gently place flowers on top.
4. Freeze.
5. Great for punch bowls!





## Canapes With Edible Flowers

### Ingredients

- 1 package of plain cream cheese
- 2 tsp of salt
- fresh chives
- sliced bread or crackers
- Edible flowers such as borage, nasturtiums, calendula (just the petals), carnations violas or other edible flowers

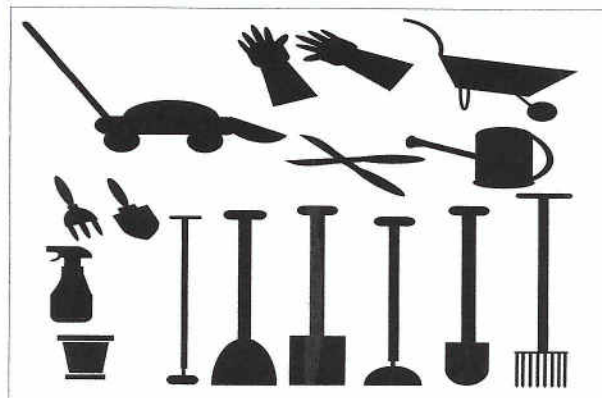
\* optional - Add herb leaves: dill, fennel, chervil, or nasturtiums leaves

### Directions

1. In a medium bowl, beat the cream cheese with a wooden spoon.
2. If it's very thick, add a tablespoon of milk (or water) to achieve an easily spreadable consistency.
3. Add the chives and salt to taste.
4. Spread the cream cheese mixture on the toasts (or bread rectangles) and decorate with edible flowers and herb leaves.
5. Cover loosely with plastic wrap and refrigerate until needed.

# GARDEN TERMS

Garden Tools	
cultivator	A bent fork-like tool that is used to prepare the soil and kill weeds around growing plants
hoe	A tool with a thin flat blade on a long handle used especially for , weeding or loosening the earth around plants
rake	a garden tool with a long handle and pointed parts sticking out in a row at the bottom, used for gathering leaves or cut grass
pitchfork	a large, long-handled fork for manually lifting and pitching hay, stalks of grain,
shovel	a tool with a pointed blade and a long handle that is used for lifting and throwing dirt, sand, snow, etc
spade	a tool for digging, having an iron blade adapted for pressing into the ground with the foot and a long handle commonly with a grip or crosspiece ...
trowel	a small tool with a curved blade that is used by gardeners for digging holes
watering can	a container for water, typically of metal or plastic and having a spout with perforated nozzle, for watering or sprinkling plants, flowers, etc.
wheelbarrow	a small cart with a single wheel at the front and two supporting legs and two handles at the rear, used typically for carrying loads in building-work or gardening.





Glossary of Garden Words	
annual	A plant that grows from seed, flowers, and dies in one year
biennial	A plant that lives for two years. It does not flower until the second year
bulb	An underground bud or food supply from which some spring and summer flowers grow
calyx	Short green leaves around a flower or fruit - such as the green leaves around a tomato
compost	a decayed mixture of plants (such as leaves and grass) that is used to improve the soil in a garden
cutting	Part of a plant that you cut off and plant so that it grows into a new plant.
dead head	remove dead flower heads from (a plant) to encourage further blooming.
deciduous	A plant that loses its leaves in autumn, winter or a dry season.
flower	The part of a plant that is often brightly colored, that usually lasts a short time, and from which the seed or fruit develops.
fruit	The part of the plant that contain the seeds. It is often edible.
germinate	The process by which a seed grows into a plant.
leaf	The part of the plant that goes through a process called photosynthesis making food for the plant. The leaves of different plants vary widely in size, shape, and color.
mulch	A protective covering, usually of organic matter such as leaves, straw, or peat, placed around plants to prevent the evaporation of moisture.
pollination	The transfer of pollen from the stamens to the pistil of a flower for the production of seeds, the transfer may be carried out by the wind insects, birds and other animals.
repotting	Moving a growing plant to a bigger container to give it more space to grow
roots	The part of the plant that usually grows under the soil and absorbs water and nutrients as well as anchor and support the plant.
seedling	A young plant that grows from a seed.
stamen	The pollen producing part of the plant.
stem	a primary plant axis that develops buds and shoots instead of roots
thin out	Pull out weak seedlings to make room for the strong ones and give them room to grow
tuber	A short fleshy usually underground stem such as a potato.
weeds	Any plant growing where it isn't wanted, generally without any economic or esthetic value.

## Recommended Garden Books for Children

Bulla, Clyde - A Tree Is A Plant, Collins, 2001.  
Brown, Peter - The Curious Garden, Little Brown, 2009.  
Bunting, Eve - Sunflower House, Sandpiper, 1999.  
Bunting, Eve - Flower Garden, Sandpiper, 2000.  
Carle, Eric - The Tiny Seed, Little Simon, 2009  
Carle, Eric - The Very Hungry Caterpillar  
Cole, Henry - Jack's Garden, Greenwillow Books, 1997.  
Ehlert Lois - Growing Vegetable Soup  
Ehlert, Lois - Leaf Man, Harcourt Children's Books, 2005.  
Ehlert, Lois - Planting A Rainbow, Sandpiper, 1992.  
Ehlert, Lois - Red Leaf, Yellow Leaf, Harcourt Children's Books, 1991.  
Fowler - From Seed To Plant, Children's Press, 2001.  
Fry, Stella - Grandpa's Garden  
Heller, Ruth - The Reason For A Flower, Putnam Juvenile, 1999.  
Jordan, Helene - How A Seed Grows, Collins, 1992.  
Kudlinski - What Do Roots Do?, Northword Books, 2007.  
Maestro, Betsy - Why Do Leaves Change Color?, Collins, 1994.  
Pfeffer, Wendy - From Seed To Pumpkin, Collins, 2004.  
Sayres, April Pulley - Rah! rah! radish: a vegetable chant.

## Teacher Gardening Resources

Herd, Meg - Learn and Play in the Garden  
James, Cathy - Garden Classroom  
Lovejoy, Sharon - Roots, Shoots, Buckets & Boots  
Waters, Marjorie - Victory Garden Kids Book