Spring Garden Workshop
MEET THE TEAM!

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Workshop Agenda

Welcome, Introductions & Workshop Overview

Preparing the Garden for Spring

Garden Mapping Activity

Grow Your Groceries: At Home Activities

Tasting Activity: Bean, Corn & Squash Salad

Wrap Up & Questions
Ice Breaker

Is your go-to “comfort food”...

Spicy?
Sweet?
Savory?
Combination?
Indescribable?
Garden Plan-Overview

**Spring:** Salad Garden
- Planting Dates: Now through April 30

**Summer:**
- Themed Gardens: 3 Sisters, Salsa, Plant Parts
- Low-Maintenance Garden: Cover Crops

**Fall:** Salad Garden
Garden Bed Preparation

Clean up & Prep:

• Turn in weeds
• Sustane Fertilizer
• Flatten seed bed
Spring Garden Plan

What do your spring crops have in common?

Like cool weather

Grow quickly

Seed directly
Planting Methods

Broadcasting: Spinach, Arugula, and Peas

Broadcasting in bands: Lettuce

Planting strings: Radishes & Turnips

Planting Dates: Now through mid-May
Watering Your Garden

Seeds need to stay moist the first 10-14 days after planting.

- Upcycled Watering Cans
- Little Rain Clouds
- Top Watering with Hose
- Integrated Irrigation System
Tracking Your Harvest

- Some of our spring crops can be harvested multiple times in one season: **lettuce, spinach, pea shoots**, and **arugula**.
- Understand how much your garden produces with a Seasonal Harvest Report.
- Share your accomplishments with your school and community!
- Explore different methods of measurement with your students.
- Increase your harvests each year.

Track your harvest using this Survey Monkey link: [https://www.surveymonkey.com/r/VYWSYQC](https://www.surveymonkey.com/r/VYWSYQC)
Questions?
Prepare for your upcoming growing season and Planting Day by:

- **Designing, constructing, and labeling a Learning Garden map** with seasonally-relevant crops based on Big Green’s Seasonal Garden Plan.
- **Reviewing planting methods and techniques** for the specific crops that will be planted on the Planting Day.
Materials

Resources provided by Big Green:
- Garden Bed Templates
- Seasonal Garden Plan
- How-To Planting Guides
- Learning Garden Education Layout

Lesson Plan
Resources provided by School:
- Scissors
- Markers
- Glue
- Seeds (provided by Big Green at Back-to-School Workshop)
- Poster Board or Butcher Paper
Garden Mapping Activity

Leland Elementary
Spring 2020

Prepare for your upcoming growing season and Planting Day by:

- Designing, constructing, and labeling a Learning Garden map with seasonally-relevant crops based on Big Green’s Seasonal Garden Plan.
- Reviewing planting methods and techniques for the specific crops that will be planted on the Planting Day.
Variations

How can you modify this activity to fit your needs?

Multiple Classrooms?  
Teachers?  Parents?

Align to Standards?  
Other?

The possibilities are endless!
Keep a Garden Journal

Make it your own!

Use a garden journal to draw out what you’re planting each season and keep records of what is planted where.
“To plant a garden is to believe in tomorrow”
Germination Testing

Materials

- Seeds
- Paper towels
- Zip lock plastic bags
- Spray bottles
- Labels or masking tape
At Home Seed Planting Activities!

Peas, Beans, Popcorn, Sunflower & Pumpkin Seeds

1. Gather any dried seeds from a dry soup mix, unprocessed popcorn bags, sunflower seeds or pumpkin seeds with shells
2. Soak seeds in water to soften the outer membrane
3. Plant!
At Home Seed Planting Activities!

1. Use rotten or wrinkly produce, if possible
2. Cut and remove seeds from the core
3. Rinse seeds and pat dry with a paper towel
4. Place seeds in water. If they sink they are viable
5. *For tomatoes or squash*- Place the seeds in a jar with 1 cup of water. Allow to ferment for 2-3 days
6. Strain out seeds
7. Plant
At Home Propagation Techniques!

Potatoes! (of any kind)

1. Obtain a potato that has a few sprouts growing
2. Insert 4 toothpicks around ⅔ end of the potato
3. Place potato in a jar full of water with toothpicks around the rim and the potato bottom in the water
4. Place the jar in a sunny place and watch sprouts grow
5. Transplant into soil
Tasting & Eating
Healthy Eating Using Canned Veggies & Beans

We’ll be linking a recipe for Corn, Black Bean, and Zucchini salad in our resources.

Take note of:
- Ingredients that can be found “out of season”
- How you might add to the recipe using spring produce (pea shoots, arugula, lettuce, radishes, turnips, spinach)
- Substitutions that can be made
- Techniques for managing group cooking in a classroom setting and how to involve everyone
CORN, BLACK BEAN, AND ZUCCHINI SALAD

Ingredients:
8 oz corn (canned or frozen is fine; if frozen, cook ahead of time)
8 small zucchinis
1 red onion
½ yellow, red, or green pepper
2 tomatoes
1 can black beans (or other beans)
1 bunch cilantro
Salt & Pepper

Lime dressing:
2 limes
¼ cup olive oil

Optional:
Hot sauce to taste
Garlic powder to taste or fresh garlic

Instructions:
1. Cut the yellow squash or zucchini into 1-inch pieces and sauté until cooked throughout.
2. Dice the red onion, tomatoes, and peppers. Add to bowl.
3. Mix in the corn and beans.
4. Chop or rip the cilantro (about ¼ cup)
5. Add as much garlic powder and hot sauce as you like.
6. Mix the lime and olive oil for the dressing and dress the salad.

Optional: Add in any available greens or herbs from the Learning Garden, including pea shoots, lettuce, radishes, chives, green garlic, spinach, or arugula.
Benefits of using canned or frozen produce:

- Cost effective
- Produce has been harvested at its peak ripeness
- You can enjoy nutritious fruits and veggies out of season
- Decreased prep time: produce is often peeled and pre-chopped
- Decreased food waste

Think about ways you can dress up recipes that feature canned or frozen produce by adding in fresh greens, herbs, or chopped veggies from the Learning Garden. A few examples: smoothies, dips and spreads, slaws
What to Look Out For

- Added sugar or sugary syrups; instead, look for canned fruit “in juice”
- Excess salt: Rinsing can help, but this can also rinse away some of the vitamins that may have leached into the water
- Texture changes
No Salt
(10 mg sodium)

With Salt
(300 mg sodium)

Low sodium
(140 mg sodium)

Maximum recommended intake: 2300 mg/day
Wrapping up
The Little Plant
A Poem by Kate L. Brown

In the heart of a seed,
Buried deep, so deep,
A dear little plant
Lay fast asleep.

‘Wake,’ said the sunshine,
‘And creep to the light.’
‘Wake,’ said the voice of
The rain-drops bright.

The little plant heard,
And it rose to see
What the wonderful
Outside world might be.

Inspiration from the garden...

Video + Music by Dany Rosevear
singinggamesforchildren.com

Follow @BigGreen on
social media and get
connected to Learning
Gardens across the
country!
Questions?

Follow Up Resources

Evaluations

Thank you!!