

## Vegetable Garden Project

- Day 1: Planning and Plant Requirements
- Day 2: Sketching and Decision Making
- Day 3: Materials and Budgeting
- Day 4: Building Beds
- Day 5: Compost
- Day 6: Fill in Beds
- Day 7: Seed Lesson/Making Labels
- Day 8: Planting
- Day 9: Garden Care
- Day 10: Pests Lesson
- Day 11: Nutrition Lesson
- Day 12: Harvest and Food Preparation



Description: Growing a garden that provides students with science learning opportunities but also strengthens ties between school and community, helps students reflect on nutrition, and moderates mood and anxiety. Students will start with making decisions on placement of the garden and soil, sun, and water needs. Students will learn about the environmental requirements of different vegetables. They will sketch a design, list vegetables, and other supplies needed. Next, students will build and fill the beds with soil. This is when they will have several lessons on healthy soil, compost, and beneficial insects in the garden. Next, students will plant and label their vegetables. As the plants are growing, students will understand the care and maintenance needed to best take care of each plant, including staking them, pruning, and recognizing pests. Students will also learn the importance of good nutrition from organically grown vegetables and other great choices. Keeping a journal will help students sight patterns and progress and their garden flourishes! At the end of several weeks, students will be able to collect enough vegetables to make a simple salad or array of vegetables to eat as a snack that they grew themselves.