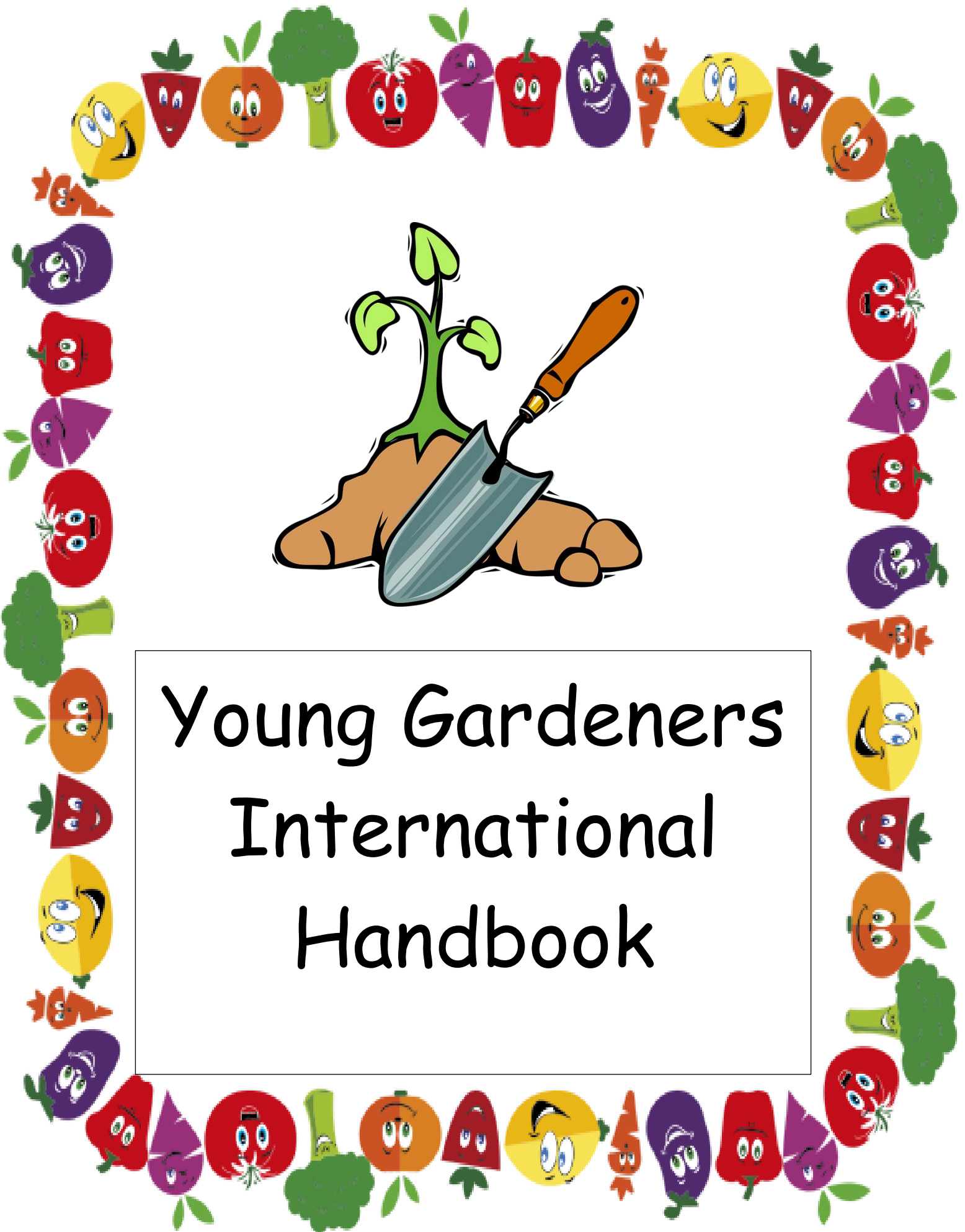




Young Gardeners
International
Handbook



Intro to Gardening

Link to site in Spanish to learn about
Gardening - <https://web.extension.illinois.edu/firstgarden/basics/index.cfm>



Here is how to plant your own garden:

1. Where can you put your garden?

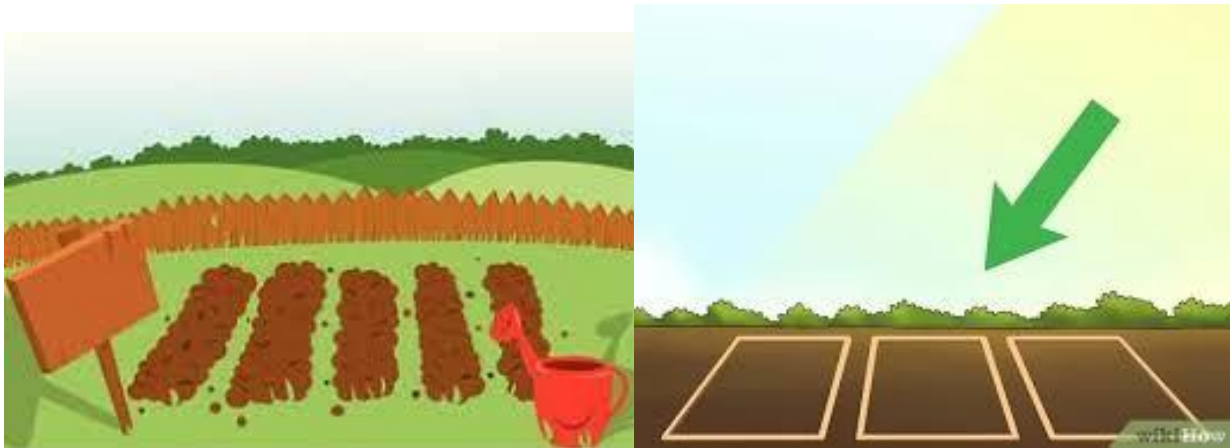


You want to be sure you choose a space with well draining soil (nothing muddy) and full sun. This means the space gets 6-8 hours of direct sun per day. As far as the size of your space, that is up to you. This will depend on how much you want to grow. A 10×10 garden bed is ideal if you want to plant multiple types of produce. Make sure that your garden spot isn't too far from your home. If it's a trek to get there, you're more than likely to not want to go there.

Your garden area should be in a sunny location, that doesn't receive a lot of shade. Most garden plants will need a minimum of 6 hours of sunlight, although 8 hours is ideal. It should also be close to an outdoor water faucet or water source so it'll be easy for you to water your plants.

Make sure that your garden area has good drainage. The last thing you want to do is drown your plants! Your space should be slightly elevated so that any excess water can drain off or you could also use containers or raised gardening beds.

2. Prepare your Garden Spot



Start by tilling the soil. This means turning the soil over so it has the chance to breathe and soften. This will make it easier for the seedlings to add to grow. (You can also add compost to your soil at this time if have at this time)

Once you've determined the best place to plant your garden, you'll need to get it ready to plant your vegetables. Use a garden hoe to break the soil and remove any grass and weeds. The more you get rid of now, the easier your garden will be to maintain down the road.

3. Start planting.



You can add seeds and seedlings directly to the ground. Pay special attention to the needs of the seeds, as far as planting depth and spacing goes. This will help you decide what and how much to plant.

4. Tend to your garden.



It is important to water and weed your garden weekly. Make sure to protect against garden pests using natural pest repelling methods. Use stakes and trellises(if you have one) to help support the plants, and remove dead foliage daily to help protect their health.

5. Enjoy your harvest!



Depending on what you plant, you can start harvesting as early as June and continue through September. Just think of all the food you can grow during that time!

Videos For Kids

https://www.youtube.com/watch?v=tkFPyue5X3Q&list=PLwATkHzMg1ERk_zEOif1pcqBAaUhN-RQI



STAY SAFE WHILE GARDENING

Make sure kids stay safe and have fun while gardening by following these guidelines:

- Record all allergies, including food and insect, and provide a first aid kit and drinking water.
- Students should wear proper shoes to protect their feet from cuts and stings. Bare feet, sandals, or flip flops should not be allowed.
- Students should wear hats and sunscreen while gardening.
- Only healthy students should participate in gardening activities. Any students exhibiting symptoms of illness, or with sores or cuts on exposed portions of the hands and arms should be excluded from garden lessons until their health improves.
- All students should wash their hands thoroughly before and after working in the garden.
- Students should be encouraged to walk on pathways when they are available.
- Plan for adequate adult supervision at all times when students are in the garden area.
- Instruct students in the safe use and handling of all garden tools and equipment.
- Make sure there is a secure place to store tools, fertilizers, and garden chemicals out of reach of students when the garden area is unattended.

- Students should not pick and eat unwashed fresh produce while working out in the garden.
- Be aware that exposure to the sap, leaves, and stems of certain plants can cause mild skin irritation or contact dermatitis in sensitive individuals.

Make sure everyone who plans and works in the garden, including garden coordinators, teachers, adult volunteers, and students, is familiar with safe gardening practices.

An informational meeting at the beginning of the season can be a good way to let teachers and adult volunteers know not only what the expected practices will be, but the reasons behind them. When folks understand how these practices help to keep everyone safe, they are more likely to remember and comply with them.

Many of these recommendations are really common sense, but it's easy to forget or let things slip at times. Children, especially, respond to routine. If fun in the garden always starts and ends with handwashing, they'll be less likely to think of it as a chore and more as a just a regular part of their garden experience.

Posting a safety checklist on a garden bulletin board and holding age-appropriate activities for kids relating to garden safety will help everyone stay on track throughout the growing season and keep the school garden experience safe and fun!



How to Make a Compost Bin: First, let's take a look at the items you want to get ready and have on hand. As you will notice, they are easy to come by items.

Supplies needed:

Plastic storage tote with lid (something [like THIS](#) is ideal)

Kitchen scraps

Yard stick or dowel rod

Drill or nails and hammer

Directions:

1. Begin by drilling a few holes in the bottom of the tote. Line the bottom of the compost bin with newspaper. This will help air get through but keep compost from slipping out.

2. Drill or poke a few holes (using a nail and hammer) in the lid of the compost bin. The lid helps keep critters out and the holes will again help air come through.

3. Now all you need to do is start filling your compost bin with the items from the list below. As it fills, it will quickly start breaking down and you can use a yard stick or dowel rod (or shovel even) to stir it up and help break it down further.

In about a month, right when we are getting our garden planted, we will have the perfect soil to work in around our plants. All of these items will break down and create what gardeners call “black gold” which is perfect for feeding your plants naturally.

Here are some items you can add to your compost bin.

1. egg shells
2. banana peels
3. apple cores
4. pineapple core
5. watermelon rind
6. corn husks
7. lemon peels
8. orange peels
9. sunflower seed shells
10. newspaper
11. cardboard
12. weeds
13. grass clippings
14. leaves
15. dandelions
16. spent flowers
17. corn cobs
18. cantaloupe rind
19. pasta
20. bread
21. crackers
22. strawberry tops

Basically you can use the skins and rinds of all fruits and vegetables. You can also use paper products, cardboard, and just about all yard waste and clippings. The items you do not want to toss in include meat products, dairy products, and of course nonbiodegradable items.