

Gardening with Kern Family Health Care at Terrace Elementary

Purpose:

- The purpose of the Gardening with Kern Family Health Care at Terrace project is to promote public health education. This will help students consume more fruits and vegetables, increase physical activities, promote healthy behavior, increase food awareness and minimize diet-related diseases.

Goals:

- Students will learn gardening basics and when to plant vegetables.
- Connect gardening lesson plan to school or POWER curricular.
- Plan farm to table event to showcase produce.
- Consider reinstating a letter of agreement with KHS to accommodate the gardening event.
- Teachers and activity leaders will use activity logs to measure students' participation and attendance over the course of the gardening project.
- Teach students sustainable living and reduce food waste – harvesting to save the plant.
- Students can save food scrap for composting and reuse juice and milk boxes for planting seeds.
- Introduce students to unfamiliar vegetables and teach healthy eating from My Plate actives.
- Teachers, school rep or intern will observe students' attitudes towards healthy food and beverage choices.
- Create a 30-minute presentation to teach students about nutrition – add pretest and posttest activities.

Outcome:

- Students will learn that some plants cannot survive colder temperatures – Tomatoes like hot weather.
- Students will participate in educational activities related to, gardening fruits and vegies, nutrition and health – take photos.
- Students will participate in farm to table event – create a Journal or project discussing vegetables they planted.
- Consult KHS to host a healthy cooking class at the school using produce from the school garden as ingredients - invite families and the community and take photos.
- The school will provide KHS with a gardening activity log to show student attendance – activity log/ sign-in sheet and offer rewards.
- Students will learn how to care for plants and harvest crops sustainably- Harvesting to save the plant and replanting vegetables.
- Students will become familiar with a variety of vegetables and participate in My Plat quiz activity – plant Endive and Chard and have students do a project on one or more vegetables of choice.

- KHS will document teachers' feedback on student's knowledge and attitude towards healthy choice in food and beverage – looking for improvement.

Lesson plan Ideas:

- Draw and color a plant, fruit or vegetable –Carrot leaf, stem, and taproot – Kindergarten class.
- Watch a short video on the life cycle of a plant and replicate the activity in class.
- Read and do a labeling activity and worksheet about vegetables. For example nutrients, anatomy, types, color and how they are grown – 1st – 3rd grade.
- Read an article about vegetables and complete a worksheet 4th – 6th grade.
- Measure planting boxes and find ways to increase the required depth to plant. For example, make soil mound or hill to increase depth.
- Create a hypothesis for vegetable size at harvest and do a project board
- Journal about gardening activities once per week - 4th – 6th grade – include the best entries in KHS presentation.

Class Sign Ideas:

- Create school a garden banner and box label that include the Kern family logo. For example; Terrace School Garden. Sponsored by Kern Family Health Care. Established January 2020. Add children's handprints. This is the main sign. Also, Create garden stepping stone for each class.
- Welcome to Garden Avenue – Hallway sign
- In our garden, we learn to **observe** and **measure, water** and **cultivate, plan** and **grow** – use a stacked cross.
- Coming soon Terrace School Garden Feb 2020 - school fence sign.
- Miss Ventura carrot patch or 4th-grade carrot patch – Class sign.

Foods that grow best during cooler months:

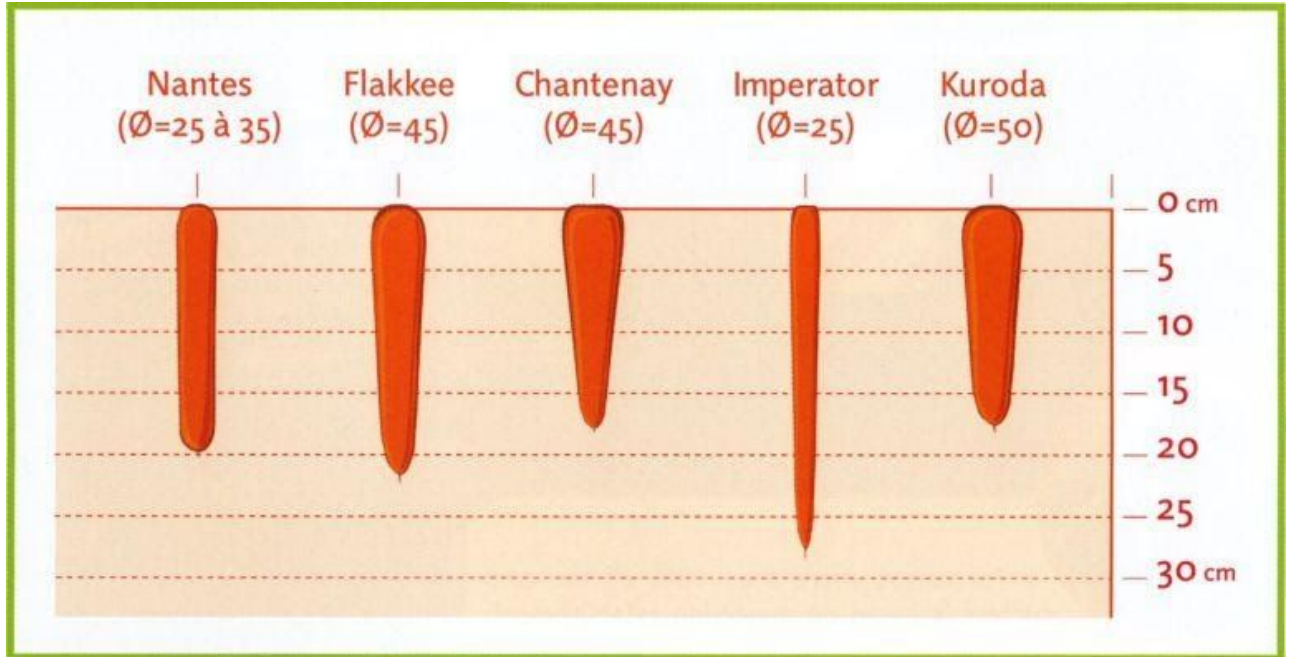
Recommendations:

If you chose to purchase boxes, consider desired **soil depth**. Also, consider **mulch** soil to hold moisture – less watering. If the soil dries out over a weekend **gradually remoisten** the soil. **Sudden drenching** may cause plants to die, wilt and the roots can split. Weed carefully and consider different varieties of the vegetables of choice. For example, Black knight or Sunlite carrots. Recommended fruits and vegetables are listed below.

Carrots:

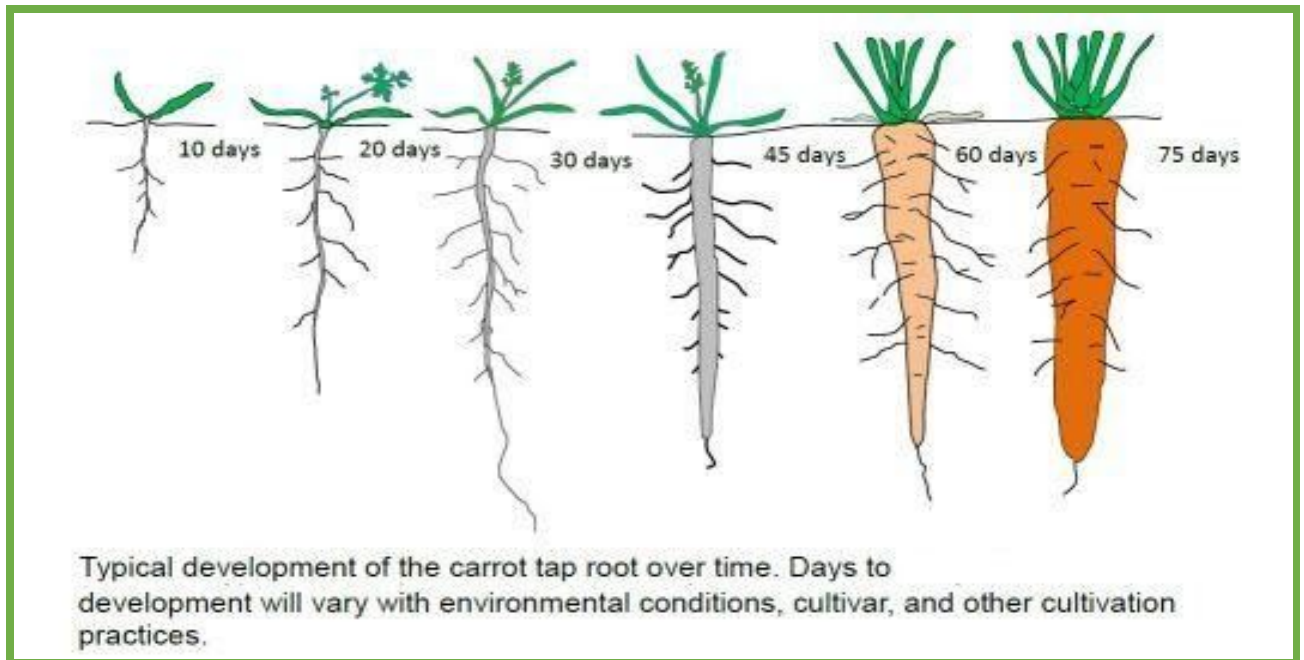
For best results in heavy and shallow soil, plant the following types:

- Ball-type, **Chantenay**, and Danvers carrots
- **See the chart below for the recommended depth.**



Sow seeds 3 weeks before the last frost (the last frost in Delano according to plantmaps.com is March 1 -10).

Plant 2 to 3 weeks after and harvest carrots in 70 to 80 days.



Strawberries:

Consider June – bearers or ever bearing and start with bare-root plants. Soak roots in water 1 hour before planting. Plant in direct sunlight in sandy loam soil 1 inch apart in 12-inch rows.

Strawberries are ready for harvest 4 to 6 weeks after the plant blossoms. Plant Dec – Jan.

Cabbage:

- Sow seeds indoors 4 to 6 weeks before the last frost.
- Transplant when 3-4 inches tall and plant 18 -24 inches apart.
- Cabbage is ready for harvest in 60 to 105days.

Lettuce:

- Sow seeds heavily half-inch deep, 6 weeks before last the frost.
- Use mulch soil to hold moisture. Thin plants to 4 inches apart in 12-inch rows.
- Spinach is ready for harvest in 30 to 70 days.

Cucumber:

- Start seeds indoors 4 weeks before planting outdoors. Plant seeds half-inch deep.
- Use plastic to help warm the soil. Cut holes for the seeds and ensure soil is evenly moist.
- Cucumbers are ready for harvest 55 to 70 days after planting. Use a lattice for vines.

Green Onion:

- Sow seeds heavily half-inch deep 4 weeks before the last frost.
- Thin plants if necessary and use a mulch to retain moisture.
- Green onions are ready for harvest in 70 – 90 days.

Kale:

- Plant seeds ¼ to ½ inch deep in well-drained soil.
- Thin plants after 2 weeks so they are 6 to 8 inches apart.
- Do not overwater - mulch soil is best.
- Kale is ready for harvest 70 to 80 days after planting.

Celery:

- Start seeds indoors 8 – 10 weeks before planting. Plant seeds ¼ to ½ inch deep and 6 inches apart Feb - May. For best results plant in mulch. Water well and thin plants if necessary. Celery can be harvest 16 weeks after planting

Think 2 more of one vegetable:

- Consider planting 2 types of cabbage -white and purple and different types of carrots – purple, yellow and white.

Less familiar vegetables:

- Chard, Endive, leeks, Beets, and Turnips.

Reference

<https://www.plantmaps.com/interactive-california-last-frost-date-map.php>

<https://growing-minds.org/garden-lesson-plans/>

<http://www.carrotmuseum.co.uk/cultivation.html>

<https://bonnieplants.com/gardening/which-veggies-for-which-season/>

<http://www.farertoschool.org/get-started> suggest to school

<https://newfarmers.usda.gov/supporting-ag-your-school>

<https://www.almanac.com/plant/broccoli>

Garden Sign Ideas:



Suggestion (3)

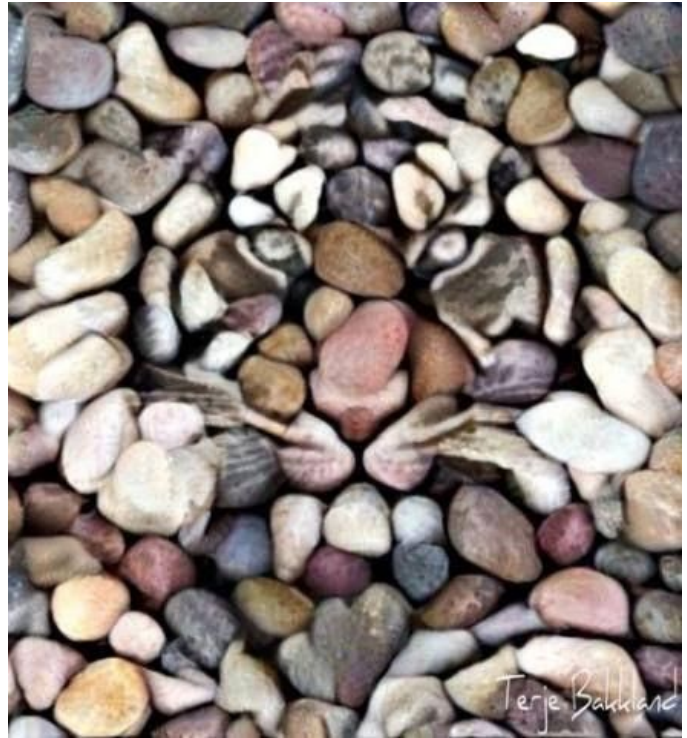


Suggestion (5)



Garden sign (1)

Fence sign – add dates (4)



Use rocks to create one of the above designs. This could represent the school animal or be used to personalize garden space.

Suggested lessons for in and outdoors:

Art work

PARTS OF A PLANT

The image displays five educational worksheets related to plant parts:

- Top Left:** A worksheet titled "Draw the missing part of the plant" with sections for "ROOTS", "LEAVES", and "FLOWER". It shows a stem with leaves and a flower outline.
- Center:** A large diagram titled "PARTS OF A PLANT" with labels: "FLOWER", "SEEDS", "LEAF", "PETAL", "STEM", and "ROOTS".
- Top Right:** A worksheet titled "Trace and color" with tracing lines for "FLOWER", "SEEDS", "PETAL", and "STEM", and a flower illustration.
- Bottom Left:** A maze worksheet titled "Follow the leaves and solve the maze" with a path of leaves.
- Bottom Center:** A worksheet titled "Name the parts of the plant" with a plant illustration and blank lines for labeling. Labels at the bottom include "ROOTS", "LEAF", "FLOWER", "PETAL", "SEEDS", and "STEM".

WORKSHEETS + DIAGRAM

