

Seasonal Planting

KINDER AND FIRST GRADE

Everybody loves to plant in the garden! Due to the seasonal nature of growing a garden and the logistics of sharing garden space, just a little bit of advance planning will ensure a successful class crop. In this activity, students will plant seeds in a garden bed, make a nature journal entry, and pitch in to do some garden care tasks. Have fun!

SUBJECT

EXPLORE

TIME

1 HR

MATERIALS

Empty garden bed (filled with soil but not plants) or empty spaces in the garden beds

Seeds or seedlings to plant

Comprehensive Planting Chart for Zones 9 and 10

Trowels

Watering cans

Finished compost to sift (if applicable)

Black nursery trays

Buckets

Wheelbarrow (if available)

Blank paper, 1 per student

Pencils, 8-10

Crayons, assortment to share

Clipboards, 8-10

DIRECTIONS

- A few main tasks will be important to work out as you plan this activity. You will need to:
 - Identify a garden bed to plant in. The assignment of garden beds varies from school to school, so it's best to get in touch with your school's garden coordinator for guidance. If your school doesn't have one, reach out to the district's garden liaison, Barbara Larson of BCK Programs (barbara@bckprograms.com).
 - Identify what you are going to plant. If you are in touch with Barbara, she may be able to get seedlings for your class to plant. If you want to go with seeds, refer to the laminated planting guide titled "Comprehensive Planting Chart for Zones 9 and 10" from the San Diego Seed Company. Locate the month and then look for the O symbol to identify the "Crop Family" varieties that can be planted from seed in that month. Then check to see which of those varieties you have in the Seed Library.
 - From the seeds you selected, read the back of the seed packet and note the planting information so you can plan out the garden bed and direct students on how to plant their seeds (generally, students can use their finger to poke a hole for their seed). You can place trowels or popsicle sticks in the places where students should plant - look for spaces near the emitters in the irrigation tubes so they are planted close to water. Use the Crop Planting Worksheet to record the information from the seed packet, if desired. Plan for students to water the bed after they plant their seeds.
 - Refer to the Garden To Do List and survey the garden to predetermine the tasks that you will assign to students. You may want to keep it simple with the younger kids and limit the tasks to watering, weeding the garden beds (easier to pull than weeds growing directly into the ground, just making sure students know how to identify a weed), and picking up litter. Younger students can also sift compost or separate worm castings under supervision.
 - Schedule one or two volunteers for the day of the activity to help supervise the rotations.
 - Plan to divide students into three groups to rotate through the following stations: Planting, Garden Care, and Nature Journaling.
- On planting day, gather students in the outdoor classroom and introduce each of the three stations.
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- Station 1 Planting: Share with students the types of crops they will be planting and any information about why these were selected. Explain that they will be given specific instructions on how to plant their seeds when it's their turn to plant in the garden bed.
- Station 2 Garden Care: Identify the tasks that students will complete and any tools they will be using. Talk about how to use tools safely and other garden rules (walk at all times, keep tools below the waste, etc.).
- Station 3 Nature Journaling: Write the following journal prompt on the board (or say aloud if you don't have a whiteboard): **My favorite thing to eat from the garden is _____**. Ask for a few students to share their favorites. Some students may not have eaten anything directly from the garden, so lead students to think of fruits and vegetables that they like to eat and make the connection that these foods grow in gardens and farms (not in grocery stores). Students will create a nature journal entry by drawing and coloring a picture of their favorite fruit or vegetable. If there are any fruiting plants in the garden, encourage students to observe the plants as they draw.
- Assign students to their groups and spend 5-10 minutes at each rotation. Spend the final 5 minutes enlisting students' help to put away tools and tidy up the garden.

SOURCE

- BCK Programs | Seasonal Planting
- San Diego Seed Company | [Planting Chart](#)



Crop Planting Worksheet

Refer to the planting instructions on the seed packet and record the information in the table below.

Plant Name	
Planting Depth	
Plant Spacing	
Plant Height	
Other Planting Tips	

Plant Name	
Planting Depth	
Plant Spacing	
Plant Height	
Other Planting Tips	

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Garden To Do List

- 1. WEED.** Check for weeds inside and around the outside of garden beds, in the pathways, and around the perimeter of the garden. Use a trowel to pull weeds out from the roots. Collect weeds in one pile, and make sure it's out of the pathway. This will be the debris pile for the garden and will be collected by the grounds crew within a couple weeks.
- 2. WATER.** Fill up a watering can and check for thirsty plants. If there are rain tanks in your garden, use that water for any ornamental plants but not in the garden beds. Signs to look for are plants that are droopy, have yellow or brown leaves, or have leaves that are falling off. Water the soil around each plant for about 5-10 seconds, just enough to saturate the ground around them. If your garden has any potted plants, they will surely need a drink. Water potted plants for 5-10 seconds each, let the water seep in, and water for another 5-10 seconds.
- 3. RAKE UP LEAVES.** Check for areas in the garden where trees have dropped their leaves. Rake the leaves and place them in a pile next to the compost bins. The leaves will be combined with food scraps to make compost. You will be doing the composters a favor by collecting the leaves as they are essential for composting.
- 4. COLLECT SEEDS FROM SPENT PLANTS.** Check the garden beds and perimeter of the garden for plants with spent flowers. Spent flowers are flowers that have finished flowering and are dying off. The dead part of the flower usually contains seeds. Provide seed envelopes from the garden activities supplies. Have students label the seed packet with the name of the plant (if known) and any other information you can find. Place one seed packet of each type in the Seed Library and send home any extra packets. Place the remainder of the dead plants in the debris pile, or make a new pile out of the pathway.
- 5. SIFT COMPOST.** Check the active stack compost pile (this is different from the worm bin, and should have a sign next to it). If the pile looks dark brown, does not have any visible food pieces in it, and no or very few noticeable leaves and twigs, it is ready to sift. Grab a black nursery tray and place a scoop of compost in the tray. Grab a bucket or wheelbarrow and sift the compost over it. Discard any trash pieces in the trash and return the larger objects and any insects (like worms) to the compost pile. Feed the plants with your sifted compost by spreading a handful around each plant in a garden bed. **NOTE:** Please do not sift all the compost to share this activity with other classes.
- 6. HARVEST WORM COMPOST.** Worm castings are the digested dark matter in the worm bin that does not have visible signs of food- the "Black Gold"). To separate castings, grab 3 small paper trays for each small group of students (these should be located inside the worm bin). Place a small scoop (1-2 cups) of the digested compost in one tray (this will be from the side of the pile that has no visible signs of food and is a dark brown/black). Bring the trays to the tables and pick out the worms placing them in tray 2 and pick out any trash and placing it in tray 3. Place the worms back in the worm bin, throw away the trash and sprinkle the castings around the base of the plants in the garden beds. Use a watering can to water over the applied castings.
- 7. CLEAR AND ORGANIZE CLUTTER.** Sometimes things get left in the garden and need to be organized from time to time. Collect all buckets and stack them in one spot, do the same with nursery pots, organize the potting supplies and put away tools and gloves.
- 8. PICK UP LITTER AND EMPTY TRASH.** Grab a bucket and take a walk around the garden and pick up any litter you find. Be sure to check the perimeter next to fences, where litter tends to collect. Collect all the litter into one bucket and discard it in the nearest trash can. Return the bucket to the garden.
- 9. EXTRA TASKS:** Make a list of extra tasks that need to be done in the garden, like trimming trees, more weeding, etc. and give the list to your teacher so they can give it to the garden coordinator.

