

# WEEK 1

## PLANTING BEE



### LESSON PLAN INFORMATION

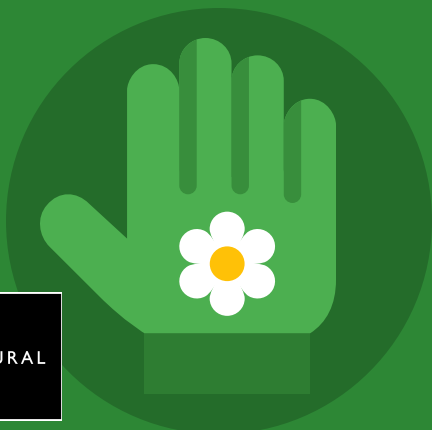
---

#### Activity:

Time to plant!

#### Activity:

Draw your own garden markers!



Welcome to the first week of the **Juniors Garden Club!**

This week we will learn how to sow (plant) our seeds.

Below is this week's schedule. Review the schedule and activities with your children as there may be materials or preparation requirements.

---

### TIME TO PLANT!

- Plant radishes, spinach, carrots, beets and chives. Look at the 'Growing Guide' below. You can pick and choose a few veggies to plant, or you can plant them all!
- Once you have chosen your seeds, make sure to read the seed package. Seed packets tell us a lot about how to plant, at what depth, and spacing between plants.
- Follow the Growing Guide and study the Gardening Tasks!

### DRAW ROW MARKERS

- Using popsicle sticks, rocks, or anything else that you might have laying around that you can use as a row marker in your garden. Use a sharpie to write or draw on the row marker what you are planting.
- Click [HERE](#) for DIY row marker inspiration.

# MEDITERRANEAN BARLEY SALAD

---

## INGREDIENTS:

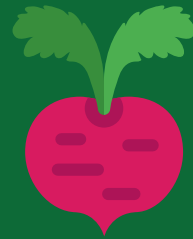
- ½ cup uncooked pearl barley, cooked according to package directions and cooled
- ½ cup cherry tomatoes, sliced in half
- ½ cucumber, diced
- ½ large red bell pepper, diced
- ½ cup flat leaf parsley
- ½ cup feta cheese, crumbled
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon grated lemon zest
- 3 tablespoons extra virgin olive oil

## METHOD:

- Cook barley according to package directions. Fluff with a fork and separate pieces. Add tomatoes, cucumbers, red bell pepper, and parsley, and feta cheese to barley and mix together.
- In a small bowl, whisk together (with a fork or a whisk) lemon juice, grated lemon zest, and olive oil.
- Pour the dressing over the salad and toss the salad to coat it with the dressing.
- Serve immediately or cover and refrigerate.



# RADISHES



## DIFFICULTY:

Easy

## TIMING:

Plant in the spring. If you continue to plant new seeds, stop in the summer when temperatures are too hot.

## SOWING:

- Plant in a sunny spot.
- Place ½ to 1 inch deep and 1 inch apart.
- If planting multiple rows, put 12 inches apart.
- If you want to continue to grow radishes, plant another round of seeds every 10 days or so while the weather is still cool.

## GROWING:

- Sow a short row frequently, thin them quickly, keep watered, eat quickly, sow some more.
- Thin to 2 inches apart when the plants are a week old.
- To water them give consistent, even moisture. Make sure not to over water.

## HARVEST:

- Harvest when the size of a golf ball. Roots should be 1 inch in diameter at the soil surface.

## STORAGE:

- Cut off tops and root tails.
- Wash and dry thoroughly.
- Store in plastic bag. Eat fresh.

# SPINACH



## DIFFICULTY:

Easy/Medium

## TIMING:

- Grows fast when days are long and weather is hot (bolting).
- For a continuous supply, plant every three weeks.

## SOWING:

- Plant in full or partial sun and well drained soil.
- Sow more seeds than you need, as warm soil will reduce germination rates marginally.
- Sow ½ to 1 inch deep (covering lightly with soil), 10-12 seeds per foot of space.
- If doing in rows, sow rows 12-18 inches apart.
- Seeds should sprout in 7-14 days.

## GROWING:

- Keep well watered.
- Heavy feeder requires rich soil.
- Thin to at least 2-3 inches between plants, or further if you want larger leaves.

## HARVEST:

- Pick when leaves are 3-4 inches long (or when they reached desired size).
- Individual leaves can be picked at anytime until the plant has started to bolt.
- Whole plant can be cut at once, and cut at the base, or leaves may be picked off plants one layer at a time, giving inner layers more time to develop.

## STORAGE:

- Eat fresh.

# CARROTS



## DIFFICULTY:

Easy/Medium

## TIMING:

- Depending on variety and growing conditions, can take 2-3 months to mature.

## SOWING:

- Plant in full or partial sunlight.
- Sow the seeds ¼ inch deep, 3-4 inches apart.
- If planting in rows, plant rows 1 foot apart.
- Firm soil lightly after seeding. Make sure the seeds are only just buried.
- Water with a gentle stream and keep it constantly moist until the seeds sprout.
- Seeds take 14-21 days to germinate.

## GROWING:

- Water regularly (soil should be moist but not wet).

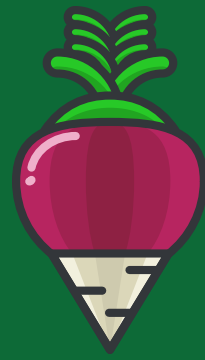
## HARVEST:

- Can be harvested at any size, but flavour is best when the carrot has turned bright orange.
- Usually takes 50-70 days. Usually when shoulders are ½ to ¾ inch in diameter.

## STORAGE:

- Cut off ½ inch of the top, scrub off dirt, and air dry.
- Seal in airtight plastic bags and refrigerate. Or eat fresh!

# BEETS



## DIFFICULTY:

Easy

## TIMING:

- Germination can take 2-3 weeks.
- Can take about 2 months to mature.

## SOWING:

- Plant in full sun.
- Soil should be free of rocks and other obstacles.
- Sow ½ inch deep and 1 to 2 inches apart. Cover with a thin layer of soil.
- If planting in rows, plant about 1 foot apart.

## GROWING:

- Thin young plants to 3 to 4 inches apart once the greens get to be about 4 inches tall.
- To thin, simply snip off the greens as the roots will not fully form without the greens.

## HARVEST:

- Can be harvested from the time they're about the size of a golf ball to the size of a tennis ball; larger roots may be tough and woody.
- Loosen the soil around the beet and gently pull it from the earth.

## STORAGE:

- Can be stored in the fridge for 5 to 7 days.

# CHIVES



## DIFFICULTY:

Easy (if flowers develop, seeds will scatter, and it can take over your garden).

---

## TIMING:

- Two months to mature.
- 

## SOWING:

- Best in full sun, will tolerate partial shade.
  - Sow ¼ inch deep, 2 inches apart.
  - Cover with a thin layer of soil.
- 

## GROWING:

- Once seedlings emerge, thin so that the plants are spaced 4 to 6 inches.
  - Give consistent watering throughout the growing season.
  - Remove flowers that bloom to avoid the spread of seeds.
- 

## HARVEST:

- Cut the leaves down within 1 to 2 inches of soil when harvesting.
  - The flowers are edible and taste best just after they opened.
- 

## STORAGE:

- Use when fresh or frozen.
- Store in a cool place in a resealable container.



# SUMMER GARDENING TASKS



## RADISH:

THINING	2 inches apart at 1 week
WATERING	Consistent watering
HARVEST	3 weeks; size of golf ball

## SPINACH:

THINING	2-3 inches apart when 2 inches tall
WATERING	Keep well-watered
HARVEST	3-4 inches long (or desired size)

## CARROTS:

THINING	3-4 inches apart when 1 inches tall
WATERING	Water with gentle stream and keep moist until seeds sprout. Water regularly (soil should be moist but not wet).
HARVEST	50-70 days

## BEETS:

THINING	2-4 inches apart when 4 inches tall
WATERING	Water regularly with about 1 in per week.
HARVEST	50-77 days

## CHIVES:

THINING	4-6 inches apart when seedlings emerge
WATERING	Consistent watering; moisten soil thoroughly
HARVEST	60 days