

**School Garden 101**  
**Session 3**  
**Agenda**

- 3:30 Welcome  
Collect documentation for completed assignments
- 3:45 Lesson: Growing Your Own Seedlings
- 4:45 Break
- 5:00 Discussion: Laying the Groundwork for a School Garden
- 5:45 Mid-Course Evaluation  
Ask the participants to provide feedback by filling out a short one page survey
- 6:00 Close

**School Garden 101**  
**Session 3: Growing Your Own Seedlings**  
**Lesson**  
**(60 minutes)**

- I. Observations from germination chambers (mason jars) – comparing monocots to dicots
- II. Why grow your own seedlings?
- III. Giving seeds the conditions they need for good growth
  - a. Temperature
    - i. Germination
    - ii. Growing on
  - b. Light
    - i. Artificial vs. natural
    - ii. duration and distance from plants
  - c. Moisture
    - i. Germination
    - ii. Growing on: when and how to water
- IV. Containers
  - a. Sterile, drainage holes, appropriate size
- V. Growing medium
  - a. Sterile, soilless, loose, well drained, non-crusting
  - b. Growing mix vs. germinating mix
  - c. Hands-on activity: Sowing seeds in flats
- VI. Fertilizing
  - a. When, how often
  - b. Types of fertilizers
- VII. Transplanting
  - a. into larger containers: when, how
    - i. hands-on activity: transplanting seedlings into six packs
  - b. into the garden: hardening-off plants
  - c. fertilizing transplants
- VIII. Troubleshooting
- IX. Special seed treatments

*Publications provided:*

UMaine Cooperative Extension bulletin 2751: Starting Seeds at Home  
UMaine Cooperative Extension article: The Effects of Soil Temperature in Gardening  
MOFGA fact sheet # 9 Soil-less Mixes for Vegetable Seedling Production  
Days required for vegetable seedling emergence at various soil temperatures

*Recommended additional reference:*

Bubel, N. 1988. *The New Seed Starters Handbook*. Emmaus, PA: Rodale Press.

**School Garden 101**  
**Session 3**  
**Discussion: Laying the Groundwork – Facilitator Reference Sheet**  
**(45 minutes)**

Small group discussion:

Break up into planning groups from the same school and discuss the following questions. Ask one person from each group to capture notes.

1. Tasks and Roles Update

Go over the completed tasks and roles worksheets: What tasks have been accomplished since last week? What tasks need to be completed soon?

2. Garden Site and Layout

- a. What are the potential sites for the garden?
- b. What are these sites visible and accessible to (i.e. classrooms, cafeteria, main entrance)?
- c. How much square-footage of growing space do you want to have?
- d. What type of beds do you want to have (i.e. raised beds, soil level)?
  - i. What size will they be (i.e. 4'x8', 3'x10')?
- e. What materials will you need to construct and fill the beds (i.e. lumber, soil, compost)?
- f. Who is going to work on finalizing the design of the garden? When should this task be completed? *You will use the “locating the garden site” and “site survey” worksheet found in the “Lesson Materials” section of Session 4 in your notebook.*

**School Garden 101**  
**Session 3**

**Laying the Groundwork Discussion Worksheet**

School Name: \_\_\_\_\_

**1. Tasks and Roles Update**

Go over the completed tasks and roles worksheets: What tasks have been accomplished since last week? What tasks need to be completed soon?

**2. Garden Site and Layout**

a. What are the potential sites for the garden?

b. What are these sites visible and accessible to (i.e. classrooms, cafeteria, main entrance)?

c. How much square-footage of growing space do you want to have?

d. What type of beds do you want to have (i.e. raised beds or in-ground beds)?

i. What size will they be (i.e. 4'x8', 3'x10')?

e. What materials will you need to construct and fill the beds (i.e. lumber, soil, compost)?

f. Who is going to work on finalizing the design of the garden?

i. When should this task be completed?

*You will use the “locating the garden site” and “site survey” worksheet found in the “School Classroom Lesson Materials” section of Session 4 (Planning) in your binder.*