

# Planting the Garden

The *Planting the Garden Lesson* will guide students, step by step, through the planting process.

## Lesson Summary

1. Students will plant their garden
2. Students will learn each part of the plant
3. Students will learn that seeds and plants need **soil**, **water**, and **sunlight** in order to grow

## Garden Checklist

- Explore** — is your garden in full sun?
- Harvest** any items from the previous season
- Water** — keep the soil moist so seeds can germinate
- Record** veggies that were planted and tasks completed

## Exercise in the Garden

Lead the students in a quick garden warm up by reenacting the life cycle of a seed. Have the students squat down low and act like seeds in the garden. Tell the students it's starting to rain and have them jump up into a seedling. The sun is out! Tell the students to stretch out their arms into leaves to capture the sun. Have the student wiggle their roots (feet), wiggle their stem (waist) and wave their leaves (arms).

## Ask the Students

- What do you see in the soil?
- How does the soil feel? Warm/cold? Hard/soft?

### Materials:

- seeds
- transplants
- garden tools
- water

## Activity

Have the students work the soil with garden tools. Work with the students to make sure the soil is loose, free of big clumps and evenly smoothed out. Explain that this is important so the seeds have room to grow into roots, stem and leaves. Remind the students that it is important to keep hands and feet out of the garden.

When planting the seeds, refer to the back of the seed packet for how deep and far apart the seeds should be planted. The seeds need the right amount of space so they can stretch and grow into a plant. When planting transplants, go to [kccg.rbspacing.org](http://kccg.rbspacing.org) to reference how far apart they should be planted. Show the students where the roots, stem and leaves are located on the plant, and explain their purpose:

Roots: Bring the water and food from the soil to the stems, leaves and fruit

Stem: Supports the plant, brings water to the leaves

Leaves: Capture the light from the sun and makes food for the plant

Flower: Turns into the vegetable or fruit, produces seeds to create new plants

Now it's time to water. Seeds should be watered with a light mist—be sure to not pour too much water in one area at once. If the water pools, seeds may drown or relocate. Plants should be watered using the shower setting on a hose nozzle, and soil around the plant should be moist 2" deep. Remind the students that the sun's job is to keep the soil warm and provide light for the seeds and plants which helps the seeds germinate into seedlings, and keeps the plants healthy.

Congratulate your students for planting their garden!

## Reading in the Garden

Choose one of the recommended children's books to read to the class. What connections can you help students make between the book and planting the garden?

*One Bean* by Anne Rockwell

*The Little Gardener*

by Jan Gerardi

*Lola Plants A Garden*

by Anna McQuinn

*I Really Wonder What Plant*

*I'm Growing* by Lauren Child

*Seed to Plant*

by Lisa Harrington

*One Bean* by Anne Rockwell

*A Carrot Seed* by Ruth Krauss

*Planting A Rainbow*

by Lois Ehlert

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## Review Questions

- **What do our seeds need to grow?**  
*Water, sun, and soil.*
- **What vegetables are you excited to try?**