

# TEACHERS GUIDE



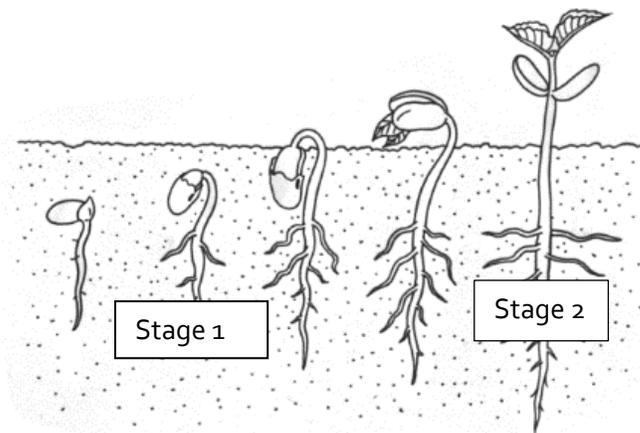
## During Our Visits:

- Keep order in the classroom. Plan to have additional activities for your students to be engaged while awaiting their turn (see **Resources** on Page 2, for related activities)
- Assist students with labelling plants
- Help students requiring gloves to put them on
- Ensure all instructions for **Watering & Plant Care** are understood
- Provide one primary contact at each school for the 'Cultivate Your Neighbourhood' volunteer to connect with.



## Watering & Plant Care:

1. **Develop a class watering schedule** (Refer to Example 1. on page 2)
2. **Water the plants specific to the stage of growth that they are at:**



**Stage 1:** Seeds have not yet **GERMINATED (sprouted)**. Pour water beside the pots within the tray and not directly onto the soil or seedlings. Leave the dome on the tray until the plants have germinated to prevent the soil from drying out.

**Stage 2:** Once the seedlings have germinated, and grown approximately 1" in height, you can water the soil directly, but be sure not to water plants themselves.

3. **Check in with your plants daily** for signs of germination and growth or need for watering. Pots may dry out more quickly if placed near a vent. Be careful of cold draughts near windows as plants can get shocked and die.

4. **At least one week prior to planting at your Community Garden, start **Steps to Harden Off Plants****

**Steps to Harden-Off Plants:**  
Plants need to be slowly acclimatized to living outside. To do this we need you to put your trays outside every day, under the following conditions:

- Locate a protected area outside that will provide shade all day and protect plants from wind.
- In the mornings, bring the trays outside to begin the hardening process.
- Only put trays outside if temperature is above 10 degrees C to reduce risk of freezing the plants.
- At the end of the schools day, bring the trays back inside
- Monitor dryness and water as required

**HELPFUL HINTS:**

- The trays holding the plants may stay in your classroom or you may wish to put them in another room that may offer more sunlight.
- Expect our volunteers to drop by on a weekly basis to monitor the plants. We stay only long enough to check them and explain to the students what to observe.
- In mid-May, a volunteer will return to help the class pot-up/transplant the seedlings into larger pots (Solo cups). This should take only about an hour per class.
- During the first week of June (depending on the weather, a volunteer will join your class at your community garden to plant seedlings).



**EXTRA TIME?** Have your students do additional fun activities to complement Planting Day at your community garden (e.g. paint rocks for the beds with names of plants on them, design signs for beds).

**Resources:**

**Online Resources for Your Classroom:**

Visit <https://foodshare.net/program/educator/> for ways to integrate this lesson into your curriculum

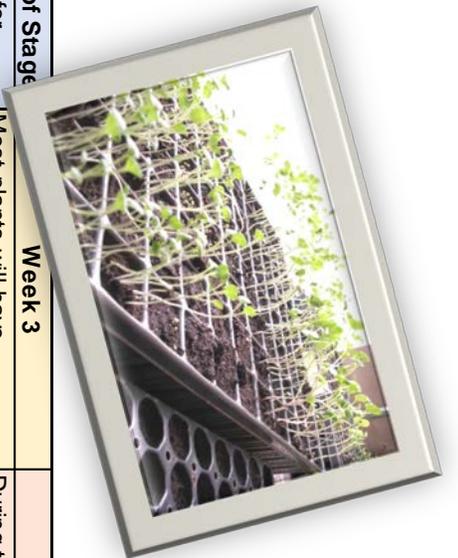
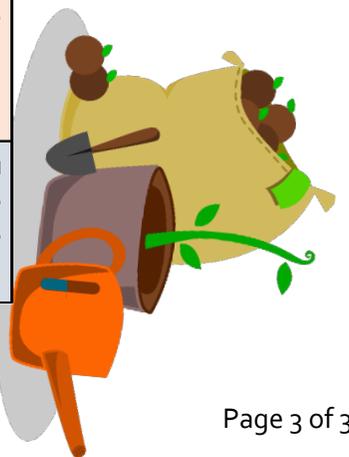


**Recommended Story Books:**

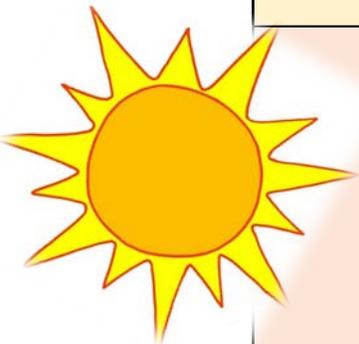
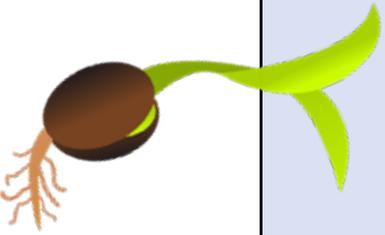
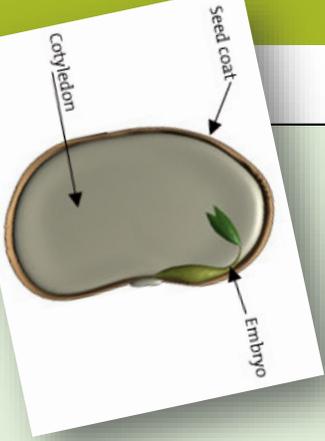
- Stone Soup, retold by Heather Forest
- See What We Eat! A First Book of Healthy Eating, by Scott Ritchie
- How Did That Get In My Lunch Box? The Story of Food, by Chris Butterworth
- Growing Vegetable Soup, by Lois Ehlert

**Example 1. Class Watering Schedule**

i.e. Week	Monday	Tuesday	Wednesday	Thursday	Friday
	Sarah X	John X	Sue X	Teacher X	Drake
Observations:		too moist removed lid for morning		13 tomato seeds germinated	
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Observations:					
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Observations:					
<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Observations:					
<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Observations:					
<b>Week 6</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Observations:					



Week 1 - Stage 1	Week 2 - Beginning of Stage	Week 3	Week 4 - 6	Early June
<ol style="list-style-type: none"> <li>1. Plant your seeds</li> <li>2. Monitor plants daily for signs of growth and to ensure that they are adequately watered</li> <li>3. If water is required, pour water beside the pots</li> <li>4. Record any observations</li> </ol>	<ol style="list-style-type: none"> <li>1. Monitor plants daily for germination (sprouting) and to ensure that they are adequately watered</li> <li>2. Once they germinate, and have grown about 1" tall, remove the domes from the trays (please return to instructor for next year's use)</li> <li>3. If water is required, pour water beside the pots</li> <li>4. Record any observations</li> </ol>	<p>Most plants will have germinated at this point. Generally, most plants take 6-10 days to germinate.</p> <ol style="list-style-type: none"> <li>1. Monitor plants daily to ensure that they are adequately watered.</li> <li>2. Water soil directly (not plant)</li> <li>3. If not already done, remove the domes (and return to your school volunteer)</li> <li>4. Rotate the trays daily if the plants start to lean in one direction</li> <li>5. Record any observations</li> </ol>	<p>During these weeks, your volunteer will return to help students transplant seedlings into larger pots.</p> <ol style="list-style-type: none"> <li>1. Monitor plants and ensure that they are adequately watered</li> <li>2. Stake any plants that start to get too tall, to avoid stems from breaking</li> <li>3. Begin steps to 'Harden-Off' (see 'Steps to Harden Off')</li> <li>4. Record any observations</li> </ol>	<p>Planting Day at the Community Garden!!</p>



Growing Schedule: