

Activities to Start Gardening

If you already have a garden, there are so many ways you can use it to engage and educate your family or community! Here are a few activities to get others involved in parts of the gardening process!



SEED STARTING PARTY

Get excited for the growing season by getting a group together in early Spring to start seedlings. Have each person bring a package of seeds of a warm weather vegetable (such as tomatoes) that they want to grow. Someone will also need to provide potting soil meant for seedlings. Share seeds and follow seed packet instructions to plant seeds in divided planters, egg cartons, small cups, etc. With proper care, your seedlings will be ready to transplant outside after the last frost.

HOST A HARVEST DINNER

If you have more vegetables in the garden than you know what to do with, invite friends and neighbors to help you harvest. In exchange, use what you picked to prepare a garden-fresh meal to share. If you still have more, send everyone home with a variety pack of produce.

COMMUNITY COMPOSTING

If you have a community garden, you can also have a community compost heap or bin. Discuss the merits of organic gardening with those involved in the garden, and encourage them to save their fruit and vegetable scraps in the freezer and to bring them to compost each week. If you properly maintain it, you will have free, natural fertilizer ready for your garden in a few months.

SALAD SCAVENGER HUNT

Break off into teams and make your own salad recipe using only produce harvested from the garden. Top off your creation with one of the homemade dressing recipes on pages 24-25. Finally, everyone should sample each other's salads and decide which combinations they'd like to make again.

HIGHLIGHT A SEASONAL VEGETABLE

Choose a vegetable that is in season right now, and make it the star of a recipe you are making in class or at home. Ideally, choose produce that you can harvest together from your garden and prepare. Taste the locally grown vegetable, and discuss how it compares to the same vegetable when it is purchased out of season in the supermarket. Explain the nutritional value and health benefits of that vegetable and local eating in general.

