

FRESH from the Garden

A message from Amy & Doug



Welcome to *FRESH from the Garden*, an e-newsletter for the PHHI School Garden Network.

For about a year now, we've been building gardens, developing lesson plans, delivering professional developments, and organizing a website to help foster and encourage the use of a new learning space - the school garden! We've been wowed by projects that have materialized and we look forward to using this e-news and the STEM website to share everyone's creativity and inspire each other.

Looking for resources? Visit the [STEM website](#). We're still adding the "fancy" to it, but we've already got lots of great lesson plans and professional development opportunities in place.



In the Garden Now



Plant

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Kohlrabi
- Swiss chard



Harvest

Nothing in the garden is ready to harvest at this time



Maintenance

Apply organic fertilizer in late January in preparation for mid-February planting. Plan beds and place seed orders for spring plantings.

Planting tip: Sow seeds indoors under the light bank in early January. They will be ready to transplant to the garden by mid-late February.

Check out this video by Erika Curren, a first grade

teacher at Pitts School Road Elementary, demonstrating how she started seeds indoors.



Lesson Planning



Square Foot Seeds

While you are waiting for the ground to thaw and temperatures to warm up, get a jumpstart on the garden by using this lesson to prepare seed mats for any crops that are planted by direct seed.

[Download Lesson Plan](#)



Growing Healthy Bodies

Rainbow Collard Wraps

Check out this colorful recipe for a healthy, easy wrap that makes a great snack or a quick lunch.

[Get the Recipe](#)



Book Review

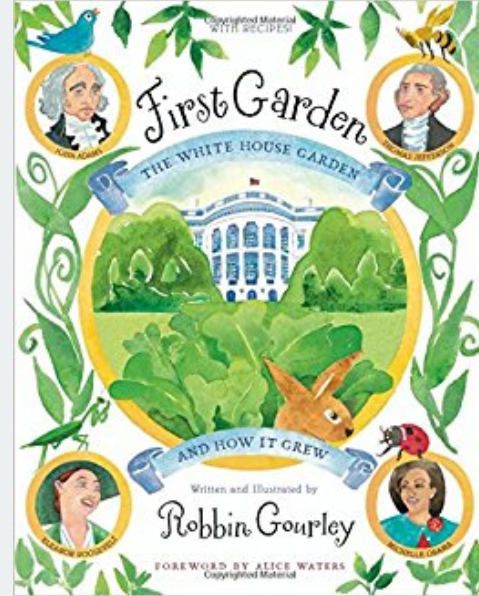
The First Garden

by Robbin Gourley

This is a great book to introduce students to gardening. The non-fiction text highlights the history of gardens at the White House and goes in depth about Michelle Obama's campaign to encourage healthful eating by starting a kitchen garden at the White House. Includes recipes.

Appropriate for grades 1 - 5.

[Using this book in the classroom](#)



Q&A

Q: It doesn't seem like there is much going on in the garden in winter. What can I do to continue to engage my class in the garden classroom?

A: Here are a few ideas:

How about an art project? Create signs for the upcoming plantings or any themed garden beds.

Build a sensory experience focusing on sound or touch.

Visit the garden weekly and take a photo from the same spot. Create a flipbook or timelapse at the end of the school year to see how the garden changes.

Q: I can never remember to pull the covers over our beds. Can you send me reminders?

A: Yes! We are using the Remind app (currently targeted to Cabarrus County).

Receive push notifications on your smart phone by signing up at rmd.at/cabarrusco. Or, to receive text messages, send a text message to 81010 with the message [@cabarrusco](https://twitter.com/cabarrusco).

We'll send you important reminders and tips to cultivate success with your school garden.

Here's a [quick guide](#) on how to sign up.



Questions? Contact us!

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