FRESH from the Garden

School Garden Summer Institute 2020

Registration is now open!

June 24-25, 2020
8 am - 4 pm
Lunch provided both days

Day 1 @ NC Research Campus, Kannapolis NC
8 concurrent sessions offered
Brie Arthur, keynote address

Day 2 @ AT Allen Elementary School, Concord NC
LifeLab Training in the Garden

Registration deadline is May 31 or until filled (space limited to 50 participants)

Early bird registration is $40
After April 15: $50

Pay online through EventBrite or mail a check payable to Plants for Human Health Institute. Checks must be received to secure registration.

LifeLab PD Opportunity
LifeLab regularly hosts professional development trainings for teachers at their site in Santa Cruz, California. We're saving you time and money, by bringing LifeLab trainers here to North Carolina. Take a look at this 3-minute **video** of what teachers and trainers have to say about LifeLab's mission and the measurable results that have occurred after school garden trainings.

Can't-Miss Keynote Speaker: Brie Arthur
Combining expert advice from both of her books, Brie Arthur discusses how gardening can help shape the future of community development. The most important thing we can do as stewards of the earth is to teach the next generation to value the resources of the natural world. Brie will share stories from her community outreach programs with public schools across the US. Discover how to engage administrators, teachers, parents and grounds management staff to create bountiful and beautiful spaces that provide community pride and educational opportunities for people of all ages. This is a fast-paced, informative presentation that leaves attendees inspired and ready to foodscape
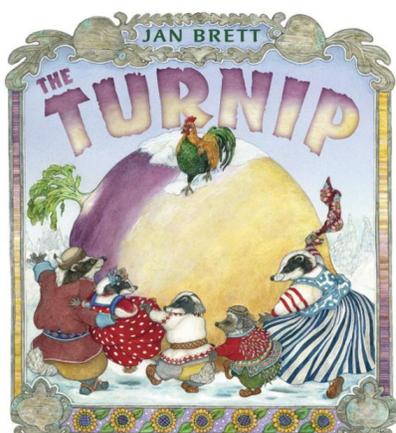
for the future!

Calling All Counselors, School Nurses, & Special Ed Teachers
Special sessions for specialized educators. Bobbie Mabe, a licensed Horticultural Therapist, will share strategies for harnessing the calming effects of the garden. Two school nurses share their experiences teaching nutrition, science and math through cooking the harvest from the garden. Ashley Honbarrier, director of Happy Roots, will talk about her work with at-risk and special needs students. Be sure to check out the line-up of concurrent sessions on the EventBrite page and bring a fellow garden team member to not miss out.

Interweaving Literary Connections

Making garden connections to subjects outside science and math is a big part of using the garden to its optimal potential. Here are three ideas that hone in on literature.

1. You may be familiar with Jan Brett's book, *The Turnip*, a folktale that is also the basis for Irene Yates' book, *The Enormous Turnip*, and Aleksei Tolstoy's book, *The Gigantic Turnip*. Reading the three books and noting the cultural differences and similarities of the same folktale is a 2nd grade literary standard. The logical garden extension is to plant some turnip seeds and watch them grow. Will your class grow a huge turnip that can only be pulled with teamwork from the entire class? Only time will tell!

2. Two books that offer a fun character study are: *Bear and Bunny Grow Tomatoes*, by Bruce Koscielniak; and *Tops and Bottoms*, by Janet Stevens. Both stories feature two main characters: a bear and a bunny. However, the attributes of the animals are quite opposite. In one book the bear is the dutiful gardener, while the bunny takes a different approach; in the other story, the bunny, Hare, is the energetic gardener while bear can't seem to stay awake, but then again, perhaps he is hibernating? Students are sure to enjoy these comparisons and many others.

3. Carrots are a kid-friendly veggie and the subject of several kids' books. Take these three, for example: *The Carrot Seed*, by Ruth Krauss; *Carrots Grow Underground*, by Mari Schuh; and *Too Many Carrots*, by Katy Hudson. While the subject of these three books is quite obviously carrots, the author's intent is different in each one. From informational to inspirational to fanciful fiction, each author accomplishes a different goal despite using the same subject matter.

Plant

It's time! It's time! It's time to plant! One reason we encourage early planting is to avoid plants bolting (flowering) before harvest. If we have a temperature spike, spring crops can flower early, changing the flavor of greens and halting crops like broccoli. Of course, remember, in the school garden, nothing is a failure, only something else to learn from.

Put the engineering skills to work, by building trellis supports for peas. Supply students with a few materials, such as bamboo stakes and string, and let them do the rest.

Harvest

As the harvest season begins, remember when harvesting kale, lettuce and other green leafy crops, be sure to harvest the outside leaves, allowing new leaves to grow from the crown of the plant. Red radish tops will peek above the soil as they become ready to harvest.

Reminder: When consulting a planting guide, the time to maturity is measured from the time the seed is planted. Consider that purchased transplants will be 6-7 weeks old, or ~45 days closer to maturity at the time of planting.

Maintenance

Use your finger as a moisture meter. The moisture content of the soil supporting seedlings should feel like a damp sponge. Check seedlings daily to ensure consistent moisture from sowing to transplant.

Keep a sharp eye out for white flowers on your strawberry plants; and keep a sharper eye on the forecast. If night temperatures are predicted to be lower than 35F, cover your plants with a frost blanket to protect those flowers and enjoy strawberries sooner. Don't fret if you forget, you'll have to wait for new blooms, but you'll still get strawberries.

Find more School Garden Resources on our website:

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Questions? Contact us!

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