

SOWING SEEDS IN CONTAINERS

WHAT IS SOWING SEEDS?

Sowing seeds means to plant them. When we sow seeds, we give them all the things they need to sprout and grow into plants. Seeds need water, air, warmth, and a safe home in the soil. They don't need sunlight until they sprout and become plants.

WHY DO WE SOW SEEDS IN CONTAINERS?

Usually we sow seeds in containers so that we can give them a home in the greenhouse before they get planted outside. The environment in the greenhouse is just right for sprouting seeds and baby plants. It is warm and protected from wind and pests. Some of the seeds that like to start in the greenhouse are lettuce, broccoli, cauliflower, sunflowers and cucumbers.

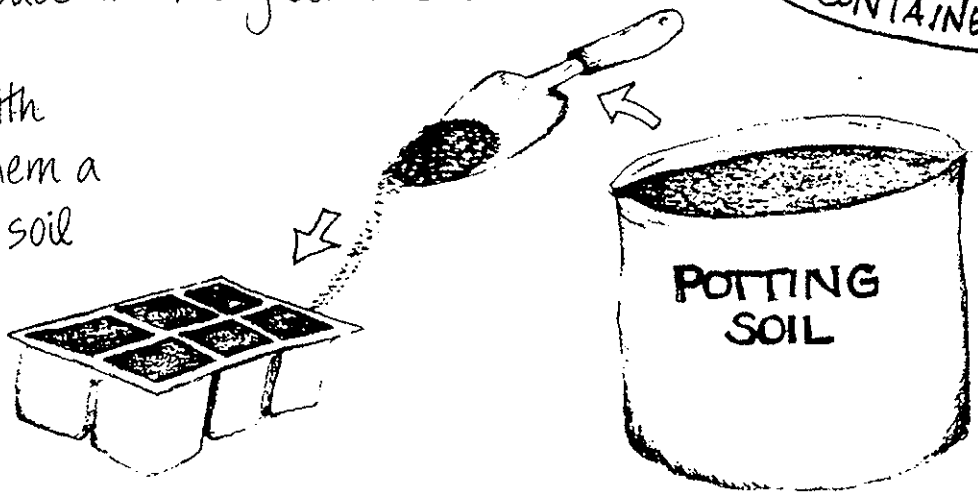
WHAT TOOLS DO WE NEED?

Seeds, containers, potting soil, white plant labels, greenhouse mister.

1) Choose your containers. Most of the time, smaller containers are better because they take up less space in the greenhouse.

2) Fill your containers with potting soil. Shake them a little bit to help the soil settle, and then add more until they are almost full. We don't want

to press the soil into the container, because then it would be too hard for the roots to grow.



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DEADHEADING

WHAT IS DEADHEADING?

Deadheading means to pinch or cut off dead flower heads from plants.

WHY DO WE DO IT?

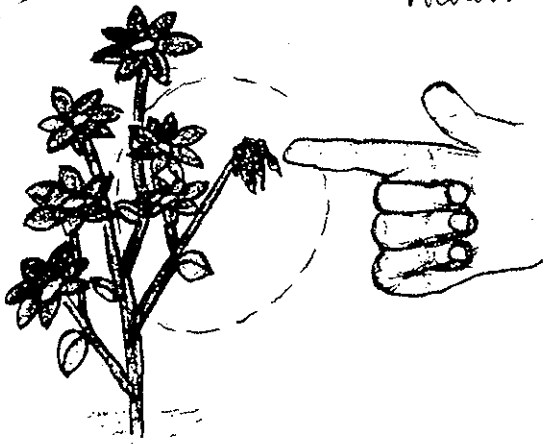
We deadhead plants to encourage the plant to produce more blooms rather than focus on making seeds. Flower heads have seeds in them. Even when the flower dies, the plant uses energy to keep the seeds healthy. If we remove the flower heads and its seeds, the plant uses its energy to make more flowers.

WHAT TOOLS DO WE NEED?

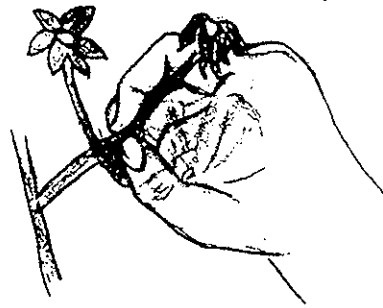
Fingernails, clippers or scissors.

WE DO IT?

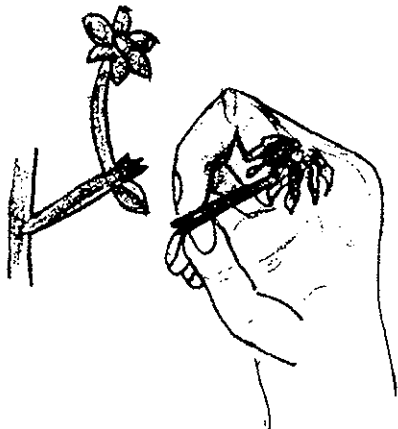
1) Find a dead flower head.



2) Move your fingers down the stem to find the next branch.



3) Cut or pinch the stem right above the next branch and gently pull the deadhead off.



4) Collect deadhead material and bring to compost pile.



HARVESTING WORM CASTINGS

WHAT IS HARVESTING WORM CASTINGS?

In the worm box, worm castings (also known as worm poop), are all mixed up with the worms and their food. Harvesting worm castings means to separate worm poop from everything else.

WHY DO WE DO IT?

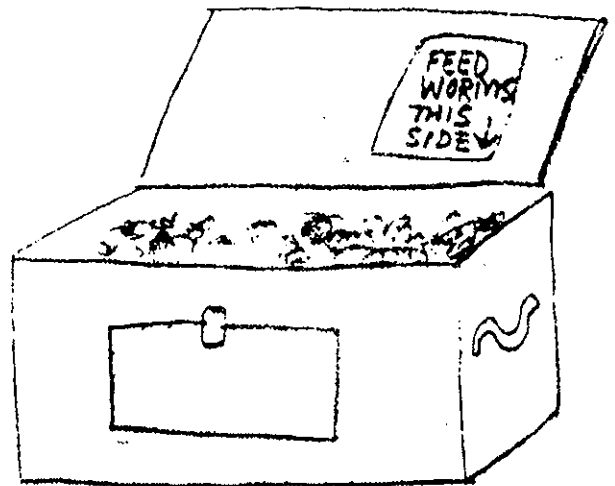
We harvest worm castings because we want to use the castings as food for plants. Worm castings are very rich and valuable for plants. Usually we save worm castings to mix into our potting soil to feed our baby plants in the greenhouse.

WHAT TOOLS DO WE NEED?

Trowel, sifter, tray, bucket.

HOW DO WE DO IT?

1) Open wormbox and check which side of the box the worms are receiving fresh food. We want to take stuff from the other side of the box, where there is less fresh food and more old poop.

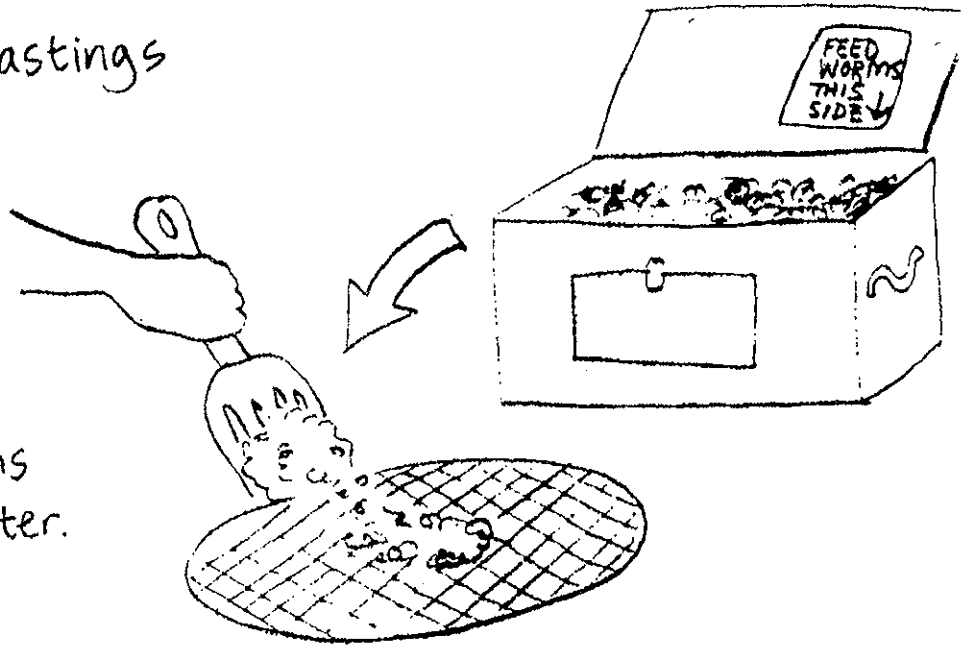


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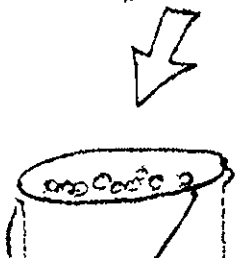
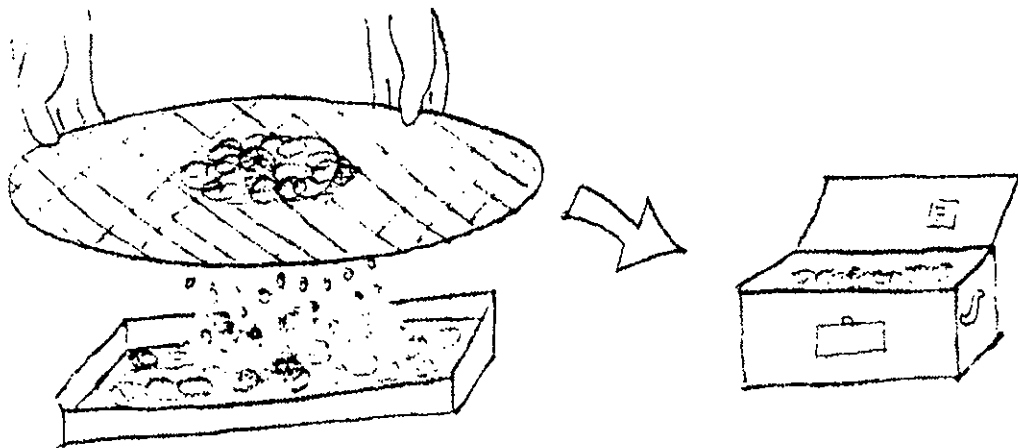
HARVESTING WORM CASTINGS continued...

2) With a trowel, scoop castings into the sifter.

3) Shake sifter onto tray.
The good castings will fall into the tray, while the food and worms are left over in the sifter.



4) Dump leftovers (food and worms) back onto the feeding side of worm box.



5) Repeat until you have enough to put in a bucket and store in the garden shed to be used in

HARVESTING LETTUCE

WHAT IS HARVESTING LETTUCE?

Harvesting Lettuce is cutting the leaves off at the base of the lettuce plant to make salad to eat.

WHAT TOOLS DO WE NEED?

Fingers or scissors, big bowl or bucket.

HOW DO WE HARVEST LETTUCE?

1) First, make sure it is not too hot and sunny.

Lettuce leaves wilt easily in the hot sun. It is best to harvest in the early morning or late afternoon or on foggy days.

2) Find a bed of lettuce that is ready for harvesting.

3) Choose a plant and find a leaf on the outside of the plant

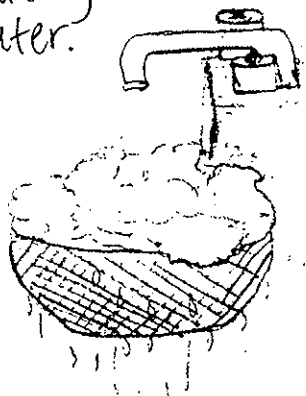
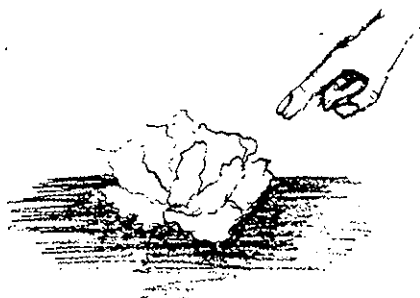
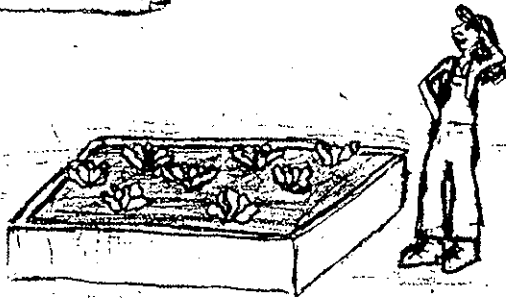
4) Move your fingers down to the bottom of the leaf. Pinch and break off leaf. Leave the small inside leaves so that they can grow bigger.

5) Place in bowl or bucket and keep harvesting until you have enough for a salad.

6) Wash immediately with cold water.

7) Eat right away, or refrigerate. If you need to keep it outside, put it in a shady place and cover with a wet towel.

yum!



FEEDING PLANTS:

④ WHAT IS FEEDING PLANTS?

Feeding plants means to give them compost.

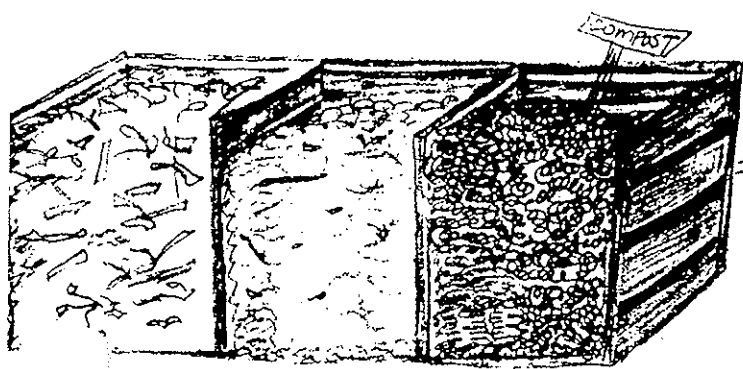
④ WHY DO WE FEED PLANTS?

We feed plants because they need nutrients to help them grow and be healthy. Compost is nutrient rich plant food.

④ WHAT TOOLS DO WE NEED?

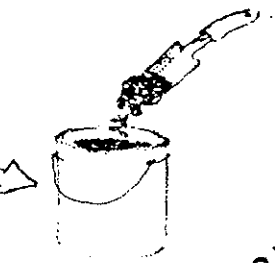
Buckets, compost, trowels, watering can.

HOW DO WE DO IT?

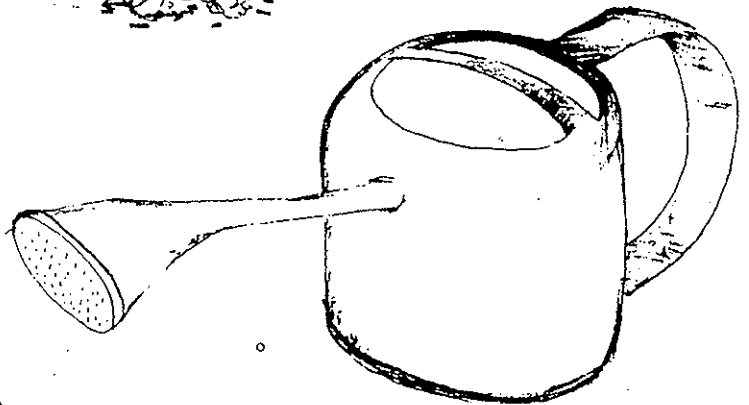


1) Fill buckets with compost from the compost pile.

3) Spread compost $\frac{1}{2}$ inch - 1 inch thick around the plant stem.



2) Find a plant that needs food. Use fingers to gently loosen the surface of the soil around the base of the plant.



4) Give the plant water with a watering can to help the compost sink into the soil where the roots absorb the nutrients.

