

Tips for Growing Plants and Seeds with Children

Nourishing Connection Farm to Early Childcare Program

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Before any garden activity always ask the children:

WHAT DO PLANTS NEED TO GROW?

- Soil, water, sun and space



Transplanting Tips:

When transplanting, follow these simple steps - the children love to water - have them participate as much as possible to create a sense of ownership and care.

- Make a hole in the soil
- Water the hole
- Gently remove the plant from the pot, taking care not to damage the roots of the plants, and gently place in the watered hole
- Cover the roots with soil
- Always water the soil near the roots of the plant (not the leaves of the plant)

If the plant looks limp, water the soil. Use your finger to gauge the wetness of the soil (kids love this!). If the soil is wet - no need for watering. If it is dry, water the roots of the plants.

It's ok if the child pulls out the plant - this is part of the learning process - talk to the children about roots and soil (Do you like to eat? So does this plant - the soil provides the plants with nutrients through the roots), then follow the transplanting steps above.

Seed Planting Tips:

Remind the children by asking

“What do plants need to grow?”

When planting seeds with children - the most important concept is SPACE. If they plant the seeds too close together, the seeds will not grow properly and nothing will thrive. When planting with children follow these simple rules:

- Make a trench or holes PRIOR to the planting activity.
- Mark the child's row with their name, if possible.
- Show them the spacing. Less is best - give them a small amount of seeds in their hands.
- Make sure they put their “babies” to bed by lightly covering the seeds with soil

Rule of green thumb: The more space required between starts for optimal plant growth, the less seed you will actually need to sow!

Plant or Seed Type	How Many Seeds Will I Plant in Each Square Foot of Garden?
Basil, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Cilantro, Collards, Corn, Dill, Eggplant, Kale, Peppers, Tomatoes	1-3 Seeds
Beans, Swiss Chard, Garlic, Leeks, Lettuce, Onions, Peas, Spinach	4-9 Seeds
Beets, Carrots, Radishes, Scallions	10-20 seeds
Cucumber, Sunflower, Perennial Herbs, Pumpkin, Squash, Zucchini	1-4 seeds per 2 square feet

HOW MUCH SEED DO I NEED?

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