



Square Foot Gardening

WITH ACCESS TO A GARDEN


BIG IDEAS:

Today, you will focus on *space*, one of a plant's basic needs and learn about the **SQUARE FOOT GARDENING** technique, which helps make sure plants have enough space in the garden. You will then practice giving plants space by setting up a square foot lattice & planting into your garden.

SQUARE FOOT GARDENING

Square Foot Gardening is a way to space crops to maximize the amount of produce that you're able to get from your garden! This method helps you to calculate how much space plants need and then plant them with enough space in a garden.

YOU WILL NEED:

- Pencil/Pen
- Journal/Piece of Paper
- [Square Foot Gardening Planning Worksheet](#)
- *Garden Materials:*
 - Plant starts or seeds (suggested - broccoli seeds)
 - Trowel 
 - Measuring tape
 - Push Pins (or nails + hammer)
 - Twine or string
 - Scissors
- *Optional:* Taste-Test, suggested for this lesson is to make a leafy green roll-up with hummus or another dip. Take a leaf such as a collard green, kale, or lettuce leaf and place a small scoop of hummus into the center. Roll up your leaf and eat like a taco or burrito!

GROW MINDS, CULTIVATE COMMUNITY



WHAT TO DO:

1. **WATCH:** [The Green Heart Rules of Respect](#) and **REVIEW:** *What are the three Green Heart rules of respect?*
2. **WATCH:** the [video](#) of Ms. Allie, Green Heart Executive Director Jesse and his little buddies set up and plan for their square foot garden at home.
3. **ANSWER** the following **questions** in your journal, on a piece of paper, or discuss with someone else:
 - 1) What is square foot gardening?
 - 2) Why is it important for plants to have space?
4. **GATHER:** all of your materials to set up your square foot lattice on your garden bed (measuring tape, twine, scissors, and pins).
5. **APPLY:** the square foot gardening technique in your garden bed. *See the photo for an example.* Follow the steps from the video:



