



Square Foot Gardening

WITHOUT 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 completing the **Growing Microgreens Activity**.

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
- Paper towels (2 half sheets)
- **Cornstarch paste:** *Make the cornstarch paste the night before the activity. In a small bowl, dissolve 1 tablespoon of cornstarch in 1 cup of cold water. Cook over a medium flame, stirring constantly to prevent the mixture from getting lumpy. Once it starts to boil and turns into a translucent gel-like mixture, remove it from the stove and let it cool to room temperature. Put the paste into a container with the tight lid.*
- Tape Measure or Ruler
- Seeds (suggested - broccoli seeds)
- Q-Tips
- Water
- Plate or Tray
- **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 for the Growing Microgreens Activity (Paper towels, Pencil, Cornstarch paste, Measuring Tape , Seeds, Q-Tips, Water).
5. **COMPLETE:** the Growing Microgreens Activity, follow the steps below:

STEP 1- Layer two paper towels on top of each other. Fold them in half. Choose your seeds (select your broccoli seeds if using a Green Heart Kit).

STEP 2- Lay your measuring tape down the long edge of the paper towel. Use your pencil to mark dots to show the correct spacing for your seed. If you are using broccoli seeds, you will make dots seeds 1 inch apart. This means you should mark 8 dots down and 5 dots across. **For other seeds, spacing instructions are on seed packet.*



STEP 3- Place your marked paper towel on a plate or tray. Wet the paper towel with $\frac{1}{4}$ cup of water. Use a q-tip to spread small dots of cornstarch paste on each of the pencil marks.



STEP 4- Place 1-2 seeds on each dot of paste.



