



Basic Vegetable Gardening

Lesson 5: Planting Seeds and Transplants

Lesson Summary:

Boys and girls will transplant their seedlings into the garden and plant other seeds.

What the boys and girls will learn:

Boys and girls will learn how to transplant seedlings.

Boys and girls will learn how to plant seeds in the garden.

Length: 30 minutes

Materials:

Garden plan from Lesson 2

Young plants from a nursery to transplant

Seeds to plant directly in the garden.

Hoes

Lesson Steps

1. (2 minutes) – Introduction

Today boys and girls will transplant the seedlings in the garden.

They will also plant other seeds directly into the garden.

2. (25 minutes) – Transplant seedlings into the garden

Look at the garden plan with the group. Use this to know where to transplant the different vegetables.

Form the boys and girls into small groups. Each group will transplant seedlings or plant seeds. Follow the garden plan.

For example: 1 group will transplant tomato seedlings

1 group will transplant pepper seedlings

1 group will plant carrot seeds.

Show boys and girls how to carefully transplant seedlings:

Steps for planting transplants:

1. Look at the garden plan and plant seedlings in the right area.

2. Loosen the soil with a shovel or hoe.

3. Dig a hole larger than the roots of the plant.

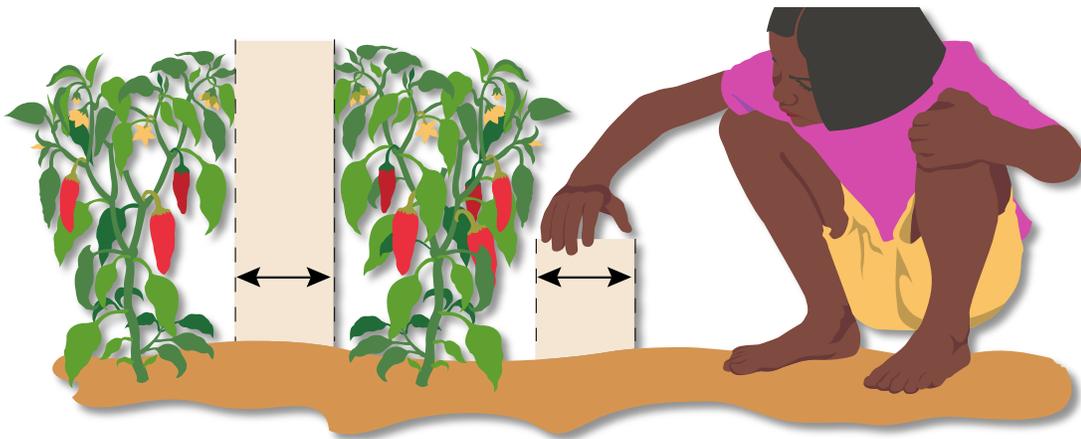
4. Add a handful of compost to the hole.

5. Fill the hole with water and wait for it to drain into the ground.

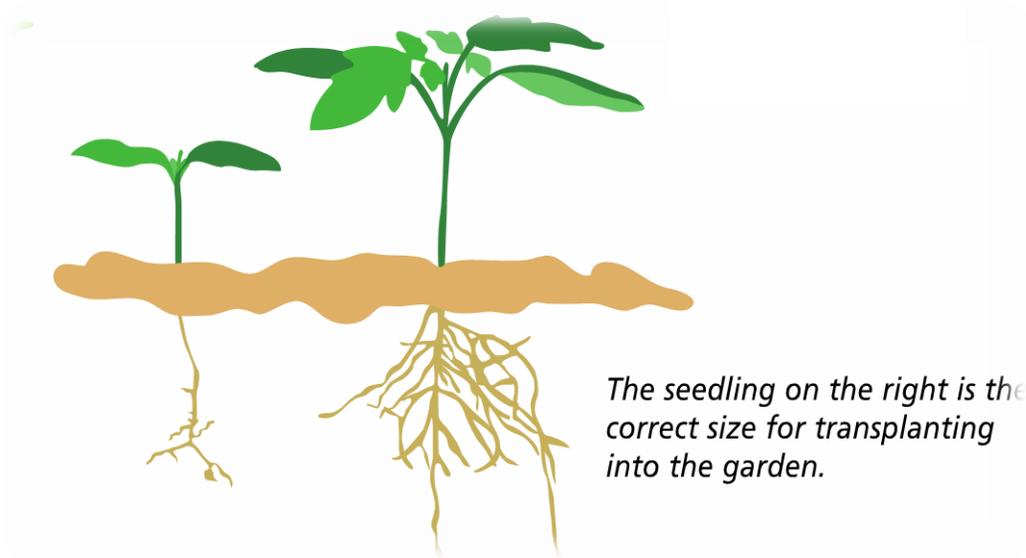


6. Remove the seedling from the container or carefully dig it from the nursery. Be gentle. Do not bend it.
7. Hold plants by the leaves, not by the stems. When you hold a plant by the stem you can crush the veins and the plant will not be able to take up water.
8. Put the plant in the hole so that all the roots are below ground
9. Add soil around the roots so the filled hole is level with the ground around it. Press the soil firmly around the roots.
10. Water lightly.

Space the plants so that when they are fully grown they will be about one hand apart.

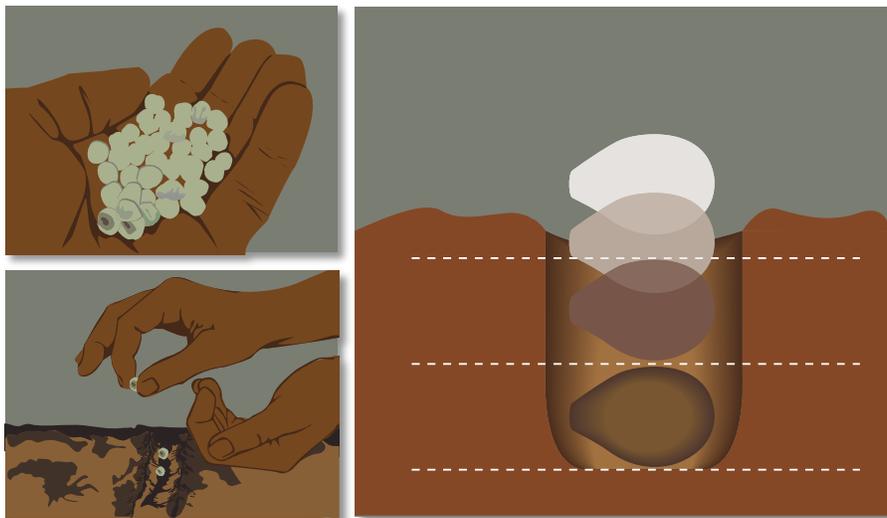


Only transplant healthy plants with good roots.

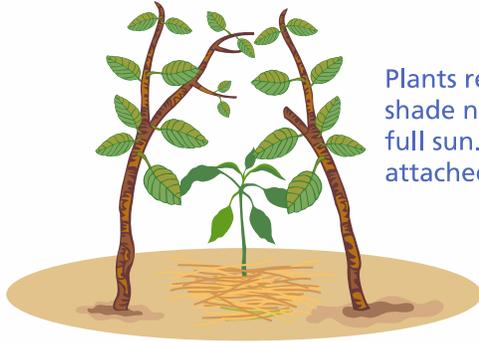


3. Plant other seeds directly into the garden.

1. Use a hoe to make slight ridges in the soil so the row is higher than the ground. Work in some compost so the soil has a lot of air in it. The soil should be the size of beans.
2. Plant the seeds two times the height of the seed. See the picture below.



3. Cover the seed with soil but just enough so that the seed is still the right depth. Many people put too much soil on top of the seeds and then they do not germinate.
4. Pat the soil a little so it touches the seed.
5. Water the seeds well. Do not to wash away the new seeds.



Plants recently transplanted from the shade nursery are not accustomed to the full sun. Use small branches with leaves attached to shade the seedlings for a few days.

4. (5 minutes) - Review

Ask the boys and girls these questions:

- What did we do today?
- Why is it important to be gentle with the plants?
- How did we follow the garden plan?



5. (1 minute) - Close

Boys and girls should keep all notes and charts for their notebooks.

