



## Basic Vegetable Gardening

### Lesson 8a: Mulching

**Lesson Summary:** Boys and girls will learn how to mulch the garden.

**Boys and girls will learn:** How to spread mulch in a garden to save water and cut down on weeds.

**Length:** About 30 minutes

#### What you need:

Organic or inorganic materials for mulching  
Shovels

#### Lesson Steps

**1. (3 minutes) – Introduction**

Talk about the lesson before this one.

**2. (5 minutes) Talk about mulching**

Mulching helps conserve water. It holds water in the soil and the plants will have more water. Mulch also keeps weed seeds from germinating. Mulch keeps out weeds.

Today you will spread mulch around the plants in your garden.

Mulch facts:

- Mulch can be large pieces of plant material. For example, leaves, fibers and wood chips can be used for mulch.
- Mulch is put around plants as they grow. It can also be put in the walkway of the garden.
- Mulch helps stop erosion. Erosion is the loss of soil around the plants.
- Mulch stops weeds from growing.
- Mulch keeps soil cooler when it is hot. Cooler soil keeps in moisture.
- Mulch slows down moving water during heavy rains. Slowing down moving water causes less erosion.
- Mulch keeps soil looser. Looser soil is better for plants.
- Mulch adds nutrients to the soil.

**3. (20 minutes) Go outside and mulch the garden.**

Put mulch around the bottom of plants.  
Spread it about 25cm around the plants.

Mulch can also be spread in the walkway.



#### 4. (5 minutes) - Review

Ask the boys and girls these questions:

- What did we do today?
- Why is it important to spread mulch around the plants?
- Why is it important to spread mulch around plants you plant at home?
- How can we keep water around our plants?

Note: Planting shade trees will provide shade. There is less evaporation.



#### 5. (1 minute) - Close

Keep notes and records of the activity for the day.