We will be using Slido for poll questions throughout the webinar. Please register at www.slido.com #80223

SUMMER INSTITUTE FOR GARDEN-BASED TEACHING

GARDENING BASICS

WASHINGTON YOUTH GARDEN

Summer Institute Schedule

Each session will be held 3:00 p.m. - 4:30 p.m. EST

THURSDAY, JULY 9 Webinar 1: What Is Your Why? School Gardens with Purpose

THURSDAY, JULY 23

Webinar 3: Gardening Basics

All webinars will be recorded & uploaded to our Schoology course page TUESDAY, JULY 14 Discussion 1: Logic Models for Different Types of School Gardens

> TUESDAY, JULY 28 Discussion 3: Ask a Gardener

THURSDAY, AUGUST 6

Webinar 5:

Teaching in the Garden

THURSDAY, JULY 16 Webinar 2: Designing Your School Garden and Team

THURSDAY, JULY 30

Webinar 4: Outdoor Classroom Management

TUESDAY, AUGUST 11 Discussion 5: Curriculum Brainstorming TUESDAY, JULY 21 Discussion 2: Digging into School Garden Planning

TUESDAY, AUGUST 4 Discussion 4: Adapting Outdoor Teaching for Coronavirus

HOUSEKEEPING

This webinar is being recorded please mute your audio! Use the chat box to ask questions! We will save them for the Ask a Gardener Discussion Session on Tuesday

We will upload this webinar to Schoology and include automatic captioning.

We will occasionally ask questions on slido.com. The code is #80223

WASHINGTONYOUTHGARDEN.ORG | OSSE.DC.GOV/SERVICE/SCHOOL-GARDENS-PROGRAM-SGP

PRESENTERS & TOPICS



Nadia Mercer Director of Institutional Relations



Start With the Soil

Allie Arnold Off - Site Program Manager



Emilia Kawashima Garden Coordinator



Xavier Bure Garden Manager



Weeding & Watering



Pest Control

WASHINGTONYOUTHGARDEN.ORG | OSSE.DC.GOV/SERVICE/SCHOOL -GARDENS - PROGRAM - SGP

Your Planting Plan

START WITH THE SOIL



WWW.WASHINGTONYOUTHGARDEN.ORG | WWW.OSSE.DC.GOV/SERVICE/NUTRITION -SERVICES

SOIL: WHY IT'S IMPORTANT (AND COOL!)

- More than just dirt and rocks!
 - Minerals, microbes, and other microscopic things
 - A plant's primary source of nutrients and water
- A living thing!
- Where most food comes from!







PROVIDING THE BEST START FOR OUR PLANTS

- Understand plant needs and soil type
 - Soil Composition what's in it? Sand, silt, clay
 - Soil Texture how does it look and feel?
 - Soil pH level
 - 6.5 is ideal
 - The range of 6.0 to 7.0 is good for vegetables





TESTING YOUR SOIL

- Ensure that there are no heavy metals (lead) present in your soil; check pH and nutrient levels of nitrogen (N), phosphorus (P), potassium (K)
- Two options for testing:



Expert:Extension services at land-grantuniversities(like UMass Extension- Soil andPlant Testing Laboratory)Image: Comparison of the service of the se

DIY: Rapitest Soil Test Kit

When you know better, you do better. - Maya Angelou



Analysis	Value Found	Optimum Range	Analysis	Value Found	Optimum Range
Soil <u>pH</u> (1:1, H2O)	6.9		Cation Exch. Capacity, meq/100g	23.8	
Modified Morgan extractable, ppm	\sim		Exch. Acidity, meq/100g	0.0	
Macronutrients			Base Saturation, %		
Phosphorus (P)	92.1	4-14	Calcium Base Saturation	84	50-80
Potassium (K)	210	100-160	Magnesium Base Saturation	14	10-30
Calcium (Ca)	3976	1000-1500	Potassium Base Saturation	2	2.0-7.0
Magnesium (Mg)	413	50-120	Scoop Density, g/cc	0.96	
Sulfur (S)	26.5	>10	Optional tests		
Micronutrients *			Soil Organic Matter (LOI), %	10.4	
Boron (B)	1.2	0.1-0.5	Nitrate-N (NO3-N), ppm	(17)	•
Manganese (Mn)	5.6	1.1-6.3		\smile	
Zinc (Zn)	4.1	1.0-7.6			
Copper (Cu)	0.2	0.3-0.6			B
Iron (Fe)	4.9	2.7-9.4			So
Aluminum (Al)	6	<75			Te
Lead (Pb)	1.2	<22			
			1		1 March 1997

* Micronutrient deficiencies rarely occur in New England soils; therefore, an Optimum Range has never been defined. Values provided represent the norm found in soils and are for reference only.

Soil Test Interpretation

Nutrient	Very Low	Low	Optimum	Above Optir
Phosphorus (P):				



ADJUSTING & AMENDING YOUR PLANTS' HOME

ISSUE

SOLUTION(S)



ADJUSTING & AMENDING YOUR PLANTS' HOME

SOLUTION(S)



HIGH PH (TOO ALKALINE)

ISSUE







Wood ash







ADJUSTING & AMENDING YOUR PLANTS' HOME



LOW PHOSPHORUS (P)

Greer

WHAT GOES INTO A RAISED BED?



Top with mulch!

10% SOILLESS GROWING MIX (coconut coir or peat moss)

40% COMPOST

(organic matter, living things, nutrients)

50% TOPSOIL

(minerals - sand, silt, clay)

Test and see if you need to add any other amendments to adjust nutrient levels

ORGANIC MATTER

- The cure -all
 - All soil types can be improved with organic matter!
- Many forms
 - Leaf mold
 - o Manure
 - Compost
- Improves:
 - Soil texture
 - Nutrient availability



ORGANIC MATTER

- Mulch
 - Suppresses weed growth
 - Conserves soil water
 - Keeps soil cool
 - Use a 1-2" layer of chopped leaves or straw, grass clippings, or compost
- Cover crops
 - Fixes nitrogen
 - Suppresses weed growth
 - Retains nutrients
 - Use field peas, buckwheat, crimson clover, rye, oats



SOURCING MATERIALS

- COMPOST: Veteran Compost \$35/cubic yard + delivery
 fee https://www.veterancompost.com/our-products/
- **TOPSOIL & MULCH:** Merrifield Garden Center; can deliver a maximum of 12 cubic yards on one truck https://www.merrifieldgardencenter.com/product-category/landscape-delivery/
- HORSE MANURE: Rock Creek Park Horse Center
- BLOOM: Class A composted humanure DC's finest!
 https://bloomsoil.com/
- **STRAW BALES:** Todd Greenstone \$7/bale if you pick

UP http://www.toddgreenstonecustomfarming.com/hay-and-straw-for-sale



1 Cubic Yard





Are you composting at your school?



WWW.WASHINGTONYOUTHGARDEN.ORG | WWW.OSSE.DC.GOV/SERVICE/NUTRITION -SERVICES

BENEFITS OF COMPOSTING AT SCHOOL

- Reduces waste and keeps organic matter out of land fills
- Great teaching tool
- Engages students in meaningful work
- Fosters empathy to nonhum an living things
- If offering a community compost system, increases community connection and engagement



TAKING CARE OF COMPOST

- Needs exactly what you need to survive
 - Air, water, and food
- Supported by the FBI:
 - **F**ungus
 - **B**acteria
 - Invertebrates (or insects)
- Brown & Green organic matter
 - \circ Browns = Carbon source
 - \circ Greens = Nitrogen source

	GREEN (Nitrogen)	BROWN (Carbon)		
	Aged Chicken Manure 7:1 Fresh manures are way to hot and can burn your plants and roots!	Leaves 60-80:1 One of the most important ingredients for composting, especially shredded or broken down (leaf mulch).		
	Food Scraps 17:1 Vegetable Scraps 25:1	Straw, Hay 90:1 The best way to use is to shred for faster breakdown.		
	Coffee Grounds 25:1	Sawdust 500:1 Commercially produced compost is high in sawdust or shredded bark chips. Use very sparingly!		
	Grass Clippings - Fresh 17:1 Dry clippings would be higher in Carbon. Therefore, use as carbon source if necessary.	Woody chips & twigs 700:1 Be sparing. Best use is small material at bottom of bin or pile.		
	Fresh Weeds 20:1 Make sure you don't compost weeds with seeds, unless you insure that your pile gets hot - over 140°F/60°C.	Shredded Newspaper 175:1 Has no nutrient content. Best used in vermicomposting. Always shred and soak in water for fast breakdown.		
	Fruit Wastes 25-40:1	Nut shells 35:1		
	Rotted Manure 20:1 Horse manure should not be used because it contains undigested seeds that can sprout in the bin.	Pine Needles 80:1 Use sparingly. Very acidic and waxy; breaks down slowly.		

COMPOSTING OPTIONS: Start Small

1) GARDEN WASTE



2) DROP IT OFF



3) WORM COMPOST





4) TUMBLER



5) THREE BIN SYSTEM



6) DGS PARTNERSHIP (Industrial Composting) www.slido.com Event code #80223

THE WHY & YOUR PLANTING PLAN



WWW.WASHINGTONYOUTHGARDEN.ORG | WWW.OSSE.DC.GOV/SERVICE/NUTRITION -SERVICES

















Am aranth



Okra Molokhia Cotton Sesame **Black Eyed Pea** Eggplant Melon **Black rice** Amara kale Gourd Sorrel **African Spice Basil** Kola nut Pelargonium Coffee Palm



Soil testing Vermicompost African Dark Earth Jaden Lakou Terraces Swidden Agriculture Hoe Irrigation Rotational Grazing Food Preservation in Ash and Ferment Raised Beds Konbit Susu Festival

FARMING **WHILE BLACK** Soul Fire Farm's Practical Guide to Liberation on the Land

@soulfirefarm @amanipoet @katanimusic www.soulfirefarm.org f love@soulfirefarm.org amani@soulfirefarm.org chat@amanipoet.com www.amanipoet.com Amani 0+ misogynah.com

Leah Penniman Foreword by Karen Washington

TOP TEN PLANTS to grow in a school garden



WWW.WASHINGTONYOUTHGARDEN.ORG | WWW.OSSE.DC.GOV/SERVICE/NUTRITION -SERVICES

ROOT VEGETABLES





Hakurei (F1) Turnip Seed

This white salad turnip sets the standard for flavor.

The smooth flat-round, white roots mature early, just after radishes, and are best harvested young up to 2" diameter. Eaten raw, the flavor is sweet and fruity, and the texture is crisp and tender. The dark green, hairless tops are useful raw or lightly cooked with the roots. Hakurei stays smooth as it sizes. Avg. 181,650 seeds/lb. Packet: 400 seeds.

35 days to harvest



Plant August 15th for September 20th harvest

Product ID: 706

Less ^







Red Meat Radish Seed

"Watermelon" radish for fresh eating and fermenting.

Large 2–4" (depending on harvest date), round radishes with unique, dark pink f sweet, delicious taste. Great for pickling, fermenting, or winter salads. Thin to 4" spring when kept at recommended storage conditions. Excellent fresh, grated, or salads. NOTE: For summer to fall sowing only; will bolt to seed from spring sowir Packet: 250 seeds.



Rainbow (F1) Carrot Seed

A blend of colors in one variety.

The flavor varies a bit with root color, but all are tender, sweet, and flavor Rainbow is a single variety with color variability, it will mature uniform using several different varieties. Medium-tall, strong tops. Nantes x Imp compliant pelleting. Avg. 284,600 seeds/lb. Packet: 750 seeds.



Adirondack Blue Seed Potatoes

Dark purple skin and flesh.

High yields of large, oblong tubers with consister create a unique look. High in antioxidants.

70-90 days to harvest

25-30 days to harvest







Fun for kids to break apart, very large "seed"

LONG GROWING PERIOD: Plant in October, harvest in June

Garlic

Hardneck varieties can harvest the scape in the Spring!

GREENS

Direct seed/Transplant



Kale is an exceptionally cold-tolerant crop with a sweet flavor enhanced by frost and cold weather. The open-pollinated varieties are excellent for harvesting at either full size or baby-leaf stage, while the frilly hybrids are best for full More ~

40-50 days to harvest





Nasturtium Borage Calendula Violet/pansy Marigold Snapdragon Lavender Anise hyssop Spilanthes

Field peas (cover crop)

Chamomile

Cilantro Fennel Dill Chives Basil Mint Oregano Thyme Sage Rosemary

Arugula Kale/broccoli Squash/zucchini


BEANS/PEAS





MILPA/ 3 SISTERS







BONUS: SUNFLOWERS







OKAY, I know what I want to plant, now when do I plant them?



WWW.WASHINGTONYOUTHGARDEN.ORG | WWW.OSSE.DC.GOV/SERVICE/NUTRITION -SERVICES

V	

Herbs, flowers,	fruit trees you wa	nt: include in notes or a	is a comment	flowers can grow in-ground v	vithout worry of lead	in the soil		
Season	Family	Сгор	Variety	Planting Date Range	Weeks before setting out	Days to Harvest	Transplant/Direct Seed	Plants per Square F
Spring	Legume	Peas		March 1- April 15	2	55-70	Either	
Spring	Spinach	Spinach		February 15- April 15	4-6	50	Either	
Spring	Spinach	Beets		March 15-April 30		60	DS	
Spring	Spinach	Chard		March 15-April 30	4-6		TP	
Spring	Allium	Onion		March 15-April 30	8-10		TP	
Spring	Brassica	Arugula	hakurei	March 15- April 30		30	DS	
Spring	Brassica	Turnip	hakurei	March 15- April 30		35	DS	
Spring	Brassica	Kale		April 1-May 15	4-6	40-50	TP	
Spring	Brassica	Salad Blend		April 1-May 15		35	DS	
Spring	Brassica	Radish		March 15-April 30		25-30	DS	1 (3
Spring	Brassica	Collards		April 1-May 15	4-6	60	TP	
Spring	Brassica	Tatsoi		April 1-April 30	4-5	40	TP	
Spring	Aster	Lettuce, Head		March 15-April 30	4-5	70-85	TP	
Spring	Aster	Lettuce, Loose Leaf		March 15-April 30		40-50	DS	
Spring	Parsley	Carrots		March 15-April 30		85-95	DS	1.1
Spring	Parsley	Celery		April 15-May 15	10-12	110	TP	
Spring	Nightshade	Potatoes		March 15-April 15		70-90	DS	
Summer	Cucurbit	Squash		May 1-June 30		45-60	DS	
Summer	Cucurbit	Cucumber		May 15-June 30		60	DS	
Summer	Cucurbit	Gherkin		May 15-June 30		60	DS	
Summer	Cucurbit	Melon		May 15-June 30		80-90	DS	2 squares/plant
Summer	Cucurbit	Pumpkin		June 1-June 30		90-120	DS	2 squares/plant
Summer	Nightshade	Tomatoes		May 15-June 30	6-8	65-90	TP	and the first of the second
Summer	Nightshade	Peppers		May 15-June 30	8-10	60-70	TP	
Summer	Nightshade	Eggplant		May 15-June 30	8-10	65	TP	
Summer	Nightshade	Ground Cherry		May 15-June 30	8-10	60	TP	
Summer	Legume	Bush Beans		May 1-June 30		60	DS	
Summer	Mallow	Hibiscus		May 15-June 30	8-10	75	TP	
Summer	Mallow	Okra		May 15-June 30	4-6	70	Either	
Summer	Grass	Com		May 1-July 15		70-100	DS	
Summer	Parsley	Celery		June 15-July 15	10-12	110	TP	
Summer	Morning-glory	Sweet Potato		May 15-June 30		110	Transplant slips	
Summer	N/A	Edible Flower Mix		April 15-May 30				
Summer	N/A	Pizza Garden		April 15-May 30				
Summer	N/A	Three Sisters		April 15-May 30				
Fall	Spinach	Spinach		Sept 1- Oct 15	4-6	50	Either	



		Suggested School Garden Plant List									
Herbs, flowers, fruit trees you want: include in notes or as a comment flowers can grow in-ground without worry of lead in the soil											
Season	Family	Сгор	Variety	Planting Date Range	Weeks before setting out	Days to Harvest	Transplant/Direct Seed	Plants per Square Ft			
Fall	Brassica	Turnip	hakurei	Aug 15-Sept 15		35	DS	9			
Fall	Brassica	Kale		Aug 15- Sept 30	4-6	40-50	TP	1			
Fall	Brassica	Salad Blend		Aug 15- Sept 30		35	DS	25			
Fall	Brassica	Radish		Sept 1- Oct 15		25-30	DS	16			
Fall	Brassica	Collards		Aug 15- Sept 30	4-6	60	TP	1			
Fall	Brassica	Tatsoi		Aug 15- Sept 30	4-5	40	TP	4			
Fall	Aster	Lettuce, Head		Aug 15- Sept 30	4-5	70-85	TP	2			
Fall	Aster	Lettuce, Loose Leaf		Aug 15- Sept 30		40-50	DS	9			
Fall	Parsley	Carrots		Aug 1- Sept 15		85-95	DS	16			
Fall	Allium	Garlic		Oct. 15- Nov 15		forever	DS	9			

Resource is on Schoology!

D.C. is zone 7a (Plant Hardiness Zone)

Example Planting Plan

	Spring			Summer			Fall			
Bed	Planting Date	Crop	Harvest Date	Planting Date	Crop	Harvest Date	Planting Date	Crop	Harvest Date	
1	March 18th	Peas -	May 25th	May 11th	Edible Flower Mix	June 20th	September 1st	Spinach -	October 20th unt	il frost
	March 9th	Lettuce, Loose Lea -		June 1st	Tomatoes	September 1st	August 10th	Bush Beans 🔻	October 10th (or	earlier)
					Ψ			•		
		•			•			•		
2	March 15th	Onion -	June 25th-July 1	(June 1st	Pumpkin -	~October 1st	August 15th	Collards -	October 15th	
	March 18th	Potatoes -	June 10th		-			-		
					·			-		
		~			-		October 15th	Garlic *	June 15th	
					·			-		
		-			•			-		



We are here

GARDEN MAINTENANCE Weeding, Watering, & Pest Control



WWW.WASHINGTONYOUTHGARDEN.ORG | WWW.OSSE.DC.GOV/SERVICE/NUTRITION -SERVICES

WEEDING

- Why is it important?
 - Weeds can be very overwhelming
 - Especially for baby plants!
 - Competing for sunlight, water, and nutrients



How many seeds can one pigweed plant produce?

250,000



150,000

How about crabgrass?



WEEDING TIPS

- Pull when flowering
- Mulching
 - Protects, in su lates, en riches soil
 - Straw, grass clippings, leaves
 - Add more than you think!
- Adjust technique based on crop
 - Root veggies are more sensitive than leafy greens

Mulching with paper

TYLIN IT?



Keep it simple

Potatoes

- 1-2 types of plants per bed
- Easier for fellow teachers and students to help

For a guide to garden tools, watch Common Good City Farm's video (link in Speaker Notes below)

WEEDING TIPS: Pathways around the garden



Sheet mulch, weed block, wood chips on pathways around beds at KIPP Webb

COMMON WEEDS



<u>Wood sorrel</u> (AKA oxalis) -Heart shaped leaves, yellow flowers, seed pods that pop open when dry -Edible leaves and flowers



<u>Ground ivy</u> -Perennial weed that creeps over the ground -Scalloped leaves and purple flowers -Medicinal!

Lambsquarters -Green, sometimes silvery or dusty looking leaves -Edible leaves, in the same family as spinach -One of the most nutritious wild vegetables

Reference: Photographic list on Schoology



Wire grass

-Grass that spreads under the ground Very hard to remove: every bit of root can grow a new plant, and it loves mulch



FOR MORE INFORMATION ABOUT WEEDS:

https://extension.umd.edu/hgic/topics/ weed -identification -photos



Get Help Topics Library Maryland Grows Blog Master Gardener Ask an Expert

Home » Home and Garden Information Center » Topics » Plants » Weeds

WATERING

- How much and how often?
 - Early morning if possible
 - Check the soil
- Too much or too little?
 - Overwatering: leaves are curling
 - Underwatering: yellowing leaves or wilted/shriveled leaves
- Retention
 - o Mulch
- Water the soil, not the leaves!
- Fertilizer



WATERING

- What makes sense for your space?
- Hand watering
 - Watering cans
 - Hose with nozzle
- Irrigation
 - Sprinkler and hose
 - Set up timer
 - Drip irrigation





Students watering beds at Hendley Elementary



Slugs and snails

Damage

Eat leaves, stems, flowers, and roots

Season/Conditions

Wet spring

Prevention Techniques

- Water plants in the morning
- Clear the bed of weeds
- Add crushed eggshells around the plants
- Add copper (sponge) around stems of the plants





Aphids

Damage

Destroys plants by sucking sap from stems or leaves

Season/Conditions

Spring, summer, fall

Prevention Techniques

- Mix 1 tbsp of baking soda with biodegradable soap and 650 ml (~3 cups) water, and spread around the plants
- Maintain a good number of ladybugs in the garden, which will eat the aphids (you can buy ladybugs!)

Cabbage worm

Damage

Attacks brassicas (kale, collards, broccoli, etc.)

Season/Conditions

Middle to late spring/summer

Prevention Techniques

- Kill worms as you spot them
- Use a fabric row cover
 - Mature worms (butterflies) fly around looking for plants on which to deposit their eggs



Spreads bacterial wilt disease, which eventually kills the plant

Season/Conditions

Appears in spring and stays all summer (usually waits for cucurbits family plants like cucumber, summer or winter squash)

Prevention Techniques

Cucumber beetles (spotted and striped)

• Select plants with bacterial wilt resistance

- Yellow sticky traps
- Don't plant potatoes near cucurbits
- Cut diseased plants out and wash tools before touching other cucurbits

Cucumber with bacterial wilt



WHY DO MY PLANTS LOOK SAD?

Black/yellow spots: may be a bacteria problem

- Pruning
- Use organic or non-toxic products like neem oil or baking soda
- Mix 1 gallon of water with 1 tbsp of neem oil (or 3 cups of water with 1 tbsp of baking soda), then spread for about 7-14 days
- If you don't see results, consider replacing the plant



FOR MORE RESOURCES, VISIT SCHOOLOGY!



Summer Institute Schedule

Each session will be held 3:00 p.m. - 4:30 p.m. EST

THURSDAY, JULY 9 Webinar 1: What Is Your Why? School Gardens with Purpose

THURSDAY, JULY 23 Webinar 3: Gardening Basics

All webinars will be recorded & uploaded to our Schoology course page TUESDAY, JULY 14 Discussion 1: Logic Models for Different Types of School Gardens

TUESDAY, JULY 28

Discussion 3: Ask a Gardener

THURSDAY, AUGUST 6

Webinar 5:

Teaching in the Garden

THURSDAY, JULY 16 Webinar 2: Designing Your School Garden and Team

THURSDAY, JULY 30

Webinar 4: Outdoor Classroom Management

TUESDAY, AUGUST 11 Discussion 5: Curriculum Brainstorming

ig

Remember to register for Schoology! Access code **SC64-MJKW-9SFBC**

nd School Garden Planning

TUESDAY, AUGUST 4 Discussion 4: Adapting Outdoor Teaching for Coronavirus

TUESDAY, JULY 21

Discussion 2:

Digging into