

ACTIVITY INSTRUCTION MANUAL #4

KITCHEN GARDEN

* = Subject to vary depending on seeds chosen

Materials/Props:

- Styrofoam cups
- Organic soil (moisten with water)
- 2 (or more) kinds of organic/non-GMO plant seeds (i.e. spinach, peas)
- Plastic spoons
- Water bottle

Preparation:

1. Make sure you have the Styrofoam cups, water bottle, soil, and seeds with you as you head to the garden with the group.

Procedure:

1. Introduce yourself. Tell the group what they will do today (ex. “today, you will be making your very own garden in a cup”).
2. Lead the group to the garden behind the Kolb house. Make sure everyone stays together and feel free to ask the audience fun questions to relate organic farming to their own lives while you walk.
 - a. *Ex. Does anyone have a garden at home? What do you plant?*
3. Explain to them that the vegetables planted are completely healthy, organic, and pesticide free!
 - a. *Connect to kids’ lives: ex. “growing your own vegetables is a fun way to stay healthy and avoid any pesticides because you know what you’re eating! You can make a healthy difference in your own home.”*
4. Pass out cups to everyone.
5. Instruct them to scoop two spoonfuls of the ORGANIC (emphasize) soil into their cups.
6. Allow them to choose a seed (give a choice of either 2 pea seeds or 2 spinach seeds)* to plant in their cups.
7. After putting the seed(s) into the cup, instruct them to cover the seed(s) with two more scoops of dirt until the seed is completely covered.
8. Allow them to water their “plants” with the water bottle.
9. End of presentation. Walk them back to the main room.

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MANUAL AND PROGRAM CREATED BY ASHA RUDRABHATLA

