

# Introduction to Gardening Basics

Objective:

To provide beginners with foundational knowledge and skills for starting a garden.

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## Lesson 1: Getting Started with Gardening

Learning Objectives:

- Understand the benefits of gardening.
- Learn essential tools and supplies needed for gardening.

Content:

Benefits of gardening:

- Health benefits.
- Environmental benefits.
- Enjoyment and stress relief.

Essential gardening tools:

- 1 Hand trowel, 1 pruners, 1 watering can, 1 pair of gloves.
- Basic soil testing kits.
- Seed starting trays/pots.

Activity:

- Create a list of gardening tools needed for a small garden and explain their uses.
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## Lesson 2: Understanding Soil and Planting

Learning Objectives:

- Learn about different types of soil and their characteristics.
- Understand basic planting techniques.

Content:

Types of soil:

- Clay, sandy, loamy soil.
- Importance of soil structure and pH.



Planting basics:

- Choosing the right location (sunlight, drainage).
- Digging and preparing soil beds.
- Planting seeds or seedlings.

Activity:

- Conduct a simple soil texture test using a jar and soil samples from different areas.

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## Lesson 3: Watering and Maintenance

Learning Objectives:

- Understand watering requirements for different plants.
- Learn basic maintenance practices.

Content:

Watering guidelines:

- Importance of watering frequency and amount.
- Watering techniques (e.g., at the base of plants).

Garden maintenance:

- Weeding, mulching, and pruning.
- Pest and disease management (basic prevention and treatment).

Activity:

- Develop a watering schedule for common garden plants based on their needs.
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## **Lesson 4: Introduction to Common Garden Plants**

Learning Objectives:

- Identify and understand common garden plants.
- Learn about different plant categories (annuals, perennials, vegetables).

Content:

Common garden plants:

- Flowers: roses, marigolds, petunias.
- Vegetables: tomatoes, peppers, lettuce.
- Herbs: basil, rosemary, mint.

Plant categories:

- Annuals vs. perennials.
- Growing season and care differences.

Activity:

- Create a simple plant identification guide with pictures and basic care instructions.
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## **Lesson 5: Harvesting and Enjoying Your Garden**

Learning Objectives:

- Understand when and how to harvest garden produce.
- Explore ways to enjoy the fruits of gardening.

Content:

Harvesting guidelines:

- Signs of readiness for different vegetables and herbs.
- Proper harvesting techniques to encourage continuous growth.

Garden enjoyment:

- Cooking with fresh garden produce.
- Sharing surplus harvest with friends and neighbors.

Activity:

- Plan a mini harvest celebration where participants bring dishes made with garden produce.
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## Lesson 6: Safety Practices in Gardening

Learning Objectives:

- Understand the importance of safety measures in gardening.
- Learn key safety practices to prevent injuries and health risks.

Content:

Gardening, while rewarding, involves certain risks. Practicing safety measures can help ensure an enjoyable and injury-free experience.

Protective Gear:

- Wear appropriate clothing, including long sleeves, pants, closed-toe shoes, and gardening gloves to protect against cuts, scratches, and exposure to irritants.
- Use hats and sunscreen to shield yourself from the sun's harmful rays.

Tool Safety:

- Handle tools with care; keep blades sharp and clean.
- Store tools properly to avoid tripping hazards.
- When not in use, store sharp tools in a safe place, out of reach of children.

Chemical Handling:

- Read and follow label instructions when using fertilizers, pesticides, or herbicides.
- Store chemicals in their original containers, away from food and out of reach of children and pets.

- Consider using organic or natural alternatives to minimize chemical exposure.

Lifting and Posture:

- Lift heavy objects properly, bending your knees and keeping your back straight.
- Avoid overexertion by taking breaks and staying hydrated.

Awareness of Plants:

- Be aware of potential hazards from toxic plants; research the plants in your garden.
- Wash hands thoroughly after gardening, especially before eating.

Activity:

- Conduct a demonstration on proper tool handling and lifting techniques.
- Identify common toxic plants and discuss safety measures around them.

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Conclusion:

Recap the key concepts covered in the course and provide additional resources for further learning (e.g., gardening books, online tutorials).