

Introduction to Gardening Basics

Objective:

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

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:

- Hand trowel, pruners, watering can, 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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Conclusion:

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