

Planning and Planting your Garden

Example plan:

strawberries sunflower

lettuce lettuce lettuce

kale kale

radish radish radish

mizuna mizuna

arugula arugula arugula

watermelon lettuce

lettuce chard lettuce

peas peas peas

What are you planting in your garden?

Some things to consider:

Companion Planting

Planning what plants you plant next to each other is called **companion planting**.

Certain plants like to be neighbours because they help each other out. If you plant spearmint near your tomatoes, the mint will help keep aphids, a pest, away. Other plants can't live together or they could **cross-pollinate** and next year, instead of a pumpkin, you could have a zucchini-pumpkin!

Crop Rotation

If you are using a bed that grew last year, you want to make sure to practice **crop rotation**. This means planting something different in each spot in the following years. Every plant has different needs from the soil, so to give the soil a rest, we plant a crop with different needs.

Transplanting

When moving your transplants, be very gentle and make sure to keep your transplant moist. When removing the transplant from the pod, you can squeeze or gently pull some roots loose so they can root in the soil easier than if they were still bound in their pod-shape. Often, transplants get what is called **transplant shock**. To avoid this, make sure the soil is warm enough, your hole is deep enough and there is enough moisture for roots to develop.

Spring Gardening Tasks:

- Pull out weeds or dead plants.
- Work in cover crop if you planted it (use shovels to turn over or mix the soil), or remove and put in compost.
- Add compost (and organic fertilizer, if using) on top, and work this in, too, using the same method of mixing with shovels and trowels. Make sure to mix in deep enough that roots will still be able to access nutrients.
- You can wet your soil before you plant to avoid drowning your seeds. It is good however to water transplants lightly after you plant, to help them secure their roots.
- Assess your garden plan and place transplants over top of where they will go. You can do the same for seed packets.
- Start planting the transplants, by creating a small hole, then digging in the transplant to make sure the top is covered, but none of the lower leaves of the plant are covered.
- Sow the seeds according to seed packet instructions.
- Clean up your tools and maybe have students give positive encouragement to your plants and seeds to grow.



What are some things you can do to help take care of the garden throughout the season?

