

GROW

Learn, Grow, Eat & Go! EARLY CHILDHOOD Week 4

Flowers & Fruit: Vegetable Transplants

Objectives: Students will learn what is needed to grow transplants in a container garden

Time: 10 minutes

Materials/Prep: Bag of all-purpose potting soil, water in watering can, large pot/container with drainage holes in bottom, trash bag, a small vegetable transplant. *(Select a cool or warm season vegetable transplant that can be planted during the current season. To learn which vegetables can be grown at different times of the year, read plant tags of transplants for sale at local garden center or contact your local county Extension office.)*



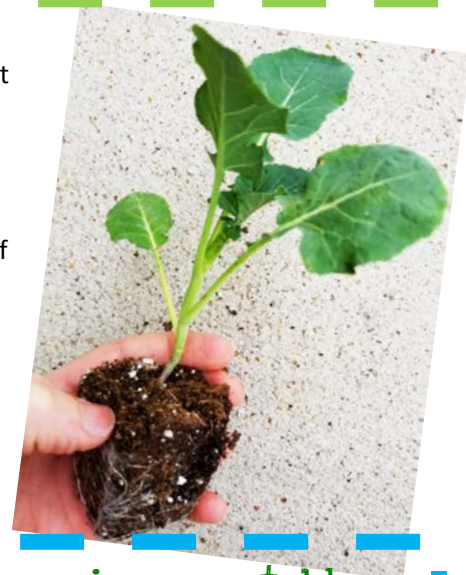
Vegetable plants with edible flowers or fruit:

Flowers: A head of a broccoli and cauliflower plant are both flowers. Those tops that we eat are undeveloped flower buds that are usually harvested before those buds have a chance to open into small yellow flowers. We can also eat the stems of these broccoli and cauliflower!

Fruit: Even though we think of a tomato as a vegetable, it is also the fruit of the plant. Other edible vegetables that are also fruits of a plant are bell pepper, squash, eggplant, cucumber, pumpkin, okra and more .

Lesson Narrative:

1. We've been talking about flowers and fruits this week. Hold up your transplant for students to see. This small plant we are going to plant into our garden is going to grow some:
Say **flowers that we can eat** if it's a broccoli or cauliflower plant.
Or say **fruit that we can eat** if it's a tomato, bell pepper, squash, etc. plant.
2. Spread trash bag on ground in front of students and have the container, bag of soil, shovel, water in watering can, and transplant.
3. **What do you think we are going to do with these supplies?** (Plant the transplant into our larger container and grow a big plant.)
4. Ask questions as you fill container with soil. **Do you remember why do plants need soil?** (To hold the roots of the plant . Have students take turns pressing the soil down in the pot to get it ready for planting.
5. Next, show students how to carefully remove the transplant from its pot. **What can you see when I take this transplant out of its pot?** (Roots and soil.)
6. Ask a student help dig a small hole in the center of the container (that's just slightly larger than the soil /root ball of the transplant). Gently place the root ball in the hole. Fill in the empty space around the root ball with soil and press down the soil firmly around the base of the plant.
7. **Our plant already has roots, stems and leaves but what else do you think will grow on the plant as it gets bigger?** (Flowers/fruit)
8. Have students help to take the container outside to a sunny location and lightly water the soil to make it damp. Review that their new, small plant that they will be growing needs soil, water and sunlight to be able to grow.



Tips for growing vegetable transplants with your class:

- Place container in a location that gets at least 6-8 hours of sunlight per day.
- Water often enough to keep soil slightly damp. Whenever you need to test if garden needs water, stick finger into soil. If soil feels dry at your finger tip, it's time to water!
- Broccoli and cauliflower are cool season crops which grow best in cooler weather. Tomato, bell pepper, squash and many other vegetable transplants are warm season crops which grow best in cooler weather.
- Look on back of transplant tag to find planting dates for your area contact or your local County Extension office to find what time of year carrots and radishes can be grown.