

Objective

By the end of this lesson, Amber will be able to understand the basics of growing vegetables and start her own vegetable garden.

Materials and Prep

Materials needed: seeds, soil, pots or garden space, watering can, gardening gloves

Prior knowledge: Basic understanding of plant care and gardening

Activities

- **Seed Planting:** Teach Amber how to plant seeds in pots or directly in the garden. Discuss the importance of soil, sunlight, and watering.
- **Garden Planning:** Help Amber create a layout for her vegetable garden. Discuss companion planting and spacing between plants.
- **Weeding and Maintenance:** Demonstrate how to identify and remove weeds, and how to properly care for growing vegetables.

Talking Points

- **Soil Quality:** "Good soil is the foundation for healthy plants. Make sure your soil is well-draining and rich in nutrients."
- **Sunlight Needs:** "Most vegetables need at least 6 hours of sunlight a day to grow well. Choose a sunny spot for your garden."
- **Watering Tips:** "Water your plants deeply but less frequently to encourage strong root growth. Avoid overwatering."
- **Companion Planting:** "Certain plants grow better when planted together. For example, planting marigolds with tomatoes can help repel pests."
- **Harvesting Time:** "Each vegetable has a specific time for harvesting. Make sure to pick them at the right time for the best flavor."