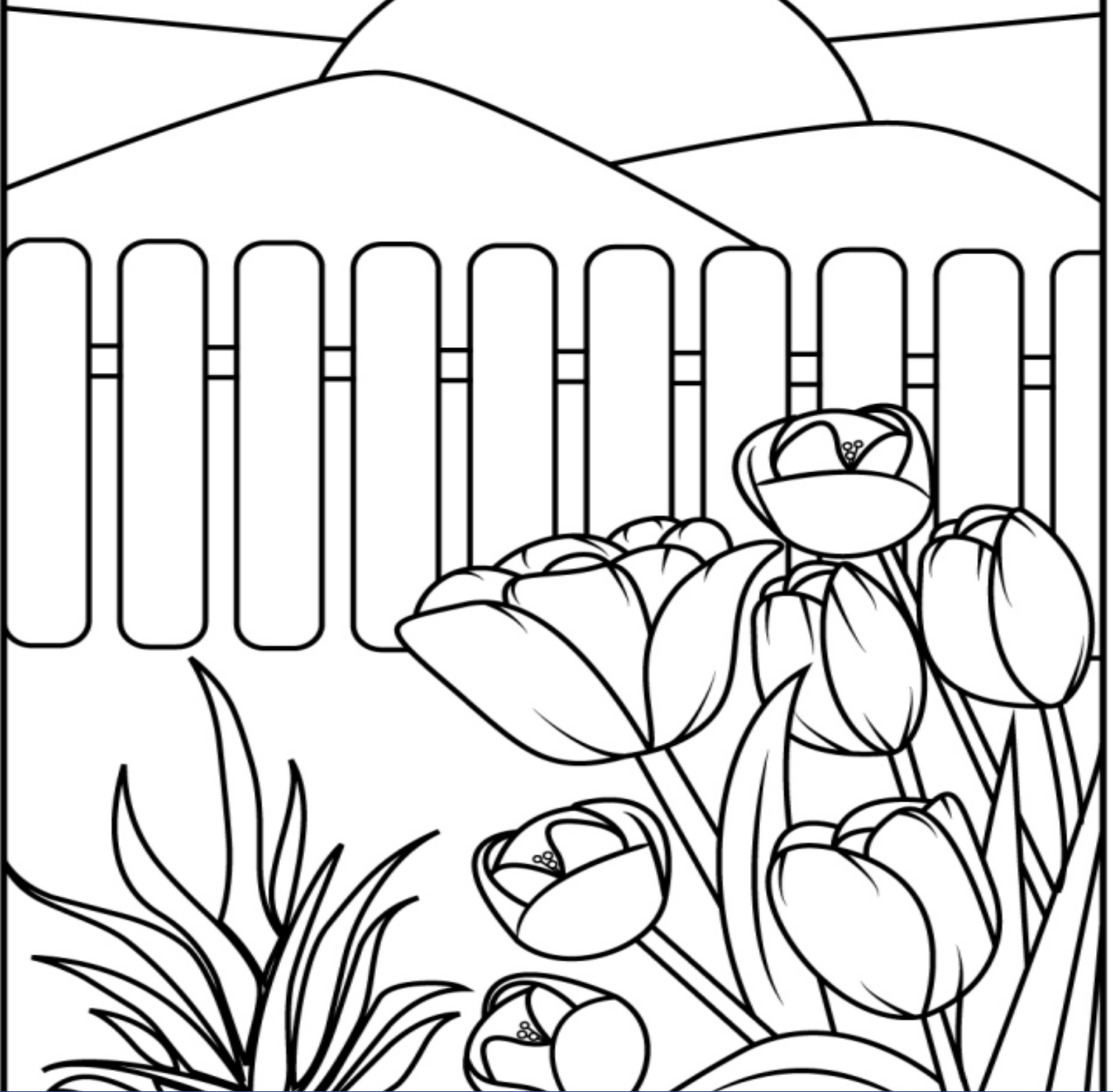


Farm To Table



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Tips For Families

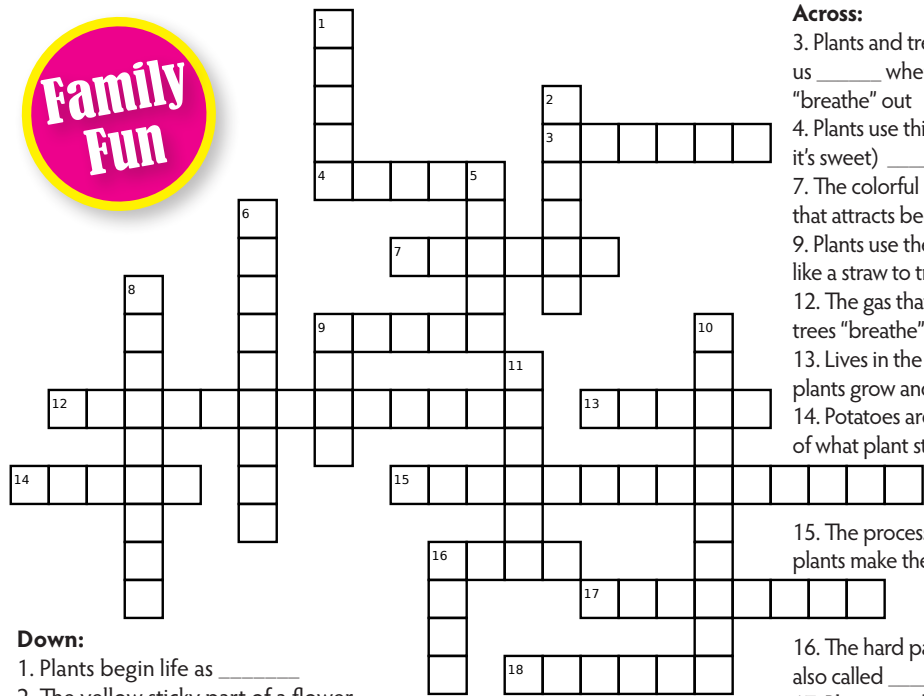
- Keeping a garden does not mean you have to have large areas of land. You can garden on your patio, balcony, or in your home/office!
- Caring for a garden has been correlated with lower stress levels, lower risk of depression, and lower risk of anxiety.
- Growing your own produce not only ensures you know where it is coming from, but also encourages your family to connect with their food!
- Start small- do not feel that you have to start a strawberry patch or pumpkin patch, simply grow a tomato plant in a container!
- Gardening is a great way for families to "exercise" together! Planting, harvesting, watering, raking...etc. are all forms of physical activity!

Here are a few gardening tips to keep in mind when starting a garden either in your yard or in containers:

- Start your seeds inside to ensure that they have the best chance of sprouting.
- Keep the potting mix moist, but not wet when starting seeds
- Pay attention to the seasons when sowing seeds- some plants grow in the winter and others in the summer
- Make sure to give your plant the needed sun exposure- some like full sun and others like shade
- Water your plant thoroughly- water should drip out of the pot's drainage hole and the soil should be allowed to dry before the next watering. Stick your finger in the soil to check for dryness
- Fertilizer can be confusing, but it does not have to be! You can buy premixed fertilizer at the store, or you can make your own! Food scraps and waste can be turned into compost!
- Most importantly, have fun!!

Gardening Crossword Puzzle

Family Fun



Across:

- Plants and trees give us _____ when they "breathe" out
- Plants use this as food (hint: it's sweet) _____
- The colorful part of a plant that attracts bees
- Plants use these structures like a straw to transport water
- The gas that plants and trees "breathe" in
- Lives in the soil and helps plants grow and thrive
- Potatoes are an example of what plant structure

- The process by which plants make their own food

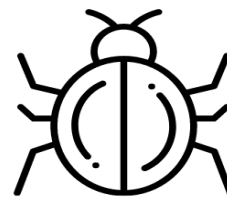
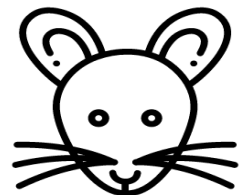
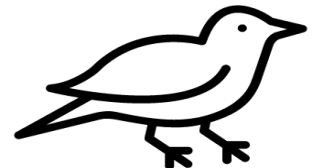
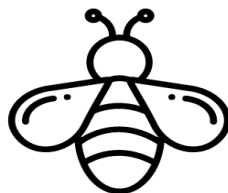
Down:

- Plants begin life as _____
- The yellow sticky part of a flower
- Plants drink (absorb) water through their _____
- The act of taking care of plants and trees is called _____
- Just like us plants need _____ to grow
- Plants grow in _____
- We get this food from plants
- The sweet liquid flowers make to attract bees and butterflies
- Onions are an example of what plant structure

- The hard part of a tree is also called _____
- Plants need this in order to grow and make food
- Plants, and trees use these to catch sunlight



Circle The "Pollinators"!!



FREE Kindness and Bullying Prevention Information Available



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PLANT
APPS

Helping you with
your journey.



From Seed To Spoon makes it simple for you to grow your own fruits, vegetables, and herbs in your backyard or container garden.

T L P C R O P D I O X I D E D
 S T E E T C H I S O B P U R I
 E S K A P D O A K B F O O I T
 V X O A V N T T K P L A N T S
 R M B I E E O A H S T U O I T
 A X G D L I S R W G S U B R S
 H F R U I T Y M M S I F B R W
 Z A P I Q E N E P H U L E E S
 G Z T I N J T P U N S W N H R
 U Q X I F S H Q G W O S O U T
 R E T A W O E I F L T T X P S
 N O B R A C S C F G R O Y A M
 V V I T R H I Z O M E O G R R
 N J E F J Q S J K T E R E F G
 S E L B A T E G E V N D N F T

PLANT Word Search

| | | |
|---------|----------------|------------|
| Bulbs | Leaves | Sunlight |
| Carbon | Oxygen | Tree |
| Dioxide | Photosynthesis | Tuber |
| Flowers | Plants | Vegetables |
| Fruit | Rhizome | Water |
| Fungi | Roots | |
| Garden | Soil | |
| Harvest | Stem | |

Created by Puzzlemaker at
 DiscoveryEducation.com



**Fun Online
 ACTIVITIES**

Plus Answer Keys

Plant Observation Journal



Type of Seeds Planted: _____

Date Seeds Planted: _____

Day: ____
Notes:



Day: ____
Notes:



Day: ____
Notes:



Tips for Kids

Did you know cucumbers grow on vines? Or that potatoes grow underground? Start your own garden and see how your favorite fruits and vegetables grow!

Gardening is a great way to have fun outside! And a great excuse to play in the dirt and get dirty!

If you love gardening and taking care of plants, did you know that you can get a job at a botanical garden, farm, ranch, or orchard?

Talk to your principal and teachers about starting a garden at your school!

Plants help add oxygen to the air and take away carbon dioxide, so every time you plant a plant you help the environment!



Vera by Bloomscape is a plant care management app that helps you and your plants thrive!

Having **Homegrown** with you in the garden is like having an expert right



by your side. It provides a simple, intuitive way to use notes and photos to record and share your garden successes and challenges, plus gives you planting suggestions, growing advice, helpful reminders, a harvest

tracker, and more.



PLANTA **Planta** helps you never kill another plant again! Get individual care schedules, reminders, and recommendations for each of your plants.

Create a Compost Pile

It's never too early to teach children about the importance of protecting our Earth and doing our part to reduce climate change. Starting your own compost pile is a great place to start.

All that you need to get started are some kitchen scraps and a corner of the yard that is unoccupied. Children will be fascinated that they can turn items we normally throw away into treasure, and your garden will be happier for it.

KITCHEN SCRAPS

BROWN MATERIALS

GREEN MATERIALS

*Use our resource page for detailed information on how to start a compost pile.

WWW.KELLOGGGARDEN.COM



Parts of a plant

Label all the different parts of a plant using the words below. Don't forget to color it once you're done!



Roots

Stem

Leaves

Fruit

Recycle, Re-use or Compost?

Circle all waste items that do not belong to the group.

Recycle



Re-use



Compost

