

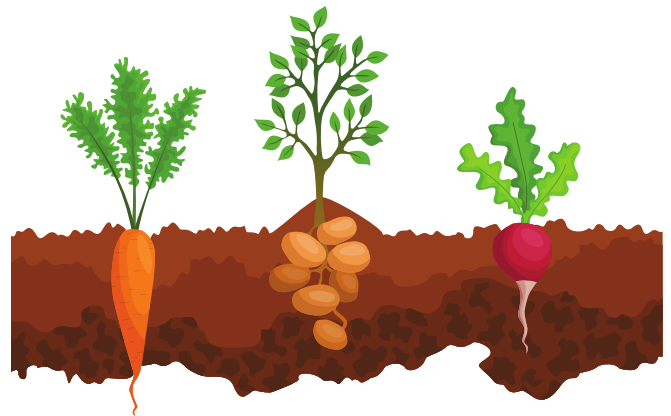


# Vegetable Growing



## Gardening Compared to Farming

Gardening is related to farming, but farming is done on a much larger scale. A farm may have hundreds of square kilometres of plants and crops. A garden usually only measures a few square meters. As well, farming is done as a business, to sell the crops, fruit, and vegetables that are produced. Gardening is done just to produce fruit or vegetables for the gardener's own use. Gardening is done as a hobby or as a recreation, not as a business. Gardening is one way to learn about what grows in your area, in which seasons. Check out Foodland Ontario's [website](#) to see when Ontario vegetables and fruit are in season.



Experiences in the garden can connect you to food. Even if it is only growing a tomato plant in a container. By gardening, you are able to have a role in where your food comes from and experience it growing from just a seed! Check out the activity on page 2 on growing cherry tomatoes.

## Joke Corner

Q: What kind of beans never grow in the garden?  
A: jelly beans!

Q: How excited was the gardener about spring?  
A: So excited he wet his plants!

## Did you know?

- All plants start from seeds. Some seeds are big, some seeds are small – just like some plants are big (like trees) and some plants are small (like a tomato plant).
- Plants need 3 things to grow - water, sunlight, and soil.
- Plants drink water through their roots
- Bugs are important. Some bugs are pests, but some are important in helping plants grow. For example, bees and butterflies help pollinate flowers and earthworms help make the soil better for the plants to grow.

# Reflective Activity - How does your garden grow?

## Growing Cherry Tomatoes

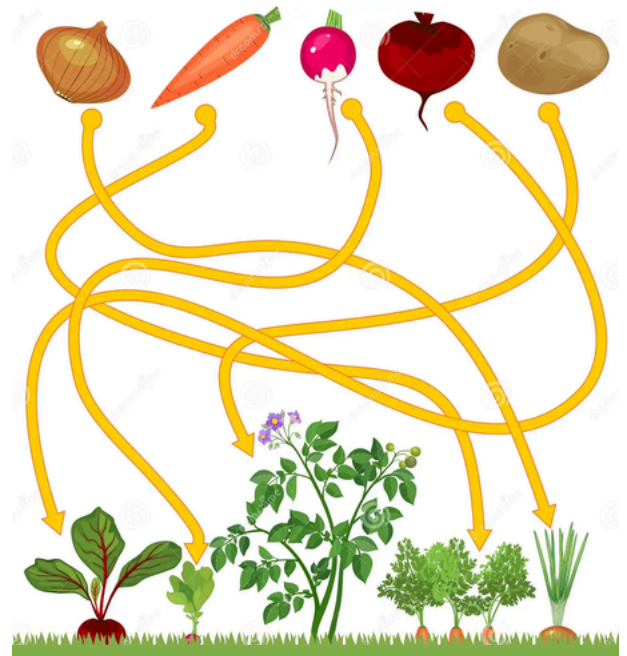
### MATERIALS NEEDED:

- Upcycled growing containers (yogurt containers, milk cartons, egg cartons, beverage bottles, etc.) helps to show kindness to the earth by reusing something on hand.
- Black earth
- Cherry tomato plant seeds or other quick growing plant seeds
- Cookie sheet or tray



### STEPS:

1. Make sure there are holes in the bottom of your growing containers to allow the water out.
2. Fill each container with black earth.
3. Have students plant a seed or two in each container.
4. Place the containers on a cookie sheet or tray for water drainage.
5. Water and place in an area with plenty of sun.
6. Have students water plants as needed.
7. Monitor plants as they sprout and discuss how vegetables grow.



Match the vegetables to their leaves in the vegetable patch!

## Resources

Checkout these videos from the Ontario Science Centre:

[Seed Starting Indoors](#) (3 minutes)

[Grow Your Own Food](#) (5.55 minutes).

For tips and tricks on vegetable gardening visit **Canadian Food Focus**:

<https://www.youtube.com/watch?v=9TMeWt4-4Bw&t=62s>

(1.02 minutes)

Download the **Grow Your Veggie Garden Guide** from Nutrients for Life available in [English](#) and [French](#).

**Looking for funding to do more?** Check out [Sustain Ontario's Edible Education Network](#) for a list of granting programs that support healthy food systems for children and youth.