

# Home Gardening



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## WHAT YOU NEED:

- POTTING SOIL
- PLANTER OR POT
- SPOON OR GARDEN TROWEL
- PLANTS OF YOUR CHOICE! (I RECOMMEND SOMETHING SIMPLE LIKE A SUCCULENT TO START)

On days when you can't go outside, this is a great way to bring nature into your home!

## HOW TO PLANT

1. Make sure your pot has a drainage hole in the bottom
2. Fill your pot a third of the way with soil
3. Using your finger, make a hole in the middle of your soil for the plant to go
4. Remove your plant from its nursery pot and place in the hole. Or if using seeds, place seeds in hole
5. Fill the pot with soil around and above your plant
6. Give it a good heavy watering so water drips out the bottom.



# Deepen the learning

STUDIES HAVE SHOWN THAT THE PHYSICAL ACT OF GARDENING- TOUCHING SOIL AND PLANTS- HELPS CHILDREN DEVELOP A CONNECTION WITH NATURE AND HELPS TO EASE STRESS



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## Primary Grades (K-3)

Ask them questions about what a plant needs to survive (sun, water, soil). From there, ask them how they can best take care of the plant now that they know what it needs. Where should the plan be put to get the most sunlight? How often should be water it? Does it have enough soil in its pot?

## Junior Grades (4-6)

They should already have a basic knowledge of the needs of plants so dive a bit deeper. Discuss concepts like chlorophyll and soil. Do they know what chlorophyll is? Do they know what soil is made of? How do plants help people?

## Intermediate Grades (7-8)

In their science classes, they would be looking at plant cells. Have them draw a diagram of what they think a cell of the plant they just planted would look like. Label all the different parts. Use the diagram in this document to help.



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## Senior Grades (9-12)

With teenagers you can have some great conversations about gardening beyond the basic idea. Here's some ideas for activities they can complete:

### For the teen who loves research

Have them research and create a presentation on any of the following topics:

- Food scarcity
- Subsistence farming
- Urban agriculture
- Hydroponics/aquaponics

Once they have completed their presentation, have them present their findings to the rest of the family

### For the tech-savvy teen

Have them research the health and wellness benefits of having plants in the home. Then they will create a video on any platform of their choice to encourage their peers to take up home gardening and how to best take care of their plants.

### For the teen who loves to build and create

Have them come up with a plan to grow fruits and/or vegetables that your family will actually use in the coming year. Begin with a conversation about the economic impact of COVID-19 and how urban agriculture will be important for many families to have food and save money.

They will create and implement a plan for their garden. They will determine when will be the best time to grow which plants and when the harvest times will be.



# Resources



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## Where to buy garden supplies

If you are willing to venture to a store:

- Dollarama has everything from pots to soil and even boxes of seeds for very reasonable prices
- Home Depot will begin to have plants and supplies in their garden centre

If you prefer delivery:

Some local garden centres in Niagara are offering online or phone purchases and delivery in the region. Check out

<https://www.millionplants.com/>

<https://thewateringcan.ca/>

## Example plant cell diagram

