



Fruit and Veggie Container Garden

You don't need a lot of land or a complicated set-up to grow your own food. You can grow your own fruits, vegetables, and herbs in a classroom, at home, or in a community garden. Growing your own food can help you make healthy choices, save money, and help the environment. You can control what pesticides and chemicals you use (or don't use!) and the amount of water you use, so that nothing is wasted. You are also making a green space that gives you oxygen and provides homes for insects and other animals.

Learn more about growing fruits and vegetables by watching *A Seedy Business* where the CyberSquad creates gardens to grow their own food.



SCAN THE QR CODE FOR A LINK TO THE *CYBERCHASE* EPISODE

GET OUTSIDE: Plant Hunt

Plants can grow in all different types of environments, including indoors and outdoors, urban and rural, hot and cold, etc. See what plants are in your area by keeping a "plant hunt" journal for a day. Start off with a walk around the block. Take photos or draw a picture of the plants you see. Add notes about where you found each plant. Use an app like "Seek by iNaturalist" or a plant field guide to look up what types of plants you find. At the end of the day, look back through your journal. Were there any big spaces where you didn't see plants? Where could you plant more green things in your community?



EXPLORE: Container Garden

Create a container garden out of recycled materials.

Materials:

- Waterproof, recycled containers—milk cartons, plastic bottles, tin cans, old rainboots, etc.
- Fruit, vegetable, or herb seeds
- Soil
- Water

Instructions:

1. Make sure each container has drainage holes in the bottom. If your containers are missing holes, use scissors (or another tool) with an adult to make small holes in the bottom.
2. Fill each container half full of soil.
3. Plant seeds in the soil. Larger containers can hold more than one seed. Look on seed packets to find out the right space between seeds and how deep to place them.
4. Do some research to find out how much water and sunlight each plant needs, how long it takes to grow, and how big the plant will be.
5. Find a place where the plants will get the light they need from the sun.
6. Write out a watering schedule that lists each plant and the times it needs to be watered. Post your schedule where it will remind you to water. Check your plants after a few days and change the schedule if they seem too wet or too dry.