Name

GARDEN JOURNAL

GROWING IN THE GARDEN
OUTDOOR CLASSROOMS FOR YOUNG GARDENERS

IOWA STATE UNIVERSITY
University Extension
ACKNOWLEDGMENTS

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... and justice for all

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Information for Parents and Friends

Welcome to Growing in the Garden: Outdoor Classrooms for Young Gardeners. Your child or friend may have learned about gardening by participating in Growing in the Garden lessons at school. These special outdoor classroom activities—some take place in a real garden—will continue that education. Growing in the Garden activities sprout curiosity about agriculture, natural resources, food, and people.

Growing in the Garden is an Iowa State University (ISU) Extension 4-H Youth Development program. Have you heard about 4-H? Has someone come to your school to teach a 4-H lesson? Do you know someone who participates in 4-H? After six hours of participation in 4-H programs such as Growing in the Garden, your child or friend will be counted as an Iowa 4-H'er. Every ISU Extension county office has resources to help people learn about many things, including 4-H.

4-H'ers use their hands, hearts, health, and heads to have fun learning and doing. Children can use the four Hs as they learn about gardening. For example, they can work in the garden with their hands. They can use their hearts to care for themselves, each other, and our planet Earth. They can protect their health by exercising in the garden, eating a variety of garden-grown foods, and practicing garden safety rules. They can use their heads to think about what we can do with gardens and garden produce.

To complete the activities in this Garden Journal, the children will use the four Hs: hands, heart, health, and head. Writing in a journal helps people remember things. The children also will remember their garden experiences by taking and drawing pictures, singing songs, playing games, and acting in a play. The activities in this Garden Journal will help them learn and remember things about agriculture, natural resources, food, and people.

The leader will tell the children what pages to complete as they follow Growing in the Garden: Outdoor Classrooms for Young Gardeners Leader’s Guide, 4-H 905BLDR.

The children will use their Garden Journals many times. They will be stored with other supplies until the last day. Then the children can take them home to share and remember their garden experiences.
Garden Rules

Memorize these three “R” rules. The leader will tell you what they mean.

Respect
Responsibility
Readiness
Garden Gallery

Pictures of different types of gardens.
**Garden Gallery**

1. Draw a line from the name of the garden to the matching picture.
2. Draw a picture of a plant, fruit, or vegetable that comes from the type of garden in each picture.
3. Put a star next to the types of gardens that you have seen.

<table>
<thead>
<tr>
<th>Garden Names</th>
<th>Garden Pictures</th>
<th>Plant Pictures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orchard</td>
<td><img src="image1" alt="Orchard Picture" /></td>
<td></td>
</tr>
<tr>
<td>Vineyard</td>
<td><img src="image2" alt="Vineyard Picture" /></td>
<td></td>
</tr>
<tr>
<td>Farm field</td>
<td><img src="image3" alt="Farm Field Picture" /></td>
<td></td>
</tr>
<tr>
<td>Flower garden</td>
<td><img src="image4" alt="Flower Garden Picture" /></td>
<td></td>
</tr>
<tr>
<td>Vegetable garden</td>
<td><img src="image5" alt="Vegetable Garden Picture" /></td>
<td></td>
</tr>
<tr>
<td>Berry patch</td>
<td><img src="image6" alt="Berry Patch Picture" /></td>
<td></td>
</tr>
</tbody>
</table>
Day 1: Garden Design

**Garden Word Find**

1. Put a star next to the types of gardens that you have seen.
2. Circle the types of gardens hidden below.

**Types of Gardens:**

<table>
<thead>
<tr>
<th>water</th>
<th>forest</th>
<th>salsa</th>
<th>boot</th>
<th>bog</th>
</tr>
</thead>
<tbody>
<tr>
<td>rock</td>
<td>soup</td>
<td>desert</td>
<td>salad</td>
<td>wetland</td>
</tr>
<tr>
<td>rainbow</td>
<td>butterfly</td>
<td>container</td>
<td>shade</td>
<td>window</td>
</tr>
</tbody>
</table>

```
rmwyforestrpshadenmntlnbogmtozvlncontainergfsaladmcnmlbutterflycpgbwlktmnmnopwindowxlesaltsaitdesertmwetlandbootkvwaterhmsrainbowz
```
Seed Catcher

1. Cut along the solid dark lines and place face down (dotted lines up).
2. Bring two corners together exactly to form a triangle. Crease the fold firmly.
3. Unfold.
4. Bring the other two corners together and crease firmly.
5. Fold each corner point into the center of the star. (This will form a small square.)
6. Flip this square over to the other side.
7. Fold all four of the corners into the center. (This will form a smaller square.)
8. Fold the entire square in half to form a rectangle.
9. Open to the small square again and fold in half the other way.
10. Put your thumbs and first fingers or thumbs and index fingers into the four pockets on the bottom of the seed catcher. Move the seed catcher to spell out the name of the crop or to count the numbers.
Plant Spacing for Rows in the Garden

Use the following key to plan how much space plants need when they are planted in rows.

1 box = 1 square foot, bold lines = rows 1 foot apart

<table>
<thead>
<tr>
<th>Early Planting</th>
<th>Mid-May Planting</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>onions</strong></td>
<td>squash/</td>
</tr>
<tr>
<td></td>
<td>pumpkins</td>
</tr>
<tr>
<td><strong>lettuce</strong></td>
<td>bush beans</td>
</tr>
<tr>
<td><strong>peas</strong></td>
<td>pole beans</td>
</tr>
<tr>
<td><strong>broccoli</strong></td>
<td>tomatillos</td>
</tr>
<tr>
<td><strong>radishes</strong></td>
<td>peppers</td>
</tr>
<tr>
<td><strong>carrots</strong></td>
<td>tomatoes</td>
</tr>
<tr>
<td><strong>sweet corn</strong></td>
<td>cucumbers</td>
</tr>
<tr>
<td></td>
<td>sunflowers</td>
</tr>
</tbody>
</table>
Plant Spacing for Square-foot Gardening

Use the following key to plan how much space plants need when they are planted in squares.

<table>
<thead>
<tr>
<th>Crop</th>
<th>Number of Plants in Each Square</th>
<th>OR</th>
<th>Number of Squares for Each Plant</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>onions</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>lettuce, spinach</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>peas</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cauliflower, cabbage, broccoli</td>
<td></td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>radishes</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>carrots</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sweet corn</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(must be planted in a block at least 10' x 5' for good pollination)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>potatoes</td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>zucchini, squash, pumpkins</td>
<td></td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>bush beans</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>peppers</td>
<td></td>
<td>1(\frac{1}{2})</td>
<td></td>
<td></td>
</tr>
<tr>
<td>tomatoes</td>
<td></td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cucumbers</td>
<td></td>
<td>9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My Garden Plan

Follow the directions from the leader and draw your garden plan.

[ ] = 1 square foot
Day 2: Prepare to Plant

**Steps to Growing a Garden**

1. Put the steps to growing a garden in the correct order.
2. Record the date that you started each step.

<table>
<thead>
<tr>
<th>Date Started</th>
<th>Steps to Growing a Garden</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.</td>
</tr>
<tr>
<td></td>
<td>2.</td>
</tr>
<tr>
<td></td>
<td>3.</td>
</tr>
<tr>
<td></td>
<td>4.</td>
</tr>
<tr>
<td></td>
<td>5.</td>
</tr>
</tbody>
</table>
Garden Tools

1. Using the list of garden tools, write the name of each tool next to its matching picture.
2. Solve the mystery words by filling in the blanks with the tool letters that have been provided.
3. Circle the tools that you might use in the garden.

Garden Tools
rake, garden labels, trowel, fork, combine, hose, disc, planter, gloves

Mystery Words

1 2 3 4 5 6
7 7 8 9 9
Day 3: Time to Plant

**Garden Journal Record**

Crop

Date Planted

Date

Date

Date

I first picked this to eat on: Date
Garden Journal Record

Crop

Date Planted

Date

Date

Date

Date

I first picked this to eat on: ____________________________ Date
Get Ready, Get Set, GROW!

1. Draw a line from the plant to how it is usually started in the garden.
2. Put a star by the plants that you would like to grow sometime.

- pumpkins
- onions
- tomatoes
- sunflowers
- lettuce
- carrots
- peas
- beans
- broccoli
- peppers
- potatoes
- cucumbers
- corn
- radishes

- transplants
- seeds
- sets
- seed pieces
Pumpkin – Seed to Seed Life Cycle

Glue or tape the pictures in the correct order in the boxes numbered 1-6 to tell the story of the seed life cycle. Start with planting the seed.
Garden Gazette

A good reporter asks questions and writes stories based on five words that start with W and one word that starts with H. Fill in the blanks to discover the 5 Ws and 1 H.

1. W ___ ___  
2. W ___ ___ ___  
3. W ___ ___ ___ ___ ___

4. W ___ ___ ___  
5. W ___ ___ ___  
6. H ___ ___ ___

Write two questions about gardens using one or more of the five Ws and H.

1. ____________________________

2. ____________________________

The weather report tells us something about natural resources that help plants grow. Draw a symbol that reminds you of the information you can find in the weather report.

Temperature | Rain | Sun | Wind

---
The food section tells about favorite foods and recipes. Draw a picture of your favorite food.

_________ says “I love to eat ________”
(Your name) (Name of your favorite food)

The story section tells stories using who, what, where, when, why, and how. Circle one of the following things you would like to write about. Then draw a small picture of something you might add to the story. For example, if you circled animals, you might want to draw a rabbit.

people animals insects plants how to garden

The advertisements tell where you can buy food, plants, seeds, tools, ground, fence, and other garden items. Finish the ads below by drawing a picture, writing down the cost, or naming the store.

Sweet Corn
$3 per dozen
1212 Vegetable Street

Special on garden hoes
$___ ____ each
Garden Gear Store

Tomato Sauce
16-ounce jars for 89¢
Day 6: Plotting Against Pests

WANTED
... out of my garden!

1. Color the creatures with their true colors as the leader reads the descriptions aloud.
2. Put an “x” in the box below the picture that best describes how that creature would eat plants in the garden. Listen closely for clues as the leader reads aloud.
3. Use these WANTED posters to identify the “bad guys” in your garden.

squash bug
bean leaf beetle
squash vine borer

aphid
cucumber beetle
corn earworm
WANTED ... out of my garden!

tomato hornworm  
cabbageworm  
crow  
raccoon  
rabbit  
?

ISU Extension Garden Journal
Highways to Harvest

1. Number the pictures in order from planting the seed to eating the pizza.
2. Draw a line to form a highway or maze from the seed to the pizza.

Value-added Agriculture
Treasure Hunt for Value-added Agriculture

Draw pictures of value-added agricultural products next to the pictures below. Remember that value-added agriculture means that something was done with the garden produce to increase its use or make it more valuable. That could include adding or subtracting ingredients, canning or freezing, chopping or slicing, etc.

- tomato
- pumpkin
- onion
- cucumber
- herb
- carrot
- corn
- soybean
- sunflower seeds
- strawberries
Day 8: Pick A Better Snack

1. Wash your hands, prepare, and eat the Pyramid Roll-up.
2. Draw a line from each ingredient in the recipe to its food group on the pyramid.
3. Draw pictures of foods that could fit in more than one food group.
4. Draw lines from your pictures to the food groups they represent.

---

**Pyramid Roll-up**

1. 8-inch flour tortilla
   - The tortilla is the base of your pyramid.
2. lettuce leaves
   - Lay it on a paper plate or paper towel.
3. 2 or 3 very thin slices of apple
   - Put the lettuce leaves on the left side of the tortilla and the apples on the right side.
4. 1 tablespoon shredded cheese (cheddar, mozzarella, or provolone)
   - Sprinkle the cheese on top of the lettuce.
5. 1 slice deli ham
   - Place the slice of ham on top of the apples.
6. 1 teaspoon salad dressing (French, ranch, or Italian)
   - Drizzle a little salad dressing over the top of all layers. Roll your tortilla from the lettuce toward the apples.

---

USDA Food Guide Pyramid for Young Children
Pick a Better Snack

These sample billboards are part of the Iowa Nutrition Education Network’s Social Marketing Campaign to encourage people to pick a better snack. Underneath each of the billboards, write or draw your responses to the questions.

**Peel. Eat.**

*how easy is that?*

What fruits and vegetables could you peel and eat?

**Wash. Bite.**

*how easy is that?*

What fruits and vegetables could you wash and bite?

**HAVE SNACK WILL TRAVEL.**

What other fruits and vegetables would be easy to pack for lunches, trips, or long car rides?

Draw a clever billboard that would encourage people to pick a better snack.
Garden Party Menu

1. Look at the Garden Party Menu and the recipes listed on the next few pages. Prepare the Garden Soup and cook it while you do this activity.
2. Draw pictures of the foods listed on the Garden Party Menu in the correct food group on the food guide pyramid. Did we include foods from each of the food groups? How does the water fit in? Draw waves below the food guide pyramid because we need to drink lots of water. Our bodies are made mostly of water. When we sweat in the garden we need to drink even more water!
# Garden Party Recipes

## Garden Soup

*Makes enough for 20 to 30 guests*

<table>
<thead>
<tr>
<th>Soup stock</th>
<th>Vegetables from your garden (suggested options)</th>
<th>Herbs from your garden (choose two or three plus salt and pepper)</th>
<th>Pasta option</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 bouillon cubes (beef or chicken)</td>
<td>1 large onion, 3 medium carrots, 3 medium tomatoes</td>
<td>1/2 cup parsley, 2 teaspoons oregano, 1 tablespoon basil</td>
<td>1 heaping cup small macaroni or shell noodles</td>
</tr>
<tr>
<td>8 cups water</td>
<td>1 medium green pepper, 2 ears corn, 1 medium zucchini</td>
<td>2 teaspoons rosemary, 2 teaspoons marjoram, 1 bay leaf</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 large potato, 12 green beans, 2 handfuls peas, shelled</td>
<td>2 teaspoons thyme, salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 head broccoli, 4 or less small head cabbage, 3 okra</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Assign tasks to each of the young gardeners.
1. Start soup stock in two large pots (3 quarts each) on camp stoves. Add bouillon cubes as water starts to boil.
2. Harvest and wash garden produce and your hands.
3. Cut vegetables into small pieces. Snip or crush the herbs in your hand.
4. Put hard, crispy vegetables in and let them cook for 10 minutes.
5. Add softer vegetables, herbs, and pasta. Cook 10 minutes.
**Berry Good Sundaes**

*Makes enough for 24 to 30 guests*

**The berries:**
- 2 quarts berries
- 2 tablespoons sugar (or to taste)

Wash and slice the berries into a large bowl. Add sugar, stir, and set aside in a cooler.

**The ice cream:**
- 4 quart-sized zip closure freezer bags
- 8 cups whole milk (2 cups per bag)
- 1½ cups sugar (½ cup per bag)
- Equivalent of eight eggs, pasteurized
- 4 teaspoons vanilla (1 teaspoon per bag)

Hold the quart-sized zip closure freezer bags open. Divide the ingredients evenly between the bags. Seal the ice cream bags.

**The freezer:**
- 8 gallon-sized zip closure freezer bags
- 20 cups crushed ice (one 10-pound bag)
- 12 handfuls rock salt (one bag)

Make four double bags. Add 2 cups of ice and a handful of rock salt to each bag.

**Freezing:**

Put the bags with the ice cream mixture into the freezer bags. Add 3 cups of ice and two handfuls of rock salt. Zip the freezer bags closed. Wrap each bag in a towel. Pass bags around so everyone can gently turn the bags, causing the ice cream to freeze. Put the ice cream in a cooler to cure or harden, if needed.

**The sundae:**
- paper towels
- scissors
- 8-ounce paper cups (one per person)
- plastic spoons (one per person)

Take ice cream bags out of freezer bags. Wipe small bags with paper towels. Clip about 1 inch off a corner of each bag. Squeeze ice cream into paper cups. Top ice cream with berries.
# Harvest Record

<table>
<thead>
<tr>
<th>Crop</th>
<th>Date planted</th>
<th>Date harvested</th>
<th>Yield <em>(numbers of fruits, bags, buckets)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
My garden friends...
Growing in the Garden

Achievement Award

Young Gardener

sprouted curiosity about agriculture, natural resources, food, and people by growing a garden.

Leader's Signature

Date

IOWA STATE UNIVERSITY
University Extension

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4-H Youth Development
4H-9038
April 2000

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# Children's Gardening Resources

## Web sites

- **5 A Day**

- **Aggie Horticulture Just for Kids**
  - [http://www.aggie-horticulture.tamu.edu/kindergarten/kinder.htm](http://www.aggie-horticulture.tamu.edu/kindergarten/kinder.htm)

- **August Home Publishing**
  - [http://www.augusthome.com](http://www.augusthome.com)

- **Better Homes and Gardens**
  - [http://www.bhg.com/gardening](http://www.bhg.com/gardening)

- **Butterflies**
  - [http://monarchwatch.org](http://monarchwatch.org)

- **Dole Food Company, Inc.**
  - [http://www.dole5aday.com](http://www.dole5aday.com)

- **Earthworm Information for Kids**
  - [http://www.yucky.com/worm](http://www.yucky.com/worm)

- **Family Food Zone Food Guide Pyramid for Kids**

- **Farm Safety 4 Just Kids**
  - [http://fs4jk.org](http://fs4jk.org)

- **Green Giant**
  - [http://www.greeengiant.com](http://www.greeengiant.com)

- **Iowa Agriculture Awareness Coalition**
  - [http://www.agaware.iastate.edu](http://www.agaware.iastate.edu)

- **ISU Extension 4-H Youth Development**
  - [http://www.extension.iastate.edu/pages/4h/4h](http://www.extension.iastate.edu/pages/4h/4h)

- **ISU Extension Publications**
  - [http://www.extension.iastate.edu/Pages/pubs](http://www.extension.iastate.edu/Pages/pubs)

- **John Deere Kid's Corner**

- **Let's Get Growing**
  - [http://www.letsgetgrowing.com](http://www.letsgetgrowing.com)

- **National Gardening Association**
  - [http://www.garden.org/nga](http://www.garden.org/nga)

- **Prairie Connections**
  - [http://www.ipmt.org/iowa_database/prairie](http://www.ipmt.org/iowa_database/prairie)

- **S.K. Worm**

- **Taste of Iowa**
  - [http://www.tasteofiowa.org/](http://www.tasteofiowa.org/)

- **USDA for Kids**

- **Youth and Kids Pages in Agriculture**

## Garden Activity Books


- **Better Homes and Gardens. BUGS, BUGS, BUGS. Des Moines, Iowa: Meredith Corp., 1969.**

  - ISBN 1-55652-238-X.


- **Contact your local ISU Extension county office for:**
  - Growing in the Garden: Outdoor Classrooms for Young Gardeners Leader’s Guide. ISU Extension 4-H Youth Development, 2000, 4H-905BLDR.

- **Gifts of Gold, University of Minnesota Extension Seeds, Stalks, & Science:**

- **Mud, Muck and Other Wonderful Things: An Environmental Curriculum for Five-to Eight-Year Olds, 1996, National 4-H Council, 4H-903.**

Be sure to check out local garden resources including schools, businesses, organizations, libraries, and local ISU Extension county offices.
For more information contact your local Iowa State University Extension county office.