



## Garden class objectives

In the garden classes PDS students:

### 1) Academic Engagement

- Engage more fully in academics through hands-on experiences
- Use senses to wonder and question

### 2) Environment/sustainability

- Create positive relationships with the environment
  - Take responsibility for other living things
- Understand complex and diverse biological ecosystems
  - Learn how natural systems are connected
  - Experience the way agriculture affects the environment
- Develop a sense of place and a curiosity about nature

### 3) Food and Nutrition/Health and Wellness

- Understand where food comes from
- Explore the relationship between health and the nutrition of fresh fruit and vegetables
- Learn to cook real food
- Develop a more diverse palate

### 4) Personal growth and life skills

- Practice stewardship
- Take responsibility: do real, hands-on work and see the outcome
- Develop the skills to tend a garden from seed to harvest
- Practice cooperation and patience
- Create community



### **Mission Statement:**

The great challenge of our time is to build and nurture sustainable communities – communities that are designed in such a way that their ways of life, businesses, economies, physical structures, and technologies do not interfere with nature’s inherent ability to sustain life. — Fritjof Capra, Center for Ecoliteracy At PDS, we aim to teach not just subject matter but a whole child in the context of our community and the world. We look to our PreK-12 school garden as a way to provide experiential learning that develops and supports this work. Not only does working in a garden help create lifelong, positive relationships with the environment that ultimately foster environmental stewardship, but it also gives a living example of complex and diverse biological ecosystems cooperating together. Examining the successful ecological community and cooperation evident in the garden, students learn elemental principles they can incorporate into the rest of the school and in their lives beyond school. The garden provides a natural opportunity to work across disciplines and across divisions: the circular process from planning and planting to tending and harvesting teaches in a practical and visible way the values of responsibility, caretaking, patience, and hard work. As a hands-on partner to classroom work, our garden provides a fun and engaging way to teach almost any subject – from science and math to social studies and art – bringing lessons to life through direct experience and kinesthetic participation. The garden moves students to an understanding of the most basic life



systems to understanding where their food comes from, and fosters curiosity about the most majestic of the natural world’s processes. The garden is a realm that engenders a spirit of wonder, sweetness, passion, awe, interconnectedness, and a sense of place. In this micro-plot of ground, we hope our students will learn the macro lessons that will sustain them and the earth for the next generation.



## PreK-4 Curriculum:

### Pre-K and K

#### Fall

- BAGS (Be a Garden Steward) and garden tour
- 5 senses in the garden
- The right tool for the right job
- Intro to seasons
- Plant garlic
- insects
- Composting month - November
  - Compost cake
- Putting the garden to bed
- Tastings
  - Cranberry relish
    - History of cranberries

#### Winter

- Winter solstice celebration
- Plant families
- My plate
- Tastings
  - Goosefoot family
  - Garlic bread
  - Smoothies

#### Spring

- Seeds and soil
- Chickens
- Worms
- K – plant spring wheat to harvest as 1<sup>st</sup> graders
- Planting Goosefoot family
  - Spinach

- Beets
- Red orach
- Strawberry Spinach

- Plant soup garden to harvest in first grade
- Plant zinnias to give to incoming kinder class
- Meadow walk
- Scavenger hunt







## Grade 1

### Fall

- BAGS (Be a Garden Steward) and garden tour using senses
- Right tool for the right job
- Plant salad for fall harvest
- Plant family intro: Nightshade family
- Vegetable seasonality chart (to correspond with Farmers market trip)
- Insects
- Harvest potatoes
- All about compost - November
- Putting garden to bed
- Tastings
  - Cranberry sauce

### Winter

- Potato prints
- Winter solstice and the garden
- Grain grinding
- My Plate
- Tastings
  - Nightshade family
    - Mashed potatoes
  - Soup
  - Crackers/bread

### Spring

- Soil
- Seeds
- Insects
- Greenhouse and planting
- Meadow walk
- Plant 3 sisters....each class chooses a sister

- Plant useful gourds to use in 2<sup>nd</sup> grade
- Plant nightshades
  - Tomatoes
  - Peppers
  - Potatoes
  - Eggplant
- Scavenger hunt
- Meadow walk





## Grade 2

### Fall

- BAGS (Be a Garden Steward) and garden tour
- Right tool for the right job
- Meadow walk
- Introduction to the legume plant family
- Harvest 3 sisters garden
- Bean counting
- Fall Insects
- All about compost – November
- Putting the garden to bed

### Winter

- Popcorn cleaning and counting
- Popcorn party/winter solstice celebration
- Seeds
  - Seed catalog use
- More on the Leguminosae family – brain pop
- Corn grinding
- My plate
- Tastings and nutritional info
  - Legume family
  - Blue corn pancakes

### Spring

- Greenhouse and planting
- Soil web
- Spring insects
- Plant herbs for salve, tea, medicinal and culinary
- Plant broom corn for making brooms
- Plant legumes

- Dry beans
- Pole beans
- Scavenger hunt
- Meadow walk







## Grade 3

### Fall

- Tool safety and ID
- Garden and meadow walk
- Harvest seeds for saving
- Harvest culinary and medicinal herbs
- Thresh and package seed for storage
- Harvest broom corn
- Make brooms

### Winter

- Medicinal herb project – Apothecary
  - Make lavender hand salve
- Make herb butter
- Bake bread
- Sense of place walk
- Seed Store Prep
  - Writing a press release for the seed store
- My plate
  - Tastings and nutritional info:  
Cucurbitaceae family
    - Colonial foods
      - Johnny cakes
      - Fruit and veggie smoothies
- Fun with chickens
  - Colonial breads
  - Intro to roosters and hens

### Spring

- Soil and seeds
- Garden prep and planting
- Seed store sale
- Spring insects

- Plant and use culinary/medicinal herbs
  - Make herbal tea bags
- Meadow walk





## Grade 4

### Fall

- Tool safety and ID
- Garden and Meadow walk
- Fall insects
  - Collecting for display
- Soil (collaboration with Science)
  - Soil types
  - Soil jar test
  - Make bricks
    - Make small oven
- All about compost

### Winter

- Solstice celebration
  - Cooking in the clay oven
- Weather
  - NJ agricultural zone
  - Frost dates
- Companion planting
  - Get a vegetable and find good companions and bad. Make a list and a plan
- Seed Store Prep
- My Plate
  - Tastings and nutritional value-  
Brassicaceae
  - Iron chef competitions with plant family

### Spring

- Seed Store
- Greenhouse
  - Soil and seeds
- Planting brassicas

- Fun with Chickens
  - Roosters and hens part II
- Spring insects
- Meadow walk

