



# GROW WITH ME! SCHOOL DAYS GARDEN PLAN

The School Days Garden Plan uses plants that can be grown in early spring or early fall, ideal for early childhood centers that want to plant a garden that they can harvest before the children leave for the summer or when they come back in the fall.

## SCHOOL DAYS GARDEN PLAN

Quick and easy to grow greens for fast and easy results!

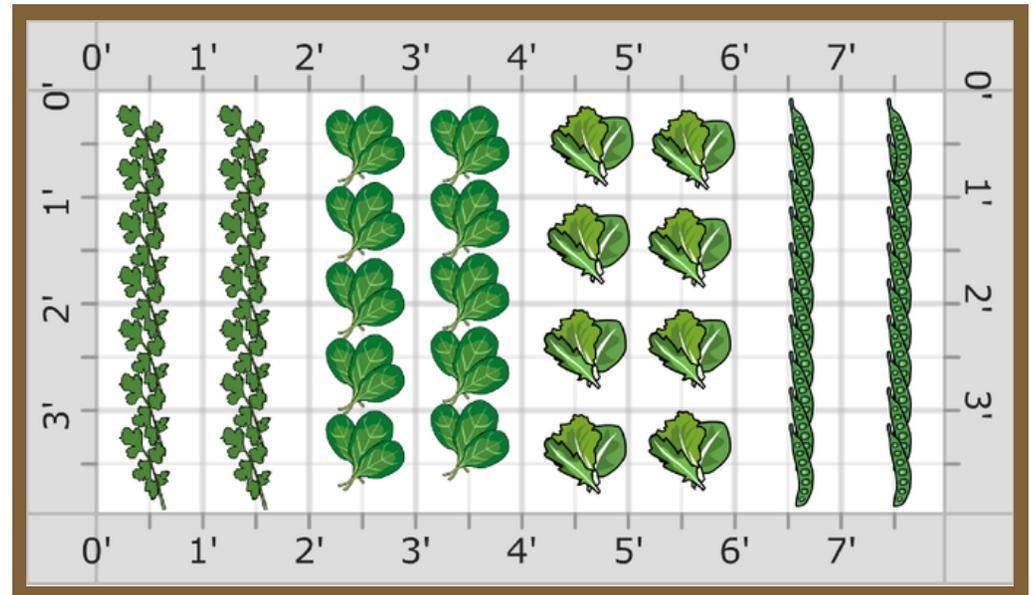
**Ideal planting time: Spring (April 15-May 1) or Fall (August 15-Sept 15) Harvest begins 40 days after planting!**

**CILANTRO:** This plan includes two 4 foot row of cilantro, planted from seed. Sow 1 seed every 2 inches. Plant seeds 1/4 inch deep. Cilantro is ready to harvest in 50 days, but you can harvest as soon as there are a few leaves on the plant. To harvest leaves, pinch or cut side stems and it will continue to grow from it's base. Once it gets hot, cilantro will start to get bitter, so don't wait to harvest!

**SPINACH:** This plan includes two 4 foot rows of spinach, planted from seed. Seeds planted 2 inches apart in rows. Rows 6 inches apart. Spinach is ready to harvest after 39 days. Harvest outer leaves and plant will continue to produce.

**LETTUCE:** This plan includes 8 lettuce plants, planted from transplants. Plant lettuce transplants 8 inches apart in two rows. Lettuce will be ready to eat in 50 days. Harvest outer leaves and plant will continue to produce.

**SUGAR SNAP PEAS:** This plan includes one 4 foot row of peas, planted from seed. Sow 1 seed every inch, 1 inch deep. Vines will grow to about 2½ feet and can be grown with or without the support of a trellis. This variety is a snap pea, meaning that the entire pea pod can be eaten. Wait to pick until the pods are nicely swollen, about 3 inches long..



This design is for a 4 x 8 foot bed

**PLANTING TIPS:** Before planting, we recommend you remove all weeds or grass, add compost (about a 5 gallon bucket for a 4 x 8 bed), loosen the soil with a shovel and then rake it out breaking up clumps of soil until it's smooth. Water your plants immediately after planting for best results!

**GROW WITH ME CURRICULUM TIPS:** Pairs well with "Watch me Grow"



GROW WITH ME! integrates garden based activities into early childhood learning environments at school, at home, and in the community influencing food preferences of children birth to 5 and encouraging lifelong healthy habits! For more information, contact Keep Growing Detroit (KGD) 313-757-2635, [www.keepingrowingdetroit.org](http://www.keepingrowingdetroit.org) or email [info@keepingrowingdetroit.org](mailto:info@keepingrowingdetroit.org). Like us on Facebook [www.facebook.com/keepingrowingdetroit](http://www.facebook.com/keepingrowingdetroit)



# GROW WITH ME! EAT YOUR GREENS GARDEN PLAN

The Eat Your Greens Garden Plan focuses on cold weather crops (best planted in mid-April for early season or mid-August for late season) that are easy to grow and that provide the high nutritional value that dark green leafy vegetables are known for.

## EAT YOUR GREENS GARDEN PLAN

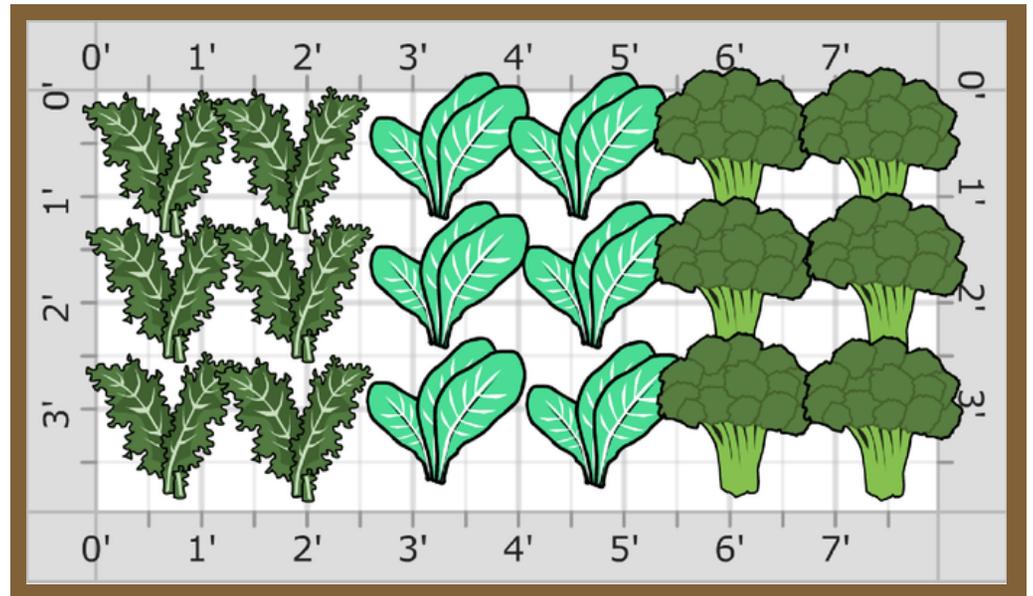
Easy to grow, dark leafy greens to improve nutrition

**Ideal planting time: Spring (April 15-May 1) or Fall (August 15-Sept 15) Harvest begins 60 days after planting!**

**COLLARD:** This plan includes 6 collard plants planted in two rows. Plant collards from transplants with 18 inch spacing between plants. You can begin to harvest collards in 35 days (baby greens) or 70 days for mature leaves. To harvest, break off outer leaves. Leaves will continue to grow for continuous harvest.

**KALE:** This plan includes 6 kale plants planted in two rows. Plant collards from transplants with 18 inch spacing between plants. You can begin to harvest kale in 60 days. To harvest, break off outer leaves. Leaves will continue to grow for continuous harvest.

**BROCCOLI:** This plan includes 6 broccoli plants planted in two rows. Plant collards from transplants with 18 inch spacing between plants. To harvest, cut off the center broccoli head (which will be ready in 60 days). Harvest before the buds start to open! After you cut off main head, the plant will produce side shoots for continuous harvest.



This design is for a 4 x 8 foot bed

**PLANTING TIPS:** Before planting, we recommend you remove all weeds or grass, add compost (about a 5 gallon bucket for a 4 x 8 bed), loosen the soil with a shovel and then rake it out breaking up clumps of soil until it's smooth. Water your plants immediately after planting for best results!

**GROW WITH ME CURRICULUM TIPS:** Pairs well with "A Tale of Two Kales"



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