

# Garden building basics



## Lesson Report

**Growing plants from seeds** is one of the easiest – and cheapest – ways to produce great food and create a beautiful, healthy garden.

In this hands-on lesson, urban farming consultant Jon Walsh showed Tom's Grade 2 students how to sow seeds and transplant seedlings – the core basics of growing food.

After reviewing the key steps, students paired up and were ready to unleash their skills.



Half the class transplanted seedlings, while the other half prepared flower pots and sowed seeds, using the all-important rule to successfully germinate seeds: covering them with 1 cm of soil.

Students also learnt about the harmful effects of introducing chemicals into the growing process, as well as about the **“Bonsai effect”** –

Small pot → Small plant → Small harvest.  
Big pot → Big plant → Bigger harvest.

Forty minutes and one amazing fence garden later, class dismissed – mission accomplished!



Students plant seedlings and prepare soil in flower pots



## What did students learn?

- How to transplant seedlings and sow seeds
- How to build a fence garden
- The 3 key ingredients of plant growth: soil, sunlight and water
- The crucial role healthy soil plays in healthy food
- How seeds grow into plants.



- Urban food production & training
- Garden installation & maintenance
- Gardening demonstrations.

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