

# Gardening Journal

A Beginners Guide to Gardening



# What's Inside

Learn about gardening and how to get started!

Hardiness Zone

Type of Garden

Vegetable Garden

Flowers

Starting Seeds

Tending the Garden

Composting

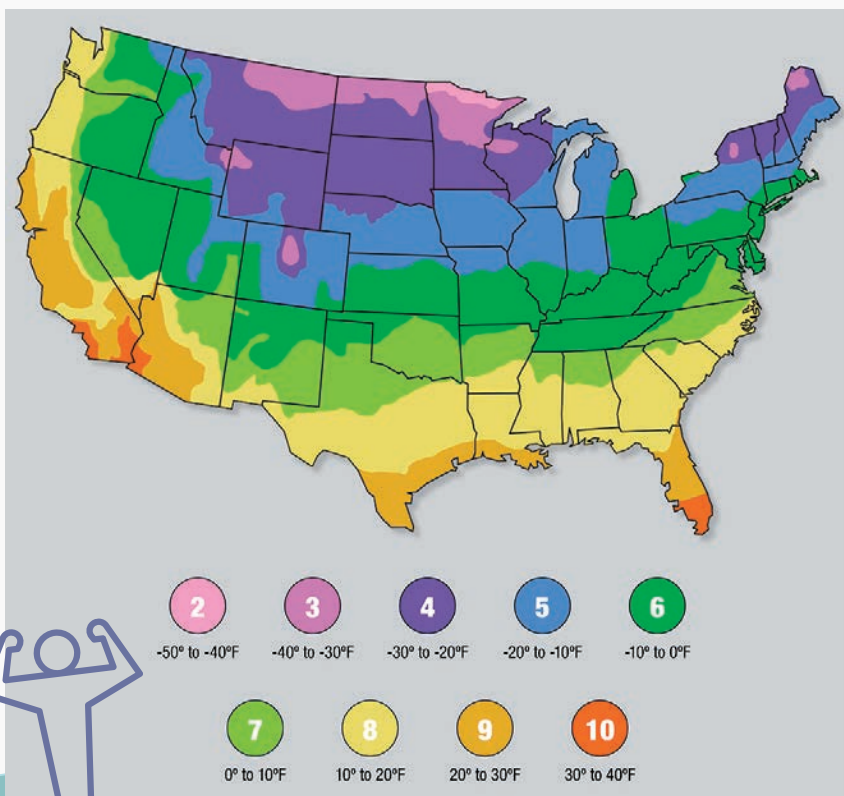
What to  
plant!



# Hardiness Zone

The Hardiness Zone is a way to show which plants do best where you live, and when you should plant them outdoors. The temperatures on the chart are the coldest temperatures for that zone. It's important to know which Hardiness Zone you live in so you can choose the plants that will thrive in your area!

What zone do you live in? \_\_\_\_\_



# Type of Garden

Where you live, how much space you have, how much sun you get, and access to water are all going to affect the type of garden you can have, and where you can plant it. The 2 main types of gardens are garden beds and container gardens. Both have pros and cons. Compare the pros and cons below to decide which type will work best for you.

## Circle the one that will work best for you!

### GARDEN BED

*Planted directly in the ground, or in a raised bed that is still in direct contact with the ground.*



#### PROS

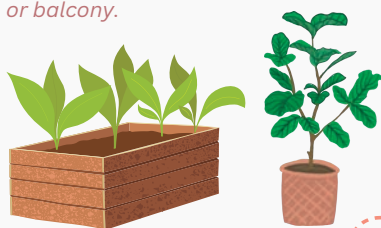
- built-in drainage
- stays wet longer
- more space to grow more
- almost any plant can grow in beds
- you might not need to purchase soil

#### CONS

- can not relocate
- need a large space in a sunny location
- need water access nearby
- closer to ground pests
- weeding may take more time since it is a bigger space
- can be difficult working on the ground if you have mobility issues
- raised beds can be difficult to set up and expensive

### CONTAINER GARDEN

*Planted in containers that can easily be moved around and can fit in small areas like a deck, porch or balcony.*



#### PROS

- can relocate as needed
- can grow almost anywhere
- smaller plants can grow indoors
- can be further from ground pests
- weeding is easier due to the small space
- easier for people with mobility issues

#### CONS

- not all plants grow well in containers
- can not plant as many plants
- soil dries out faster
- need to make sure containers have good drainage
- you might need to purchase containers
- you will need soil for the containers

## What to plant part 1!

# Vegetables

There are lots of great things you can grow in a vegetable garden. These are some great options no matter what part of the country you live in!

**Circle the ones you might want to plant!**

- peppers\*
- tomatoes\*
- beans\*
- peas\*
- carrots\*
- broccoli
- cucumbers\*
- zucchini\*
- pumpkins
- eggplant
- garlic

- strawberries
- lettuce\*
- kale
- spinach\*
- beets\*
- radishes\*
- onions
- leeks
- scallions\*
- herbs\*

*(i.e. chives, basil, oregano,  
parsley, cilantro, thyme)*



***\*all of the starred plants can be grown in a container too!***



## What to plant part 2!



# Flowers

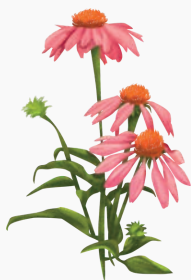
Flowers are a great way to try out gardening and brighten your day! Many flower types are easy to care for, and grow in most Hardiness Zones, plus pollinators like butterflies and honey bees love them!

## Circle the ones you might want to plant!

1. coneflower+
2. Shasta daisy+
3. sunflowers
4. marigolds
5. hens-and-chicks+
6. impatiens
7. petunias
8. zinnias
9. milkweed+

*+these should come back every year if they are planted in the ground!*

1.



2.



3.



4.



5.



7.



6.



8.



9.



# Starting Seeds

When you start seeds, you will plant them in a small container. This makes it easier to control the soil and environment in a way that the seeds like!

Follow these directions to get your seeds started, and check them off as you complete them!

## Prepare Soil/ Plant Seeds

Fill your starting pots 3/4 of the way full with moist soil. Plant the seeds according to the packet directions.

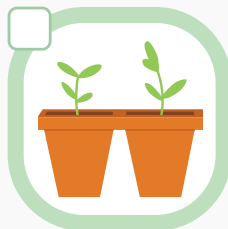
Date: \_\_\_\_\_



## Thin Plants

Once most of the seedlings have 2 to 4 leaves, remove any tiny plants that aren't doing well. This gives the bigger ones room to grow!

Date: \_\_\_\_\_



## Cover/Water/Light

Lightly cover the pots with plastic wrap or a plastic lid. Keep the soil moist, but not soaking wet. Place in a bright spot, but not in direct sunlight.

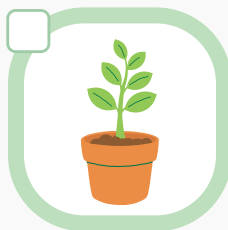
Date: \_\_\_\_\_



## Replant

After about 3-4 weeks your seedlings should be almost ready to plant. They should have at least 4 to 6 leaves, and the stem should be strong enough to stand up to rain and wind before replanting.

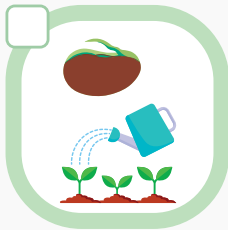
Date: \_\_\_\_\_



## Remove Cover/Water

When the seeds sprout it's called germination. Remove the cover when most of the plants have sprouted. Continue to water them as before.

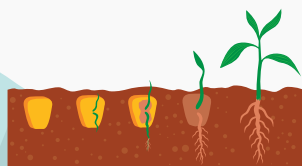
Date: \_\_\_\_\_



How many plants sprouted? \_\_\_\_\_

How many can be replanted? \_\_\_\_\_

Some plants have 2 leaves when they sprout, and some only have 1, but all plants start growing roots at the same time they start to sprout.





# Tending the Garden

There are many things you need to do to take care of a garden, other than just watering. You may have to weed, fertilize, keep plants healthy, and handle drought. Many insects and animals love to eat plants too, so planting a garden is like putting a buffet out for them. Here are some solutions for all these problems.

## Drought

Gardens need a lot of water, especially when they are first getting started. If it doesn't rain enough, you will need to water your plants any time they are dry.

## Fertilizing

If your soil doesn't have enough nutrients you may need to use a fertilizer. Compost is a great fertilizer, but if you don't have access to that you can find plant fertilizer at a garden store.



## Insects, Fungus and Sprays

Neem oil is a naturally occurring pesticide and fungicide that comes from the seeds of the neem tree. It has been used for centuries as a pest control and can often be found in products like cosmetics, soaps, and pet shampoos.

Neem oil works by reducing insect feeding (they don't like the bitter taste), as an insect repellent, and a fungus eliminator (it neutralizes the white powder fungus that appears on leaves).

Some neem oil gardening products help eliminate fungi and insect pests, but others only control insects. Check the product label to be sure you are getting the product that will be best for your situation. Neem oil is usually non-toxic to birds, mammals, bees and plants, but fish don't like it, so avoid spraying it around ponds or aquariums.



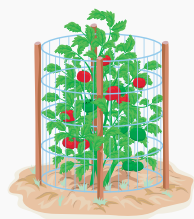
## Insects and Clever Planting

Plants can act as a repellent too! Onions will help keep most pests away from your garden. Radishes will actually help draw certain pests away from other vegetables. Since they are a very hardy plant, they can handle their above ground greens being eaten.



## Keeping Animals at Bay

Certain animals like to eat garden plants too. Using a raised garden bed, chicken wire and even hot peppers can help keep animals away from your plants. Using a raised bed or chicken wire can keep away smaller animals like rabbits, but deer can still eat the plant tops. Sometimes raised beds and chicken wire aren't a good solution, like for flower beds. You can try to sprinkle the plants with cayenne pepper powder or a solution of water and hot sauce, but you must be careful so you don't accidentally breathe it in or get it in your eyes.





# Composting



Composting is a great way to reduce waste and create a wonderful fertilizer for your garden. Follow these steps to get started!

1. **Choose the type of compost bin**

You can use a large wood container (b), a plastic closed bin (d), or you can create a pile right on the ground (a).

2. **Choose a location for your compost bin**

If it's a closed bin you can put it anywhere in your yard (d). If it's an open bin you will want it further away from your house, since it might attract pests and be a little stinky (a,b).

3. **Alternate layers of waste**

To start, you will need to layer wet and dry waste (c). See the list below for items you can compost at home.

4. **Add waste and stir**

Keep adding waste as it accumulates, alternating between wet and dry scraps. Use a gardening fork, a hoe, or even a sturdy rod to stir your compost every week or so.

5. **Add waste until your bin is full**

Fill the bin but leave enough space to be able to stir it.

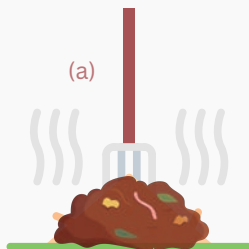
6. **Continue to stir for several weeks**

Your compost should be warm, and may let off steam. This means it's breaking down like it should.

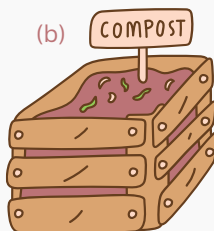
7. **Harvest your compost when it's ready**

Once the compost is a dark brown/black, there are no more pieces of kitchen scraps/leaves, and it looks like dirt, it is ready to be used. You can put it in your garden and on flower beds. You can even sprinkle some on your lawn.

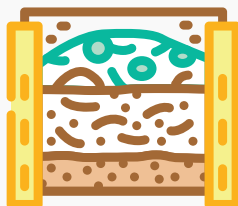
(a)



(b)



(c) **Layers**



(d)



## WET SCRAPS

fruit/vegetable scraps  
(i.e. apple cores, corn  
husks, carrot tops, etc.)  
egg shells  
green leaves  
green plants/weeds  
grass clippings

## DRY SCRAPS

twigs  
dry leaves  
dried out plants  
used paper towels  
cardboard pieces  
shredded paper  
newspaper

# Notes

Complete this checklist when you  
are ready to start your garden!

When...?

<input type="checkbox"/> I have a garden bed/garden containers	When did you plant your garden?
<input type="checkbox"/> I have a sunny spot for the garden	
<input type="checkbox"/> I have access to water	When did the first flowers appear?
<input type="checkbox"/> I have access to soil	
<input type="checkbox"/> I have tools to dig up /move dirt	
<input type="checkbox"/> I know my hardiness zone	When was the first harvest?
<input type="checkbox"/> I know which plants I will grow	
<input type="checkbox"/> I have plants or seeds	
<input type="checkbox"/> I have starter pots if I'm using seeds	When was the final harvest?
<input type="checkbox"/> I know what pests are in my area	
<input type="checkbox"/> I know how to handle each pest	

## Observations



# Notes

Help track your progress and learn what works best for your garden by making observations and recording them here!

ASK QUESTIONS LIKE:

Did I fertilize the garden?      If yes, what did I use?

What pests did I see?

How did I handle them?



# My Gardening Supplies

These are all the supplies included in your crate!



1. Trowel
2. Garden Gloves
3. Watering Spout
4. Garden Stakes
5. Design Your Own Flower Pot Sheet
  - a. decorate the Tickle Me Plant pot
6. Tickle Me Plant Starter Pack
  - a. green pot, soil disk, seeds
7. Seed Starter Pots & Soil Disks x2
8. Bee Coneflower Seed Pot
9. Wildflower Seed Packet x2
10. Vegetable Seed Packet x2
11. Flower Pot & Shovel Spoon
  - a. includes recipe for dirt cake
12. Activity Packet
13. Gardening Journal

Colors and variety of some items may vary.  
All seed packets have directions on the back.

