

Gardening and Cooking Songs, Books, and Tips for Families



Dirt Made My Lunch - *by the Banana Slug String Band*

Dirt made my lunch

Dirt made my lunch

Thank you dirt, thanks a bunch

For my salad, my sandwich, my milk, and my munch,

Thanks dirt, you made my lunch!

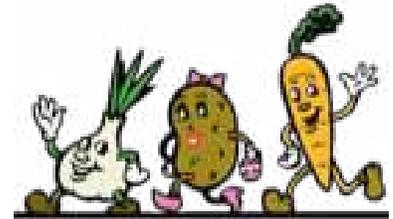
The Beet Song (to the tune of “If you’re happy and you know it)

If you’re hungry and you know it, eat a beet!

If you’re hungry and you know it, eat a beet!

Beets are red, orange and striped; open wide, and take a bite!

If you’re hungry and you know it, eat a beet!



Look for These Books at the Library:

- Barnyard Banter – Denise Fleming
- Bee Bim Bop – Linda Sue Park
- Before We Eat: From Farm to Table – Pat Brisson
- Eating the Alphabet – Louis Elhert
- Sip, Slurp, Soup, Soup, Caldo, Caldo, Caldo – Diane Gonzales Bertrand
- Tops and Bottoms – Janet Stevens
- Two Old Potatoes – John Coy
- Up, Down, and Around – Katherine Ayres
- Ask the librarian for more books about cooking, gardening, and farm animals!

Make Your Own Butter

- Purchase heavy whipping cream and leave it out until it reaches room temperature
- Pour about ½ to 1 cup into a pint-sized jar or other container with a lid
- Shake for a few minutes (taking turns with children or friends!)
- The cream will eventually solidify as it turns to whipping cream but keep shaking it until it turns into one large chunk of butter with some buttermilk remaining
- Add a little salt if you’d like and enjoy on some fresh bread or crackers!

How to make a Bean Baby Necklace

- In a small jewelry bag or snack-sized ziplock bag, place a dampened (and squeezed) cotton ball and a bean seed.
- Use a hole punch or other tool to make a hole in the top of the bag and put a long string through it.
- Tie the string at the appropriate length so that it can be worn as a necklace.
- The “bean baby” can be kept under the shirt and close to the body to provide warmth for it to germinate or sprout (making you a walking greenhouse!). Or it can be placed in a sunny spot.
- After sprouting, the seed can be carefully taken out and placed in the soil – either outside or in a pot and it will continue to grow!

Easy to Grow and Safe Plants for Beginning Gardening with Children

Start from seed:

- Spinach
- Green Beans
- Cilantro
- Pumpkins
- Radishes
- Sunflowers

Get as plants:

- Strawberries
- Mint - (plants can spread, may want to plant mint)
- Cherry tomatoes (will need a tomato cage or

Steps to Plant a Seed Outdoors

- Choose a sunny spot that gets at least 6 hours of sun a day (the south side of a house or building is best).
- Choose a spot away from downspouts or other wet areas that might keep the plant too wet.
- If you can, it helps to add some compost and/or fertilizer to the soil – you can get this at a garden center or grocery stores in the spring. Compost will help to add nutrients to the soil and give the roots a nice place to grow. Place a layer 1-2” thick of compost on top of the place you want to plant and dig it into the soil about 6” down. Add fertilizer according to the directions.
- Dig a small hole or make a line in the soil with your finger – plant the seeds according to the package directions. The directions will tell you how deep to plant the seeds and how far apart from each other.
- Water the seeds with a watering can or light spray from a hose. Keep the soil moist until the seeds germinate (when you see a sprout coming up out of the ground). Then make sure to water when the top 1-2 inches of soil feels dry.

Steps to Plant a Seed Indoors or in a Container

- Fill a container with potting soil leaving about an inch and a half of space at the top.
- Be sure to use bagged potting soil as soil from the yard will often be too dense and difficult for plants to grow in. Some potting soil contains slow-release fertilizer which helps feed the plant.
- Add water to moisten the soil – it may take some time for the soil to get completely wet. If the potting soil is very dry, it can help mix in the water with a spoon or butter knife.
- Spread the seed on top of the soil using the spacing on the package directions.
- Cover the seeds with the amount of soil the directions say to cover it with.
- Water lightly using a small watering can or spritz it with a spray bottle.
- Keep the soil moist until the seed germinates or sprouts. Then only water when the top 1 inch of soil is dry.

Steps to Transplant a Plant Seedling That You've Purchased:

- If you are planting it outside, make sure it has been “hardened off”, meaning that it used to bright sun and windy conditions. Leave it outside for a couple hours one day, a little longer the next, etc. until it is used to being outside all the time.
- Follow the directions above for container or soil preparation and dig a small hole that is a little bit deeper than the seedling pot.
- Make sure the plant is well-watered. Squeeze the outside of the seedling container to loosen the plant, then gently pull the plant out of the plastic container by the stem. Place the plant in the hole and fill in the soil around the sides to be level with the soil level of the transplant.
- Water well and then water when the top 1-2 inches of soil is dry.

Remember that every garden is an experiment and an opportunity to learn something new. Ask family members or gardeners in your neighborhood for advice – gardeners love to talk plants!

Questions? Comments? Get in touch!

Contact our Farm to ECE team at wifarmtoece@rootedwi.org. Visit our website at rootedwi.org for more Farm to ECE resources.

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