**Workshop Title (time length of class)**

**Growing Salad Greens in containers - Lesson Plan Template**

**Purpose**

* Experience gardening as a way to reduce stress, improve mood, increase physical activity, enhance social connections, and support a healthy diet

**Description**

* In this activity, participants will plant a container of salad greens, Increase knowledge of gardening, especially growing salad greens.
* Practice planting and caring for plants.

**Classroom setup** (allow 45 minutes)

* Insert instructions and special room set up needs here. Estimate how many people teach task will need and how much time it will take.
* Examples: Arrange tables, put potting soil in tubs (2 people/tub), fill squirt bottles with water. Near each tub, set out coffee filters, gloves, labels, markers, pots, pot saucers
* Plants in accessible location
* Sign-in sheet near entryway
* Evaluation sheets, pens, handouts handy so they can be distributed at end of workshop (give people handout when they give you evaluation)

**Materials**

* List materials you need to complete the activity in full here:
  + Broom, brush, dustpan, wipes for cleanup
  + Coffee filters (for bottom of pot)
  + Evaluation sheets (+ extras)
  + Gloves (nitrile, disposable)
  + Handouts (assembled, + extras) Lesson plan / script (several copies) name badge, apron
  + Paper towels, Pens / pencils.
  + Plant labels & markers
  + Lettuce Seeds (3 plants/person + extras for demo and errors)
  + Pot and saucer
  + Soil (about 1 1.5 cu.ft. bag per 3 participants)
  + Motor tub or tidy tray

**Procedure**

* Show sample
* To grow cut-and-come-again salad greens you will need good-quality potting soil, some seeds and, of course, a container with drainage holes.
* Suitable salad greens for cut-and-come-again treatment include any of the loose-leaf or mesclun blends, which might contain salads such as lettuce, endive, and arugula or rocket.
* Place a coffee filter at the bottom of your pot or container. Fill your container with potting soil up to an inch, or two centimeters, below the rim. Tamp down to leave a level surface. Now take a pinch of seeds and sprinkle them thinly and evenly over the surface of the soil.
* Cover the seeds over with a fine layer of potting soil, gently tamp down to firm the seeds in, then water carefully using a watering can fitted with a fine rose to avoid washing the seeds back out.

**Wrap-up – (time needed)**

* Thank everyone
* Pass out (and collect) evaluations
* Pass out handouts

**Cleanup**

## Key Information:

## Caring For Your Seedlings

* Move the container into a bright space or, if you’re gardening in a hot climate, a cool and shady corner. Check daily and water as necessary to maintain good, evenly moist conditions. Seedlings usually take five to ten days to germinate.
* Once the seedlings appear you will probably need to thin them out a little. Remove some of the seedlings so that those remaining are spaced a minimum of an inch (2.5cm) apart.

## How to Harvest Cut-and-Come-Again Leaves

* The leaves are ready to cut about four to six weeks after sowing. Harvest little and often by using a sharp knife or scissors to cut away the largest leaves every few days. This will stimulate replacements.