



Kohn Cobras Learn to Dig, Plant, & Grow!

Frank Kohn Elementary School joined forces with UCCE CalFresh and Master Gardener program to promote healthy eating and nutrition education within the school. UC CalFresh Nutrition Educator, Marina Aguilera and Master Gardener, Pam Beck, worked with Mrs. Lardner and Mrs. Munk to start a school garden at their site. The school began planting on February 22, 2018 just in time for students to watch vegetables grow before the end of the school year. The students planted rainbow carrots, radishes, marigolds, lettuce, and orange carrots.

Mrs. Lardner's second grade class and Mrs. Munk's kindergarten class jumped with joy as they learned that they would be planting vegetables at their new school garden. Nutrition Educator, Marina Aguilera taught the students the important nutrients that a plant needs to successfully blossom. With the guidance of Mrs. Beck, the students learned how to properly plant their vegetables into their garden. Each student had the opportunity to make five holes in their section and placed about two seeds in each hole. The students shouted, "I love playing with dirt!" as they planted the seeds they were given. Students also had the opportunity to learn about the two different types of mints—spearmint and chocolate mint. Students used their sense of sight, smell, and hearing which engaged their interest further.

Our goal is to use the school garden to engage students to learn the importance of nutrition and health. Students learn responsibility by maintaining their garden so that the soil is ready for vegetables to grow. Within the next few weeks, students will also learn about agriculture and will have the opportunity to watch their marigolds and vegetables grow!

