

# Choosing Plants and Planting Times

## Trainer Outline

### **Section Theme**

This section addresses plant selection for school gardens.

Participants will

- learn the purposes of and differences between perennial and annual plantings
- review concepts and handouts for selecting annual and perennial plants
- review a list of cool season and warm season crops
- learn about ideal times to plant and harvest within an academic school year
- practice crop planning using frost dates, planting guides, and seed packet information

### **Logistics**

*Time:* 30 – 45 minutes

*Location:* Garden or Indoors

*Workshop Goals addressed:*

- Become familiar with design elements of educational gardens
- Have an initial plan for their school garden program
- Become comfortable with basic gardening skills

*Handouts:*

- Introduction to Annual and Perennial Plants
- Suggested Perennials and Perennial Themed Gardens
- Selecting Fruit Trees and Vines for California School Gardens
- Growing California Natives
- Vegetable Planting and Harvest Tips
- Edible Theme Bed Calendar (optional)

*Gardens for Learning pages:*

- California School Garden Planting Guide, 65 – 68

*Materials:*

- Assortment of seed packets
- *Gardens for Learning* book
- Planting Guides/Lists for Your Region
- Western Garden Book (suggested)
- Other Crop Planting Resources (optional)

*Web Resources*

- Check for web resources on Choosing Plants and Planting Times at [www.csgn.org/csqsq](http://www.csgn.org/csqsq).

## **Foundation for School Gardens—Perennials**

(Information review)

*Handouts:*

- Introduction to Annual and Perennial Plants
- Suggested Perennials and Perennial Themed Gardens
- Selecting Fruit Trees and Vines for CA School Gardens
- Growing California Natives

Review “Introduction to Annual and Perennial Plants” handout.

1. Define perennial plants and why they are used in gardens.
2. Discuss characteristics of perennial plants.
3. Discuss climate zone considerations for perennial plants.
4. Discuss additional considerations for planting perennials mentioned in the handout.
5. Review and discuss the following documents:
  - Suggested Perennials and Perennial Themed Gardens
  - Selecting Fruit Trees and Vines for California School Gardens
  - Growing California Natives

## **Planting for a School Year Harvest –Annual Crop Planning**

(Information review, Worksheet exercise)

*Handouts:*

- Introduction to Annual and Perennial Plants
- Vegetable Planting and Harvest Tips
- Edible Theme Bed List (optional)

*Materials:*

- Assortment of seed packets
- *Gardens for Learning* book
- Planting Guides/Lists for Your Region
- Other Crop Planting Resources (optional)

*Gardens for Learning* pages:

- California School Garden Planting Guide, 65 – 68

Review “Introduction to Annual and Perennial Plants” handout.

1. Define annual plants and why they are used in gardens.
2. Discuss the difference between cool season and warm season crops.
3. Discuss good times for schools to plant and harvest annual crops.
4. Review frost date chart, planting information on seed packets, and planting guide.
5. Review Crop Harvest Planning Chart.
6. Have participants fill out the Crop Harvest Planning Chart using a seed packet or crop information found on a planting guide.
7. Review the following documents:
  - Vegetable Planting and Harvest Tips handout
  - Edible Theme Bed List handout (optional)