

GARDENING WITH KIDS

NISSA PATTERSON MPH

SPECIAL PROJECTS COORDINATOR

NMSU BERNALILLO COUNTY EXTENSION



BE BOLD. Shape the Future.

**College of Agricultural, Consumer
and Environmental Sciences**

Cooperative Extension Service
Bernalillo County Extension Office

Writing/ photography

Composting

Rest/calm/relax

Native plants/pollinators

Learning about NM plants

WHY DO YOU WANT TO GARDEN?

Growing food for family and
neighbors

Getting outside and away from
devices

Dr. Michelle Cohen's (local ophthalmologist) newsletter about myopia in children:

"The amount of time you spend viewing near objects and images can also increase the likelihood that you'll develop myopia. In fact, society's reliance on digital devices could be part of the reason that myopia rates are increasing. The rates have risen 25 percent during the past 40 years, according to the AOA."

"Lack of sun exposure may be a factor in the development of myopia in children. Children who spend more than two hours a day outside have a lower risk of becoming nearsighted. Exposure to light may increase the release of dopamine in the retina, according to the National Eye Institute. Dopamine, a natural chemical that transports messages between brain cells, affects eye growth."



MY DAUGHTER'S SUGGESTIONS:

YARROW

CREEPING GROUNDCOVER - THYME, SPEEDWELL

SUCCULENTS





An aerial photograph of a large, well-maintained garden. The garden is divided into numerous rectangular plots, some of which are raised beds. The plots are filled with various green plants, likely vegetables. A dirt path winds through the garden. In the upper right corner, there is a wooden house with a grey roof. In the lower center, there is a geodesic dome structure made of wooden poles. The garden is surrounded by trees and shrubs. The image is framed by a yellow border.

WHAT FEELING DO YOU WANT FROM A GARDEN?

THINK OF YOUR CHILD SELF...







EAST SAN JOSE ELEMENTARY



TRY A FIELD WHERE YOU PLANT ANYTHING...

CINDER BLOCK RAISED BEDS



RAISED BEDS CAN BE MADE OF MANY MATERIALS

TIDY RAISED BEDS



WOOD RAISED BEDS



LOG RAISED BEDS
DURANES PRESCHOOL



NATIVE AMERICAN COMMUNITY ACADEMY

BUILDING RAISED BEDS IS A PROJECT!!





LESSON #1: DON'T STEP IN THE RAISED BED



HOOVER MIDDLE SCHOOL

CONTAINER GARDENING!

TRY TO PLANT IN SOMETHING BIG (EASIER FOR SOIL TO STAY COOL) AND PROVIDE AFTERNOON SHADE



SANDIA PREP

MANAGE YOUR
EXPECTATIONS OF
WHAT A GARDEN
"SHOULD" LOOK LIKE
IN A HIGH DESERT
AREA

(LITTLE SECRET- KIDS DON'T CARE)

Precipitation- Albuquerque

- | | |
|----------|-------------|
| • Spring | 1.68 inches |
| • Summer | 3.74 inches |
| • Fall | 2.67 inches |
| • Winter | 1.36 inches |

TOTAL ABOUT 9

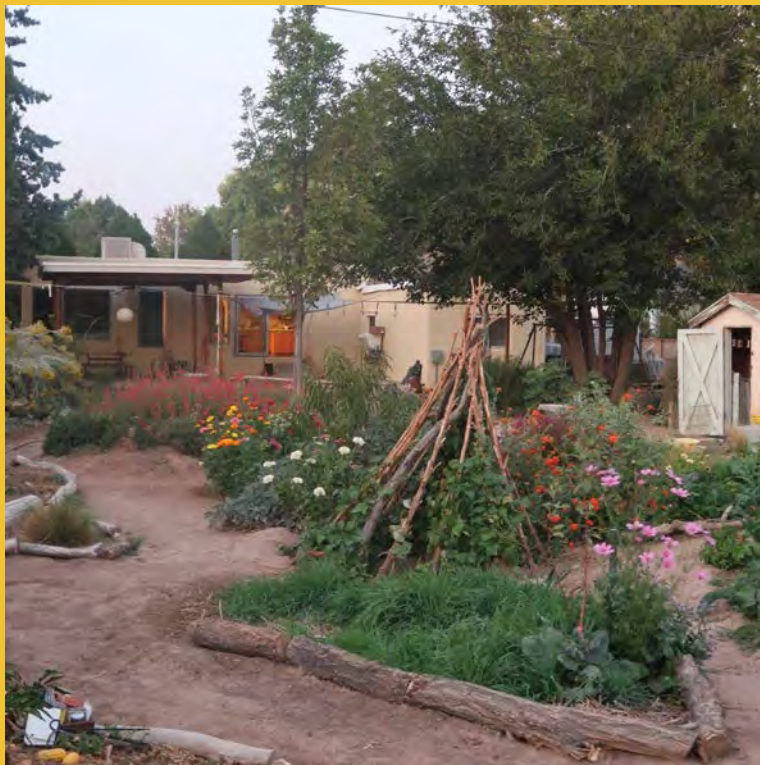


WHAT CAN YOU
LEARN FROM A
STRUGGLING
PLANT?



WANDER!

WANDER!!







PICK!!



TOUCH!!



FUN



KIDS NEED.... DEVELOPMENTALLY APPROPRIATE IS...

- Places to authentically explore, play
- Be free with their senses.
- TOUCH, TASTE, RUN, JUMP, LEARN
- Explore their interests
 - Color
 - Varieties
 - Taste
 - Smell
- Meanwhile they are working on patience, observation, kindness, gentleness, small body movements= **EXCELLENT FOR THE GROWING THE BRAIN AND BEING READY FOR SCHOOL AND RELATIONSHIPS**



OUTSIDE GARDENING IS A
COVID SAFE ACTIVITY TO DO
WITH FRIENDS...



Garden at home....



Make it MAGICAL AND AMAZING

Plants that AMAZE..

Loofa

Moonflower

Stevia- taste!

Pineapple mint- taste!

Broomcorn, quinoa, amaranth

Roses that are fragrant or make giant hips



Field *bindweed*: Member of morning glory family

reproduces vegetatively from roots, rhizomes, stem fragments and by seeds that can lie dormant in the soil for up to 50 or more years

extensive **root** system, reaching depths of 20 to 30 feet and repeatedly giving rise to numerous **long** rhizomes (horizontal **roots**)



LOOFA





GOGI BERRIES AND JUJU BE



HANGING GOURDS, CUKES AND SQUASH

GIANT COLLARDS AND CHARD



ARMENAIN CUCUMBER

SIDE NOTE:
GROW YOUR HERITAGE





NETTLE RAVIOLI



POTATOES- JEWELS OF THE EARTH

GARDEN AREAS...

- weather area
- compost area
- a potting/ preparing area
- special project area
- food prep/ drying
- seating and writing places for assignments





SEED STARTING-

- STERILIZED SOIL
- CONTAINERS- RECYCLED, WASHED EGGS SHELLS OR AVOCADO
- WHAT TO GROW?
 - BEANS
 - CUKES
 - TOMATOES
 - CARROTS
 - LETTUCE
 - HERBS

VIDEO:

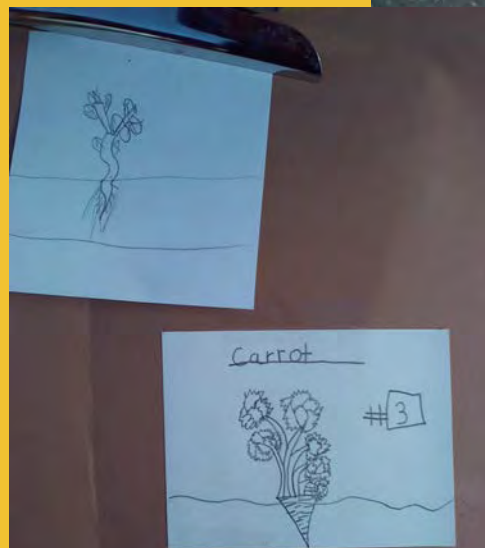
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=zDRIFMLPKTU](https://www.youtube.com/watch?v=zDRIFMLPKTU)



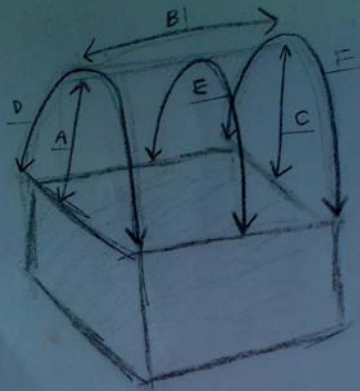
DRYING
(CANNING?)

JOURNALING

HINT: YOU DO IT
TOO!

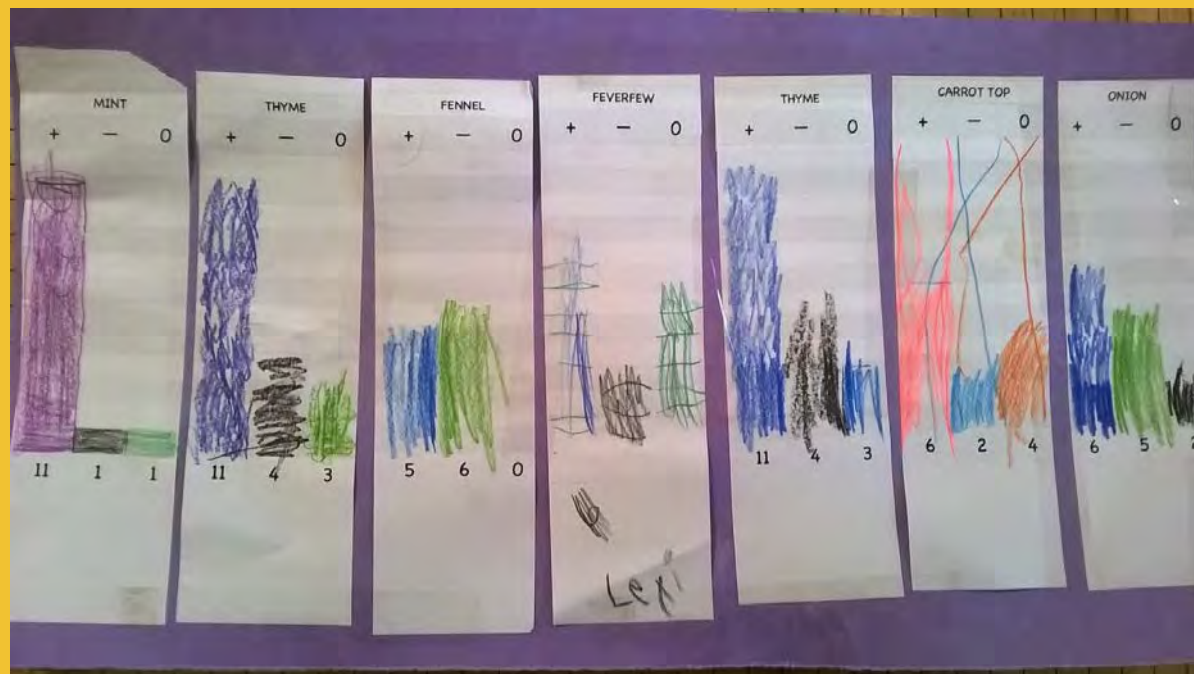


WRITING
SKETCHING
OBSERVING



Box # 5

A	38	V	93
V	47	E	87
C	36	F	88
= 121			



ART PROJECTS...



Herbal Projects

Teas- dry herbs (mint, lemon balm, lavender)

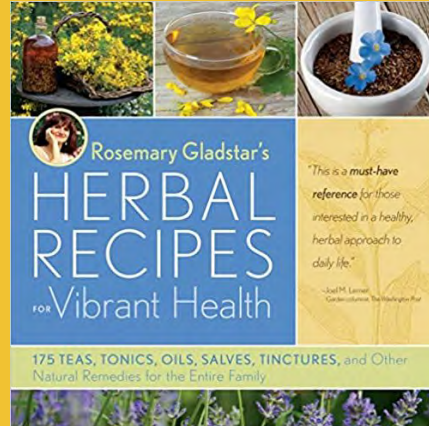
Herbal syrups- elderberry, cough syrups

Salves- herbs, oils, beeswax

Lip balm- oils, beeswax, essential oils

Shampoo- yucca

Tinctures- herbs alcohol or glycerin



GARDEN CHORES...

KEEPING THINGS TIDY

IT'S A SKILL TO BE TIDY--
ROOMS?
SCHOOLS BELONGINGS?



A few tips on plant care with kids:

- Kids tend to water too shallow
- Kids tend to lose interest and need help remembering the needs of plants
- Smaller projects are often better than bigger
- Building skills takes time
- Find out their interests
- Parents sometimes need to relax



Gardens in the community.... are available to you!



Gardens to visit in the community

- **NMSU Bernalillo County Extension- demonstration garden. 1510 Menaul Blvd Ext NW Albuquerque, NM 87107**
- **Biopark botanical gardens- farms and fruit trees**
- **Local nurseries**
- **Local farms/farmers markets**
- **Local school gardens**
- **Walk your neighborhood**
- **Los Poblanos open space- community garden (located near Alvarado elementary school)**



Collect wild plants (ask experts first)

Elm pods!

collect in spring, cook up in olive oil and salt



Garden at school....

DID YOU KNOW?

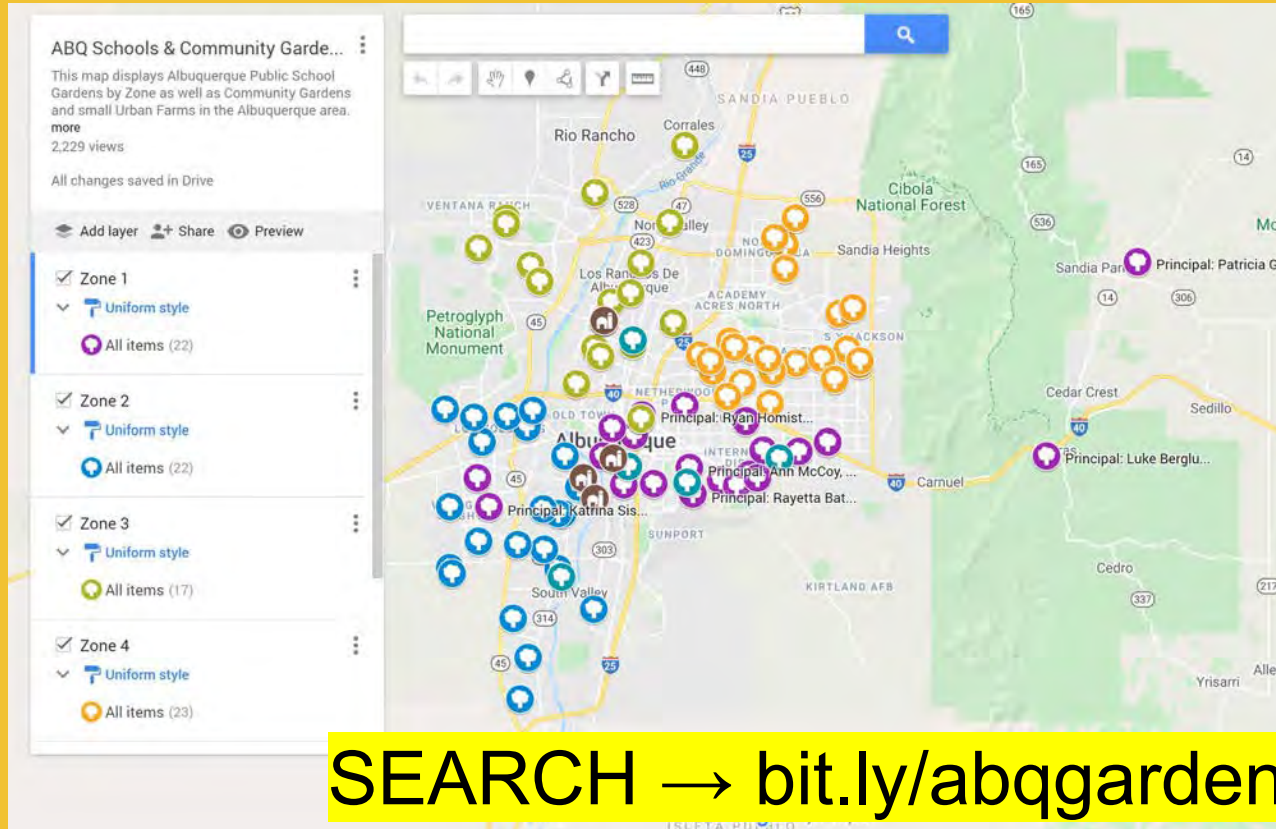
**There are
93 school gardens
in Albuquerque
Public Schools**

Find them on the
**ABQ Schools & Community
Gardens Map!**

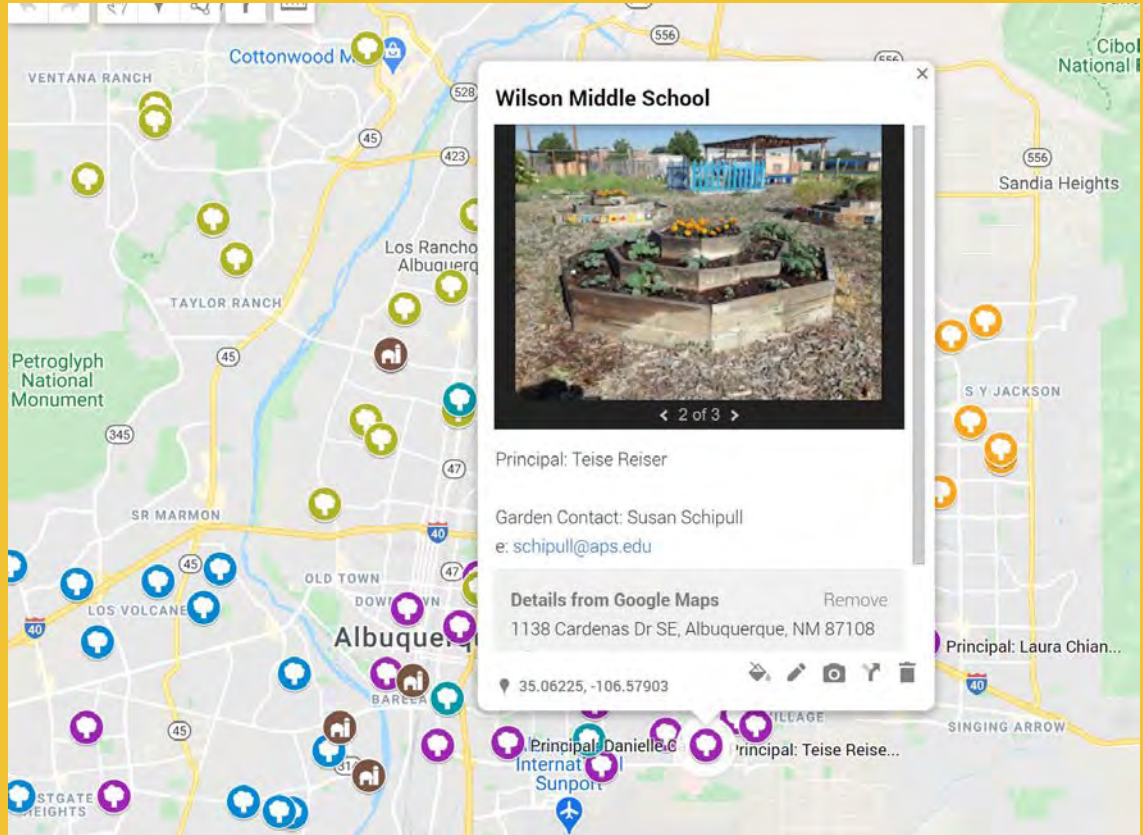


bit.ly/abqgardens

ABQ SCHOOLS & COMMUNITY GARDENS MAP



CLICK ON A GARDEN TO SEE
THE GARDEN CONTACT,
PICTURES &
ABOUT!



SEARCH → bit.ly/abqgardens



SIGN UP FOR THE MONTHLY
SCHOOL GARDEN NEWSLETTER

EMAIL → schoolgardens@aps.edu

e: The brothers of [Making Connections](#): Grow the Future International
t filmed a [video on Covid-Safety in the Outdoor Classroom](#) at the [Project
Feed the Hood Community Garden](#)! Check out the video below.



SCHOOL
GARDENS

SCHOOL GARDEN RESOURCE BINDER

bit.ly/nmschoolgardens

 **School Garden Resources for NM Teachers**
By: [APSSchoolgardens](#)

[NM Teaching Resources](#) [National Teaching Resources](#) [International Teaching Resources](#) [Where to Get Local Materials](#) [Professional Development](#)

[OUTDOOR CLASSROOMS/ COVID](#) [Curriculum](#) [Lesson Plans](#) [Composting/Worms](#) [Indigenous Wisdom](#) [NM Gardens & Ecology](#) [Garden by Months](#) [Climate Change](#) [Pollinators & Bugs](#)

[Animals](#) [NM Literature Books](#) [Places to Visit in ABQ](#) [Local Presenters](#) [NMSU Bern County Extension](#) [NM Ag in the Classroom](#) [APS School Gardens](#) [NM Food Corps.](#) [Food Sovereignty](#)

[Native Plants](#) [VIRTUAL resources for online instruction \(COVID times\)](#)

New Mexico Teaching Resources

[/media/get/MjAzNTg5OTc=](#)



This section contains sub tabs that house various garden-based curriculum, lesson plans, resources, and helpful tricks of the trade from local teachers, agriculturists, and garden enthusiasts.

- Curriculum
- Lesson Plan
- Composting/Worms
- Cultural/Heritage Science
- Gardens & Ecology
- Climate Change
- Pollinators & Bugs
- Animals
- Literature Books
- Places to Visit in ABQ
- Local Presenters

Contact us for free assistance:

NMSU Bernalillo County Extension, 505-243-1386

Nissa Patterson, npatters@nmsu.edu

Remember contact us for 4H!

APS School Garden Specialist

Kateri Sava, kateri.sava@aps.edu