Spring Planting Workshop

Agenda

9:00 – 9:15: Sign-in and Arrival, Refreshments

9:15 – 12:00: Introduction, Discussion, and Hands-on Demonstration

* Crops to Plant in Spring
* By Seed Method
* Transplant Method
* Starting Starters Activity

Items Needed to Facilitate:

* Healthy, Nutritious Refreshments
* Sign-In Sheet
* Containers for Starting Starters Activity
* Seeds
  + Spinach
  + Sweet Peas
  + Lettuce
  + Chard
  + Kale
  + Radishes
  + Arugula
  + Fava Beans
  + Garlic
  + Onions

Budget for Workshop:

$125

What Participants Should Bring:

* Close-toed Shoes
* A Hat
* Water Bottle
* Notebook if Needed

Step-by-Step Instructions:

9:00 – 9:15 - Sign-in and Arrival, Refreshments.

Description: Make sure that you have a sign-in sheet, set up a table to greet people as they arrive to the workshop. Refreshments – provide healthy nutritious food and beverages.

9:15: Introductions:

- Introduce yourself and the purpose of the workshop.

Purpose: This workshop is to teach you about what plants to plant in the early spring and various planting techniques.

* 1. Have everyone introduce themselves and state why they are here and what they want to learn during the workshop.

9-ish – 12:00: Discussion and Hands-on Work:

Crops to Plant in Spring:

Crops such as Spinach, Sweet Peas, Lettuce, Arugula, Chard, Kale, Radishes, Fava Beans, Garlic, and Onions have a genetic make-up that allows them to survive colder weather. Garlic is typically planted in November and will be one of the first crops up in your garden come early spring. You do not want to plant tomatoes, beans, squash, corn, chile, and other crops not mentioned above until close to the last freeze. In Albuquerque, weather is unpredictable and a cold spell can follow warm weather. People tend to get excited when it warms up and we want to harness this excitement by planting crops that will survive during the early spring.

By Seed Method:

It is important to know where your seed comes from. We recommend local, organic seed (either from local seed exchanges or local businesses who carry organic, local seed). Every crop will generally be a certain size and requires a certain amount of spacing between each crop. The general rule of thumb is to plant a seed four times its size in depth. If a seed is ½ an inch big, it should be planted about 2 inches down.

Crop spacing:

* + Spinach
  + Sweet Peas
  + Lettuce
  + Chard
  + Kale
  + Radishes
  + Arugula
  + Fava Beans
  + Garlic
  + Onions

Transplant Method:

There are numerous greenhouses locally that provide starters, such as: Rio Valley Greenhouse, East Central Ministries, Rehms Nusery, Farmers Markets, and any other local businesses that sell starters. We recommend, if possible, to leave your plants that you will transplant in your garden area for approximately 24 hours. This will allow your plant to acclimate to your climate and prevent shock. The starters are from a greenhouse and used to the climate and conditions in the greenhouse, which is why we recommend acclimating your plants prior to planting.

Steps:

1. When transplanting, you want to make sure that your soil is of good quality.
2. Loosen the soil in your planting area so that the pot of the starter can fit comfortably inside the earth.
3. Apply a small amount of water at the bottom of your hole to ensure that your roots have water to prevent shock. You also want to be careful not to over-water the starter because it can get messy putting the starter in the soil.
4. Pinch your pot to loosen the roots from the container.
5. Slide the starter out of the pot, or, if you are using a biodegradable pot, plant directly in soil.
6. Place your starter in the hole you created.
7. Cover the hole with soil.
8. With your hands, press lightly around the plant. This is to ensure that the roots set and that the plant has support. We like to call this “tucking the plant in”.
9. Lightly water again.

Starting Starters Activity:

Steps:

1. Fill containers full of soil.
2. Ask people to choose which seeds they want to plant.
3. Remind people of appropriate planting methods (this is a good time to see what the group remembers about planting depth).
4. Lightly water your containers.
5. Take home to grow inside until around the last frost.
6. Make sure that you place your plant starters in a sunny, relatively warm area of the house (sunroom, sunny ledge, greenhouse, whatever you have).

Reflection Questions:

* + What determines whether or not a crop can be planted during the Early Spring?
  + What type of seeds are best to start from?
  + Where can you procure local starters?