

MUCH TO DO ABOUT GARDENING WITH YOUTH

Dig, Plant and Grow these youth gardening resources – books, internet websites, models for youth gardens, crafts and grants. OH MY! By Sheila Hamilton-Taylor, Member of TGOA Youth Gardening Committee. Email at: lavenderlady@comcast.net

A garden or gardening program with youth is a journey that requires youth voice and patience.

- ❖ Companion planting teaches youth about pollinators, disease and insect management in a veggie garden. Youth could draw the garden plan and use a code for the veggies and companion plants to evaluate this year's success. So here is a code idea: KEY –
T = Tomato CT = Cherry Tomato
C = Cilantro B = Basil
P = Pepper TH = Thyme
R = Rosemary CA = Carrots
- ❖ And whatever youth decides. Then write the code on the plan for reference. Youth could do similar diagram for a plant pot or repurposed item. Lavender planted in each garden corner also attracts beneficial insects like the other herbs and they eat the larvae of the bad bugs thus stopping disease. Also remember spacing for air circulation (less disease) and water deep and low sometimes twice a day if temps in the 90s.
- ❖ Tomato Resources: check out websites and book that are all about tomatoes:
 - ❖ "Epic Tomatoes," by Craig LeHoullier, Storey Publishing, North Adams, MA, 2015.
 - ❖ www.southernexposure.com
 - ❖ www.heritageSeedMarket.com
 - ❖ www.sampleseeds.co
 - ❖ Organic Gardening Resources:
 - ❖ Gardens Alive!, Inc., Lawrenceburg, IN (513) 354-1482 or
 - ❖ www.gardensalive.com
 - ❖ Peaceful Valley Farm and Garden Supply, Inc., Grass Valley, CA at www.groworganic.co

- ❖ Books for Youth Gardening: "Carrots Love Tomatoes," by Louise Riotte, Storey Publishing, 1975 and 1998. Timless and universal book on companion planting, herbs, veggies, wild plants and more. Children can look up the plants and read description and follow companion planting suggestions. See pages 191-203 for kitchen herb garden, child's garden, raised bed for abled-disabled, spirit garden and mini-gardens. Allow youth to review the pages and perhaps find a garden for them to plant.
- ❖ "Vertical Gardening – Grow Up, Not Out, For More Vegetables and Flowers in Much Less Space," by Derek Fell, Rodale, 2011. Fell shows how vertical gardening takes less space, saves work, time and gives larger yields in a smaller space. Youth can look at photographs and see how to make trellis works from bamboo, wood, metal and repurposed items. Each photograph of a trellis lists the materials needed and instructions. Perhaps assist the youth with planning, buying materials and tools for construction. The Vertical Garden and creation of trellis works could present a great family project for summer. Happy Gardening with youth.

