



Week 6

Square Foot Gardening and Companion Planting

Lesson Objectives:

- Learn what square foot gardening is and how to do it
- Learn what companion planting is and how to do it
- Learn to play companion hopscotch

Key Words:

- Square foot: square with each side measuring 1 foot
- Companion: friend

Lesson Activity: Square Foot Gardening

Activity Materials:

- Nails
- Hammer
- Ruler
- Twine or string

Activity Steps:

1. Hammer nails into the wood of your raised bed spacing them one foot apart. Use a ruler or measuring tape to make sure your spacing is even.
2. Attach twine or string to the nails to make straight lines across the bed. The intersections of these strings should produce several squares across the raised bed.
3. You're ready to plant! Follow the Square Foot Gardening Guide for the quantity of plants to put in each square.



Lesson Activity: Companion Planting Hopscotch

Activity Materials:

- Chalk
- Companion Planting Cards
- Stick, Stone, or Weighted Object that can be thrown on the ground

Activity Steps:

1. Use the chalk to draw a hopscotch board on the pavement. Make sure you have selected a safe space for children to play.
2. In each of the open spaces on your hopscotch board, randomly assign a fruit or vegetable that is on your Companion Planting Cards. *For little ones, try drawing the fruit or vegetable.
3. Find a stone or stick to use as an object to toss onto the game board.

4. Each player will take a turn tossing the stick or stone onto the game board. Find the Companion Planting Card for the fruit or vegetable that the stick or stone lands in.
5. The player must only step in the spaces on the game board that are companions of the fruit or vegetable that the stick or stone lands in. *For an extra challenge, add the rule that you can only have one foot in a space at a time. For example, if there's only one square, the player can only place one foot on the ground.
6. The goal is to successfully make it from one end of the game board to the other. *For an extra challenge, players can try to pick up the stick or stone as they make their way across the board.



