



**Seed to Supper Course Outline**

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| **Course Week** | **Weekly Theme** | **Course topics** | **Book reference** |
| **1** | Planning your garden | * Choosing your site * Making a planting plan * Crop rotation by plant family * Making a planting map * Common crop chart * Sample planting maps * Personal planting plan * Personal planting map | Chapter 1 (Pages 6-37) |
| **2** | Getting started with healthy soil | * Preparing the soil * Building healthy soil * Soil for container gardening * Composting * Fertilizing * Making garden beds | Chapter 2 (Pages 38-57) |
| **3** | Planting your garden | * Container selection * Seeds or transplants? * Direct seeding * Transplanting | Chapter 3 (Pages 58-75) |
| **4** | Caring for your growing garden part 1 | * Watering * Protecting young plants * Vertical gardening * Improving and protecting soil health | Chapter 4 (Pages 76-89) |
| **5** | Caring for your growing garden part 2 | * Weeding * Using Integrated Pest Management (IPM) * Identifying common pests | Chapter 5 (Pages 90-109) |
| **6** | Harvesting and using your bounty | * Gardening for your health * Crop-by-crop guide to harvest, storage and nutrition * Cooking from your garden | Chapter 6 (Pages 110-140) |