

Greener Partners



Connecting communities through food, farms & education

Deaver Farm Explorers

Lesson 1 : *Seeds and Sprouts in the Greenhouse*

We begin our virtual learning series with a tour of the Deaver Wellness Farm at Lankenau Medical Center. This farm is our classroom! Here we will learn all about where food comes from, how it is grown, and how important fresh food is for our bodies and our communities. In this week's lesson, we will learn about seeds and sprouts, check out what's growing in the greenhouse, learn how a greenhouse works, and plant some green bean seeds together!

[Watch the Virtual Farm Lesson Here!](#)

Helpful Links

- Learn more about Greener Partners and the Deaver Wellness Farm at Lankenau Medical Center by visiting us at greenerpartners.org
- Find out [what to plant](#) this time of year in "Growing Zone 7" (that's here in PA!)
- Check out this [cool video](#) showing a time-lapse of different seeds and sprouts!
- Here is some inspiration for [seed-starting containers](#) you can make with recycled materials



This Week's Farming Phrases

germination	the sprouting of a seed, usually after a period of dormancy
cotyledon	the first leaves to appear from a germinating seed
greenhouse	a building, room, or area, usually of glass or plastic, in which the temperature is maintained within a desired range, used for growing and protecting baby plants from the elements
transplant	The act of moving a plant from one place to another, usually from inside a greenhouse to an outdoor growing space

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Growing Together

This week's hands-on activity is Planting a Seed! Follow along with our Lesson 1 video for a demonstration of how we plant seeds in our greenhouse and a full explanation of how to plant with us!

Materials:

- Soil mix
- Container for seedlings
- Seeds
- Water

Some great places to find your supplies in the Philadelphia area!

- ★ [Greensgrow Farms](#)
- ★ [True Love Seeds](#)
- ★ [Wedgewood Gardens](#)
- ★ [Wolf's Apple House](#)
- ★ [Primex Garden Center](#)

Directions:

1. Fill your container with soil mix - make sure there is enough soil for the seedling to grow some roots - do not press or pack it down
2. Make a small hole with your finger in the soil in the center of the container - this should only be a small indent no deeper than 2x the size of your seed
3. Place 1-2 seeds in the hole and cover gently with soil
4. Water the seed with a small-spout watering can or a spritz bottle - too much water pressure can shoot the seed out of the soil!
5. Keep the seedling above 50°F until germination - you should see the first leaves within 7-10 days!



Show us your Seedlings!

Send pictures and videos of your seeding setup and germinating seeds to

deirdre.sheey@greenerpartners.org !

Farm Explorers Tip of the Week!

Some seeds like to be planted directly into the ground instead of being **transplanted** into the garden. For example, root vegetables like carrots have delicate roots that don't like to be moved around while they are growing - so we always let them **germinate** directly in the ground or garden bed!