

# Greener Partners



Connecting communities through food, farms & education

## Deaver Farm Explorers

### Lesson 4 : *Seasonality & Sustainability*

We are back at the farm this week with a lesson all about growing seasons, and what it means to use sustainable growing practices. Lots of our vegetable plants are growing fast this time of year, and some of our late spring crops are ready to harvest and eat. At the end of this lesson we will get to make a healthy seasonal recipe 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](http://greenerpartners.org)
- Check out this [Planting Guide](#) based on our growing zone and frost dates
- Here is a short [video](#) explaining more about sustainability



<i>This Week's Farming Phrases</i>	
Legume	Plant family including peas and beans - these plants contribute necessary nitrogen to the soil and have provided nutrition for humans and animals all over the world for thousands of years
Solanaceous	Plant family including tomatoes, eggplants, potatoes and peppers - also called "nightshades", most often seen growing on the farm in the summer months
Brassica	Plant family including kale, collards, cabbage, and arugula - also called "cruciferous" vegetables, these crops are full of nutrients and most grow year-round on the farm
remay	A heavy row cover used to protect plants on the farm from cold temperatures and frost
sustainability	the process of people maintaining balance and care for the environment in a way that ensures land, plants, animals, and humans can coexist and thrive for generations to come
conservation	Preventing the wasteful use of natural resources like water or energy
Runoff	Water that runs along the surface of land from rainfall or snow melt - when the extra water cannot be absorbed into the soil, it travels away from the land, often causing erosion and the transfer of harmful chemicals from conventional farms to water sources

