



# **GROW YOUR OWN!**

A Sustainable Agriculture Curriculum  
for Children & Youth  
2015 Edition

## **Table of Contents**



**Lesson One – I Love Dirt!**  
Soil Health & Composting



**Lesson Two – Plenty of Plants**  
Plant Science, Planting the Garden & Native Ecosystems



**Lesson Three – Bugs & Bees**

## Garden Pollinators & Perennial Crops



**Lesson Four – Garden Companions**  
Permaculture Principles



**Lesson Five – The Food Chain**  
Food Systems, Food Deserts & Food Justice



**Lesson Six – Farm to Table**  
Local Food & Farmer Visit



**Lesson Seven – Harvest Party**  
Cooking from the Garden



**Lesson Eight – Put It Up!**  
Food Preservation



**Lesson Nine – From Seed to Seed**  
Seed Saving



**Lesson Ten – Goodnight Garden**  
Garden Clean-up & Extending the Growing Season

Alternate Lesson for more experienced Gardeners:



**To Market**  
Host your own Farmer's Market!