



Basic Vegetable Gardening

Lesson 17: Square Meter Gardening

Lesson Summary: Boys and girls will learn about square meter gardens. A square meter garden is one way to plant a lot of vegetables in a small area. Boys and girls will draw a square meter garden that they can plant at home or school.

Use this lesson to learn about square meter gardens. Plan another lesson soon to plant the garden.

What the boys and girls will learn:

- benefits of a square meter garden.
- how to design a square meter garden.

Time: 40 minutes

What you need:

One piece of paper and a pencil for every member.
Student Guide or poster on Square Meter Gardening

Lesson Steps

1. (2 minutes) – Introduction

Today the boys and girls will learn about square meter gardens and draw their very own garden that they can plant at home.

2. (10 minutes) – Tell the boys and girls about square meter gardens.

2.1 (5 minutes) Describe a square meter garden.

Sometimes they are called kitchen gardens. They can be planted near the house so it is easy to take care of and harvest the garden.

Square meter gardens are small gardens that are 1 meter wide by 1 meter long.

Each square meter is divided into 9 sections. Each section has a different plant in it.

Square meter gardens use compost and soil and usually have raised beds.

Square meter gardens have many benefits:

- Take up less space
- Use less water
- Need less work
- Are easy to weed
- Are easy to harvest vegetables
- Are easier for people who do not have a lot of strength for a large garden

2.2 (5 minutes) Tell how to make a square meter garden.

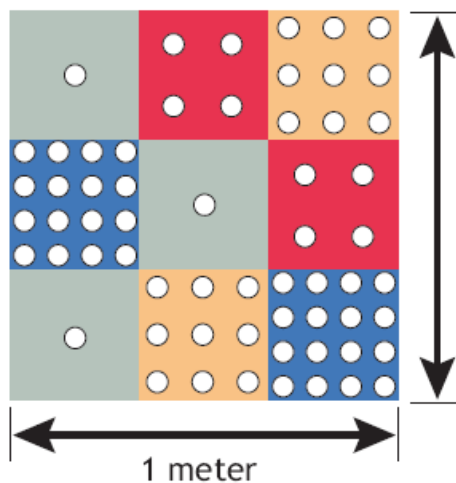
This is all you need to start a square meter garden:

- a few seeds
- compost
- containers to water by hand
- a sunny place

The size of the plant when grown tells you how many seeds to plant in each square. Here are some examples.

●	1 plant: amaranth, cabbage, cauliflower, eggplant, kale, pepper, tomato
● ● ● ●	4 plants: bush beans, greens, lettuce, spinach, Swiss chard
● ● ● ● ● ● ● ● ●	9 plants: beetroot, large radish, onion, peas, upright lettuce
● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●	16 plants: carrot, garlic, radish, scallion or spring onion

Put or plant the seeds or transplants the same distance apart in the square.



Plants that take up meters of space like pumpkins and sweet melons are grown vertically on strong wooden frames with nets or strings to support the plant.



Large plants can also be planted on the corners of the garden.
Grow vegetables that grow deep underground, like potatoes or carrots, in square meter gardens with taller sides.

You can have several gardens in a row with one or two of the sides touching the next garden.

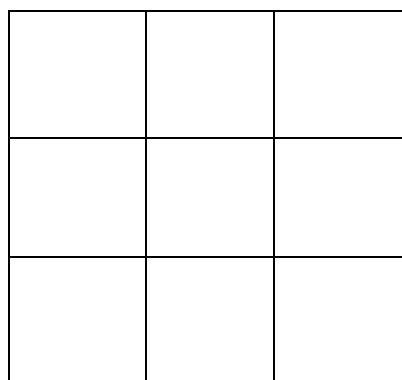
When one plant has been harvested in a square, remove it, add compost, and plant a different plant. Remember to rotate the plants. Plant a vegetable that is in a different plant family than the one just harvested.

3. (20 minutes) – Boys and girls draw their own square meter gardens.

The boys and girls can plant this garden at home or school.



Tell the boys and girls to draw a square and divide it into 9 sections.
Draw it on a large piece of paper or in their notebooks.



Then have them draw or write the type of plant they want to plant in each square.

If there is time, boys and girls can draw the plant that they will plant after the first plants have been harvested. Remind the boys and girls about crop rotation.

Boys and girls can show their plans to other members.

4. (5 minutes) - Review

Ask the boys and girls the following questions:

- What did we do today?
- What is another name for a square meter garden?
Answer: kitchen garden
- What are some of the good reasons of planting a square meter garden?
- How would you explain a square meter garden to your family?
- Where can you plant a square meter garden at home?



- Can you plant more than one square meter garden in an area?
Answer: Yes. You can have several gardens in a row with one or two of the sides touching the next garden.
- We rotate crops in square meter gardens. Should you rotate crops in other size gardens? *Answer:* Yes.
- Square meter gardens use compost as a rich soil and fertilizer. Does compost make a good fertilizer in larger gardens? *Answer:* Yes.
- Do you need a lot of space to have a garden with a lot of variety?
Answer: No. Even people who rent can have a square meter garden.

5. (1 minute) – Close

Tell boys and girls when the next lesson will be and what the lesson topic will be.

