



What is an organic garden? A garden is organic when no pesticides or chemical fertilizers are used. Organic gardens are naturally fertilized with compost-plant material that's turned into black organic soil. Learn how to compost in **KSE's Teaching Grownups** or "Google" it!



Why should my garden be organic? Because your garden will be healthy for the Earth and will grow food that is healthy for you. Pesticides and man-made fertilizers can hurt the Earth and you. Organic gardens also conserve and protect water and soil.

Where can I plant an organic garden? Find a small open, sunny space in your yard or even in pots on a patio.



How do I make my garden? **1.** Once you have picked your garden spot, find other friends to help you dig up the soil and loosen it so there are no clumps. Use hoes, shovels and rakes.
2. Now decide what seeds you want to plant. What are your favorite vegetables? Or would you prefer

berries? Maybe you want a little of each. Be sure to try to buy organic seeds. They aren't much more expensive and they are healthier for you. If you want to start with little organic plants called seedlings, that's ok too. Tomato seedlings work very well.

- 3.** Use your hoe to draw long trenches from one end of the garden to the other.
- 4.** Mist your garden with water.
- 5.** Place the seeds or seedlings in the trenches. Your seed instructions will explain how deep and how far apart. Cover the seeds or seedling roots with soil. If you already have compost, use it to cover the seeds.
- 6.** Make signs to remind you what plants you have planted. Use colorful yarn to lay over each trench so you know where you have planted the seeds.
- 7.** When you see the soil is dry, water with a mist spray to keep the soil damp.
- 8.** Pull out the weeds between the trenches.
- 9.** Sit back and watch your food grow.
- 10.** Harvest, wash, and eat!





Why Organic Farming?

It is very important for you to eat lots of fruits, vegetables, whole grains and some fish, meat and dairy products to keep your body healthy. If these foods are covered with pesticides and grown in man-made chemical fertilizers the foods may not be so healthy for you. It's much better to eat foods free of pesticides. Farmers who grow foods without chemical fertilizers and pesticides are considered organic farmers. They want to protect our Earth's soil and water. They also want to protect the health of their own families and yours. California Certified Organic Farmers (CCOF) has a good link for kids that will help you learn more or about organic farmers and farming. Check out this link. http://www.ccof.org/pdf/CCOF_Organic_Activity_and_Coloring_Book.pdf

Where can I find organic food. Some organic farmers sell their food at farmers markets. This is a great way to buy food at good prices. The simplest way to find organic food is in your local grocery store or health food co-op. Grocery stores usually have a small selection, so ask your grocer where to find organic foods. Be sure to look for the product symbol saying "**Organic USDA**" which means the food is truly organic. The federal **USDA** makes and enforces the rules that farmers have to follow to show that their products are organic.

Bees and other bugs are Important! Organic farms are much safer places for bees and other bugs that are very important to the balance of nature. Every insect has a job to do. We need bees, moths and butterflies for pollinating our plants. And bees produce delicious honey. Pollinators are part of the process of making plants grow. We don't want dragon flies or other insects to disappear! Pesticides can kill all these important bugs.

Shop or grow organic. The information in the KSE Organic Gardening information piece will help you begin your organic garden. If you can't garden be sure to shop organic. You will help the Earth and keep yourself healthier. Tell all your friends about organic gardening and farming.