CFAES

Growing Teachers Throughout the Seasons

Techniques and learning connections for growing foods at schools September through May.

THE OHIO STATE UNIVERSITY
EXTENSION

Acknowledgement

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The GTS School-year Growing Approach

This GTS guide was pilot tested at over 40 schools in the Columbus City Schools district (Ohio).

The revised GTS guide, learning modules, and training slides can be accessed through:

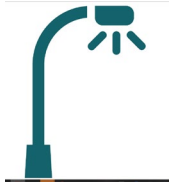
Go.OSU.edu/GTS

GTS Growing Methods

Academic calendar based using indoor and outdoor growing methods where the student's plant, maintain, harvest, prepare, and taste fresh produce.

SEED STARTING UNDER LED LIGHTS

RAISED BEDS WITH SEASON EXTENSION



HYDOPONICS (IN AEROGARDEN UNITS)

SEPTEMBER Radishes 	OCTOBER Herbs 	NOVEMBER Peas 
DECEMBER Bok Choy 	JANUARY Spinach 	FEBRUARY Kale 
MARCH Lettuce 	APRIL Tomatoes 	MAY Collards 

Growing Teachers Throughout the Seasons

Harvest of the Month

What is in your seed packet?

Radishes

Cilantro

Basil
(not included)

Sugar Snap Peas

Bok Choy

Kale and Collards

Spinach

All (except peas) can be grown indoors!
Purchase basil and tomato seed Aeropods.

Seed Variety	When to Plant	Where to Plant	Days to Germi-nation	Days to Harvest	Special Instructions
Round Radishes "Easter Egg II" *Raphanus sativus*	September	Direct seed in raised bed.	3-7 days	28-32 days	Space or thin to at least 3" apart. Use paper towel planting method with lower grades.
Cilantro/Coriander "Cruiser" *Coriandrum sativum*	September	Direct seed in raised bed. Height 12-18".	7-10 days	50-55 days	Can plant in pots, also, to grow indoors under LED lighting or outdoors.
Basil (in pod) "Genovese" *Ocimum basilicum*	September	Plant 3 pods in the Aerogarden	6-12 days	30-60 days	Harvest top growth to keep plants bushy and productive.
Sugar Snap Peas "Sugar Ann" *Pisum sativum*	September August, if possible	Direct seed	7-10 days	42-56 days	Plant as soon as possible. Seed along the north or east side of the raised bed, if possible.
Bok Choy "Bopak F1 OG" *Brassica rapa var. chinensis*	October	Seed start under LED lights.	7-10 days	50 days	Can transplant to raised bed or larger pots for a December harvest.
Kale "Winterbor F1" *Brassica oleracea*	November	Direct seed in raised bed	7-10 days	60 days	This is a hardy, curly kale. Leaves can be harvested at any size.
Spinach (savoyed) "Bloomsdale" *Spinacia oleracea*	November	Direct seed in raised bed	10-14 days	21-35 days	May have poor germination. Will grow slowly in colder months.

What's in the GTS Guidebook?

MONTHLY GROWING INSTRUCTIONS

- Easy steps for each method, coded by color and icons
- Week 1-4 photos
- HOTM Sidebars:

✓ recommended varieties

✓ days to germination and harvest

✓ growing and tasting tips

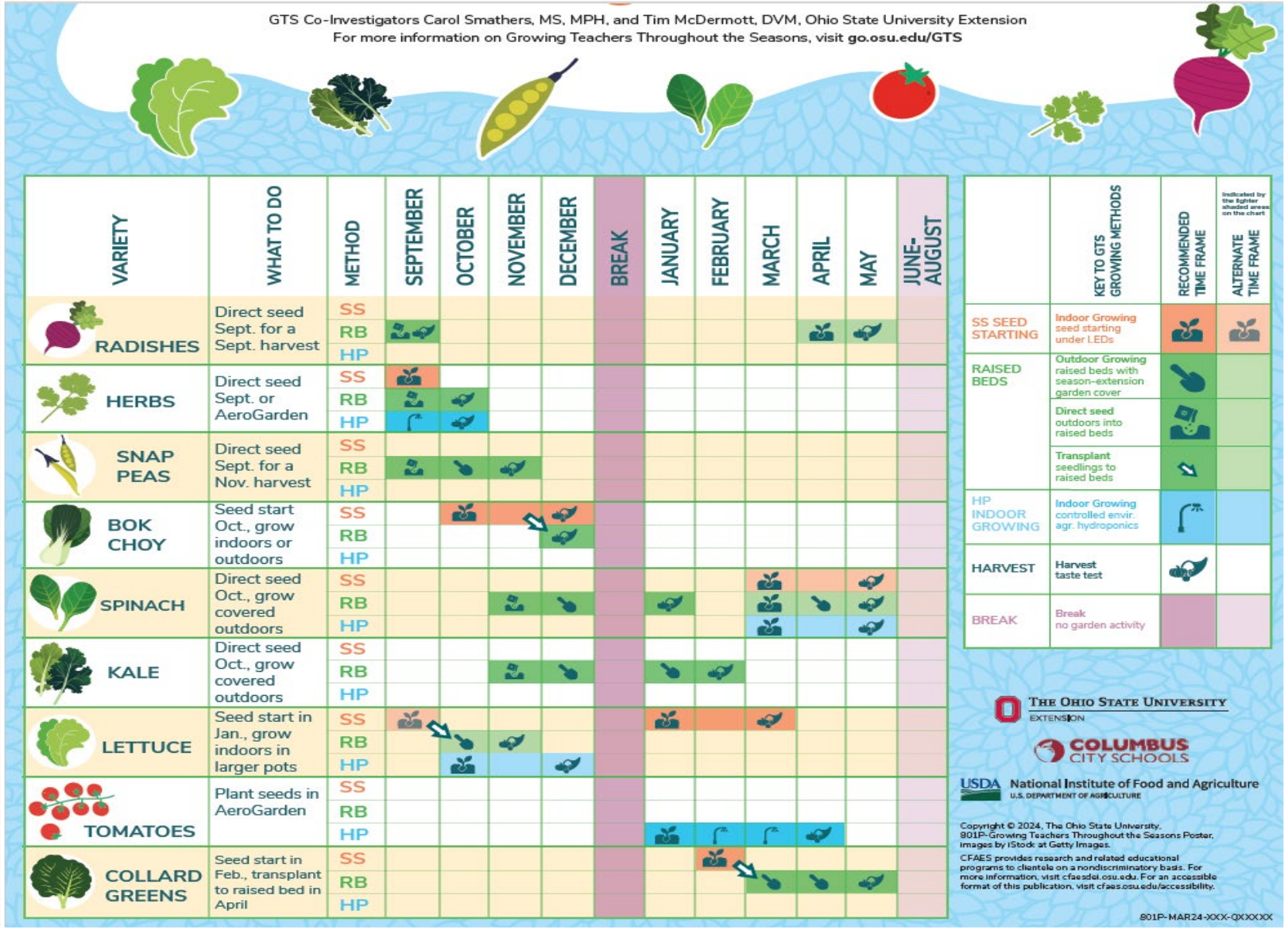
MONTHLY LEARNING CONNECTIONS

- A suggested book and link to recorded "read-along".
- Ways to integrate garden activities into language, arts, science, math, and technology.
- A recipe, cultural tie-ins, and nutrition information for each month's harvest!

OTHER GTS FEATURES…

- Research background
- Supply lists
- Troubleshooting
- Harvest Celebrations
- How to prepare the garden prior to breaks, including summer!

(↑ More poster above ↑)



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GTS Growing Chart & Poster

- Page 4 of the GTS Guidebook

- Use icons to determine which vegetable is grown using the three methods each month

Free online videos and resources

Scarlet Canvas GTS Modules

Scarlet Canvas GTS Modules

The Growing Teachers Throughout the Seasons modules cover:

1. The GTS Growing Cycle
2. Supporting Your School Garden
3. The 3 GTS Growing Methods
4. Seed Starting Basics
5. LED Lighting Systems
6. Best Varieties to Transplant and to Seed Directly
7. Transplanting Seedlings
8. Thinning of Indoor and Outdoor Plants
9. Paper Towel Planting and Other Seed Starting Tips for Classrooms
10. Raised Bed Basics
11. Season Extension Basics
12. Soil Testing and Fertility
13. Outdoor Watering and Fertilizing
14. Integrated Pest Management - Insects and Weeds
15. Closing Out Growing Spaces
16. Controlled Environment Agriculture Methods vs. Traditional Growing
17. Self-Contained Hydroponic Growing Systems for Schools
18. Food Safety While Preparing and Maintaining the Garden
19. Food Safety During Harvest
20. Taste Testing and Celebrating the Garden Harvest

Seed Starting Under LED Lights

Seed Starting Basics

Video: https://u.osu.edu/growingfranklin/2020/01/24/seed-starting/

- Moisten the seed starting mix
- Add potting mix to the pots
- Plant ~ 3 seeds per pot, lightly cover
- Set in the tray of water for ~30 minutes
- Empty the water
- Return pots to the insert and tray
- Plastic wrap or dome until germination

Transplanting

Raised Beds with Season Extension

Types of Season Extension Covers

Aerogarden set up, watering, fertilizing, pollinating, harvesting, pruning, and cleaning out.

Hydroponic Units

- **Basil** (fall)
- **Tomatoes**
  (plant in January
  for April harvest)

Preparing the garden, growing, harvesting, and taste testing.

Food Safety, GTS Recipes, and Taste Testing

Watch:

Growing Teachers Throughout the Seasons- Harvesting and Storing Leafy Vegetables

1. What is the best way to harvest leafy greens like bok choy and lettuce?
2. If you do not plan to use the leafy greens right away, how should they be stored?

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(See GTS Guide for additional contributors.)

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