

Environmental Health Investigators Seasonal Garden Kit Summer 2020

Gardening is a great way to spend more time outdoors, to learn where and how your food is grown, and to improve the quality of the foods you eat! Gardening is a seasonal activity. People start their gardens in early spring and harvest yummy plant-based foods in the summer or start their gardens in late spring and harvest in the fall. Though it is a little late in the season, you might be able to plant these seeds that you can harvest towards the end of fall.

In this kit, you will find seeds to start a small garden so you can harvest more fruits and veggies in the fall. The following instructions provide guidance on how to start seedlings of various plants, as well as suggestions on where to transplant them as they grow into mature plants.

Materials included:

● Beets seeds (1 pack)	● Soil (6 cups)
● Lettuce seeds (1 pack)	● Cups (6)
● Swiss chard/Kale seeds (1 pack)	

Instructions:

Fill each cup with soil. Make a ½-inch deep hole in the center of the soil and place seeds in the hole. Read the direction on the individual seed packages to determine the correct amount of seeds per cup. Fill the hole in with soil and then water the soil. There are two cups for each type of seed provided in the kit. Label the cups with a permanent marker or tape, so you know what type of seeds are in each cup. You can save any leftover seeds and use them for a future garden. Just store them in a dry place.

Place the cups in front of a window so they receive sunlight. Lightly water the soil every other day. The seedlings should begin to grow within a few days. After about two or more weeks, you can transplant your seedlings outdoors where they can grow into mature plants. This outdoor garden can be in the ground, in a raised bed, or in large pots.

Check out more Environmental Health Investigators activities at <http://www.siuSTEMcenter.org/environmental-health-investigators/> and follow us on Instagram @ehi.siu

Southern Illinois University Edwardsville STEM Center, Department of Environmental Sciences, and Department of Applied Health



Seasonal Fruits and Vegetables of Illinois

Seasonal weather patterns across the globe affect the ability of certain plants to grow and successfully produce fruits or vegetables. Each season brings about a variety of fresh fruits and vegetables that are beneficial to your health. New seasons are a good time to try out new recipes or tweak old recipes to incorporate seasonal fruits and vegetables. When you buy fruits and vegetables, remember, those that are in season will have the most nutritional benefit to you and will be the cheapest to buy!

Here are some fruits and vegetables available from local farms and gardens during the summer and fall in Illinois:

- Blueberries: July into August
- Beets: May through October
- Chard: May through September
- Lettuce: May through October
- Kale: June through November
- Melons (various): July through September

Environmental Health Investigators We Have Questions for You!

Thanks for participating in our Seasonal Garden Kit! We would like to know more about your experience and what you are interested in learning. Please take 5 minutes to complete this short, [online questionnaire](#). It should only take you a couple minutes!

Thank you!

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