

Environmental Health Investigators Garden Starter Activity Summer 2020

The Environmental Health Investigators are working in the southwest Illinois region to support healthy soils, gardens, and diets! We are working with the [Goshen Community Market](#) and their Beet Box to distribute garden starter kits in area communities!

If you did not have the opportunity to get a kit, here is a list of materials you will need and the instructions to start a garden. The instructions provide guidance on how to start seedlings of various vegetables.

We will have a follow-up kit for you in about two weeks. The next kit will help you test the soil quality of locations for a garden. Be sure to visit the Beet Box and the Environmental Health Investigator Team again, or check out our website in a couple weeks when we will post the next activity!

Materials you will need:

• Tomato seeds (1 pack)	• Soil (6 cups)
• Mesclun/ greens mix seeds (1 pack)	• Disposal cups (6)
• Zucchini/squash seeds (1 pack)	• Spoon or other digging tool (1)

Instructions:

Fill each cup with soil. Make a ½-inch deep hole in the center of the soil and place seeds in the hole. You can use a spoon or other digging tool to help with this. Fill the hole in with soil and then water the soil. Read the individual seed packages to get guidance on how many seeds should go in each cup. 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 weeks you can transplant your seedlings outdoors where your seedlings 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 our [website](#) and follow us on Instagram @ehi.siu

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



We Have Questions for You!

Thanks for participating in our garden starter activity! 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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