Title: Harvesting & Planting Vegetables  
Recommended for: 3-5 Year Olds

Objectives:

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fine motor</td>
<td>Fine motor</td>
</tr>
<tr>
<td>Gross motor</td>
<td>Gross motor</td>
</tr>
<tr>
<td>Follows direction</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Cooperation</td>
<td>Positive mood</td>
</tr>
<tr>
<td>Attention to detail</td>
<td>Communication</td>
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</tbody>
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Materials Needed:

<table>
<thead>
<tr>
<th>Children</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables to be planted</td>
<td>Plant/vegetable identifiers or tags</td>
</tr>
<tr>
<td>Gloves</td>
<td>Clothes that can get dirty</td>
</tr>
<tr>
<td>Shovels</td>
<td>Pot or tub (to collect vegetables)</td>
</tr>
</tbody>
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Methods:  
Facilitator Preparation
1. Purchase or collect all ingredients and materials.
2. Have supplies set up outside for IG pairs. For each IG pair place two sets of gloves and one shovel together. Have other materials ready nearby for the facilitator to provide IG pairs.
3. Choose a day when the weather is appropriate for elders and children to be outside.
4. Check to be sure vegetables are ready to be harvested before having the IG pairs harvest them.

Intergenerational Participants
1. Introduction -- pair each older adult with a child and sing the hello song.
2. Have IG pairs put on gloves and discuss how to harvest the vegetables and plant new vegetables.
3. Have the IG pairs discuss why we plant and harvest food to eat.
   a. How do you know when a vegetable is ready to be harvested? Can you see all the vegetables above ground when they are ready to pick?
4. Have the elder demonstrate to the child how to dig up the harvested vegetables (if needed, review this technique with the adults in advance).
5. When a vegetable has been retrieved, have the pair place it in a large pot to be taken inside.
6. Have the pairs plant new vegetables to be harvested during the next season.
7. Clean up and sing the goodbye song.
Helpful Websites
• http://www.motherearthnews.com/organic-gardening/mid-atlantic-gardening-region.aspx#axzz2kCvKhYsS
• http://www.egardencentre.com/garden-resources/vegetable-garden-a-healthy-hobby-for-the-elderly
• http://www.amazon.com/s/?ie=UTF8&keywords=child+gardening+tools&tag=googhydr-20&index=aps&hvadid=32871182189&hvpos=1t3&hvexpid=&hvnetw=g&hvrand=787970157157207881&hvplone=&hvptwo=&hvqmt=b&hvdev=c&ref=pd_sl_14ez0aro6s_b

Special Considerations
• Consider supplies that are appropriate for children (e.g. child size gloves, rakes, and shovels). Elders may benefit from adaptive equipment with large grips or extra leverage.
• Have elders demonstrate safe ways for children to use the shovel. Instruct the children to place the shovel on the ground when it is not in use.
• A larger gardening area is more suitable for IG pairs.
• Beware of critters (e.g. insects, snakes, or small rodents).
• Use sun protection as needed and have water on hand for drinking.

Getting To Know You
• “Can you ask ______ to help you pull the vegetable out of the ground?”
• “Can you ask ______ what his/her favorite vegetable is?”
• Have IG pairs discuss gardening and what they like and dislike about it.

Encouraging Interaction
• Have IG pairs discuss seasons and when they should plant different vegetables.
• Have IG pairs discuss vegetables that sprout in the ground and those that sprout above ground.
• Have IG pairs take turns using the shovel to harvest and plant the vegetables.

Extension Opportunities
• Making a pie out of the harvested fruit/vegetables. Use the pie for a snack later in the week.
• Planting flowers or nature walks.