K-1 What is Organic Gardening?

Many gardeners wonder what organic gardening means. The simple answer is that organic gardeners don't use synthetic **fertilizers** or pesticides on their plants. But gardening organically is much more than what you don't do.





Organic gardening, then, begins with attention to the soil. You regularly add **organic matter** to the soil, using locally available resources wherever possible. And everyone has access to the raw ingredients of organic matter, because your lawn, garden, and kitchen produce them every day.

When you garden organically, you think of your plants as **part of a whole** system within Nature that starts in the soil and includes the water supply, people, wildlife and even **insects**.



http://www.organicgardening.com/learn-and-grow/what-is-organic-gardening

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When you garden organically, you think of your plants as ***part of a whole*** system within Nature that starts in the soil and includes the water supply, people, wildlife and even insects. An organic gardener strives to work in harmony with natural systems and to minimize and continually replenish any resources the garden consumes.

Organic gardening, then, begins with attention to the soil. You regularly add **organic matter** to the soil, using locally available resources wherever possible. And everyone has access to the raw ingredients of organic matter, because your lawn, garden and kitchen produce them everyday. Decaying plant wastes, such as grass clippings, fall leaves and vegetable scraps from your kitchen, are the building blocks of **compost**, the ideal organic matter for your garden soil. If you add compost to your soil, you're already well on your way to raising a beautiful, healthy garden organically.

The other key to growing organically is to choose plants suited to the site. Plants adapted to your climate and conditions are better able to grow without a lot of attention or input; on the other hand, when you try to grow a plant that is not right for your site, you will probably have to boost its natural defenses to keep it healthy and productive.

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ReadWorks

What Should You Eat?

Eat Right, Feel Great!

Learn about the food pyramid.

Healthy foods are good for you! They help your body grow. They also give you energy to work and play. How do you know which foods to eat? Follow the food pyramid. Use it to make good choices.

Grains

The grains group gives you energy. Make sure at least half the grains you eat are whole grains. Eat brown rice, oatmeal, and popcorn. Try whole-wheat bread instead of white bread.

Vegetables

Color your plate with all kinds of veggies. They help your heart, eyes, skin, and teeth. Experts say to eat a rainbow of colors. Each color helps the body in a different way. Munch on carrots, corn, and broccoli.

Meat and Beans

The meat and bean group is high in protein. That helps build strong muscles. Eat fish, chicken, lima beans, and nuts.

Fruits

Fruits are nature's treats. They are sweet and tasty. They help your heart, eyes, skin, and teeth too. Eat a variety of colors. Try an apple or a banana. You can also mix pieces of different fruits to make a salad.

Milk

Have milk and foods made with milk. Those foods are high in calcium. Calcium builds strong bones. Foods made with milk can be high in fat. Try low-fat milk, yogurt, and cheese.

Oils

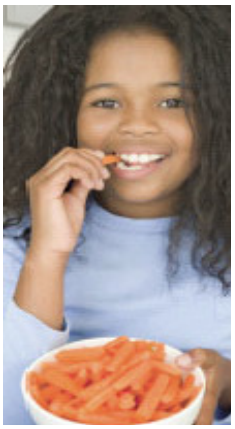
Your body needs only a little oil to keep it healthy.

Some foods that have oils are nuts, tuna fish, and salad dressing.













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How to Grow Peas

An easy plant to nurture

Once planted, peas need little attention other than watering and harvesting. Pests and diseases are rarely a problem, particularly if disease-resistant varieties are planted. Just keep an eye out for aphids on the pea plants and get rid of them with a sharp spray of water from the garden hose.

When to plant peas

Peas thrive in cool weather and young plants will tolerate light frosts. Once germinated, peas adapt well to the cold, damp climate of early spring. Peas must be planted as early as possible in the spring to get a full harvest before hot summer temperatures arrive and put an end to production. In temperate zones, the saying "Plant peas by St. Patrick's Day" holds true. Otherwise, plant peas about a month prior to your frost-free date.

Where to plant peas

Peas prefer a fertile, sandy loam that drains well, but will tolerate most soils. If you have limited garden space, plant 'Alderman' heirloom garden peas or 'Super Sugar' snap peas on a trellis or fence. This way you can get maximum yields using only a few square feet of garden space.

http://www.burpee.com/gardenadvicecenter/vegetables/peas/all-about-peas/article10250.html



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Peas: A Plant for Beginning Gardeners

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Four Healthy Seeds



Sunflower seeds

Strength: Offer high concentrations of vitamin E, antioxidants, niacin, vitamin B6, folate, and fiber.

Weakness: Though they offer healthy fats, they should be used in moderation.

How to use: As snacks or as toppings for salads, smoothies and baked goods.



Pomegranate seeds

Strength: Red and juicy, offer vitamins C and K and folate, antioxidants and potassium. All help fight heart disease, prostate disease and help control weight.

Weakness: Generally available only from October to January.

How to use: As a snack or atop salads, cereal or oatmeal. Juice for drinks or soup.



Sesame seeds

Strength: High in calcium, iron, phosphorus and magnesium that can help protect the liver.

Weakness: It is moderately high in fat, so moderation is advised.

How to use: Use in baking, smoothies, soups, salads, noodles and meats.



Pumpkin/squash seeds

Strength: High in protein, iron, zinc, magnesium, phosphorus and that is good for prostate health.

Weakness: High in fat if eaten in excessive amounts. Also, eating heavily salted seeds increases sodium levels, not good for high blood pressure.

How to use: Eat them as a snack.

https://aboundingwellness.wordpress.com/tag/pomegranate/

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