



DARBY BOINGG
MEETS

Chrys and the Mums

Buzzy
Combz



Darby
Boingg



Chrys
Mum



Poppy
Mum



Button
Mum



Gateway Greening

Written
& Created
by Michelle Bain





Test how much you know about gardening by answering the questions, then we'll come back at the end of the book to see how much you've learned!

PRE-TEST

1. Garden vegetables are full of vitamins.

True False

2. You can eat the roots of some veggies.

True False

3. Spiders pollinate plants.

True False

4. A garden can grow in a recycled container.

True False

5. Gardening and being outside are not good for you.

True False

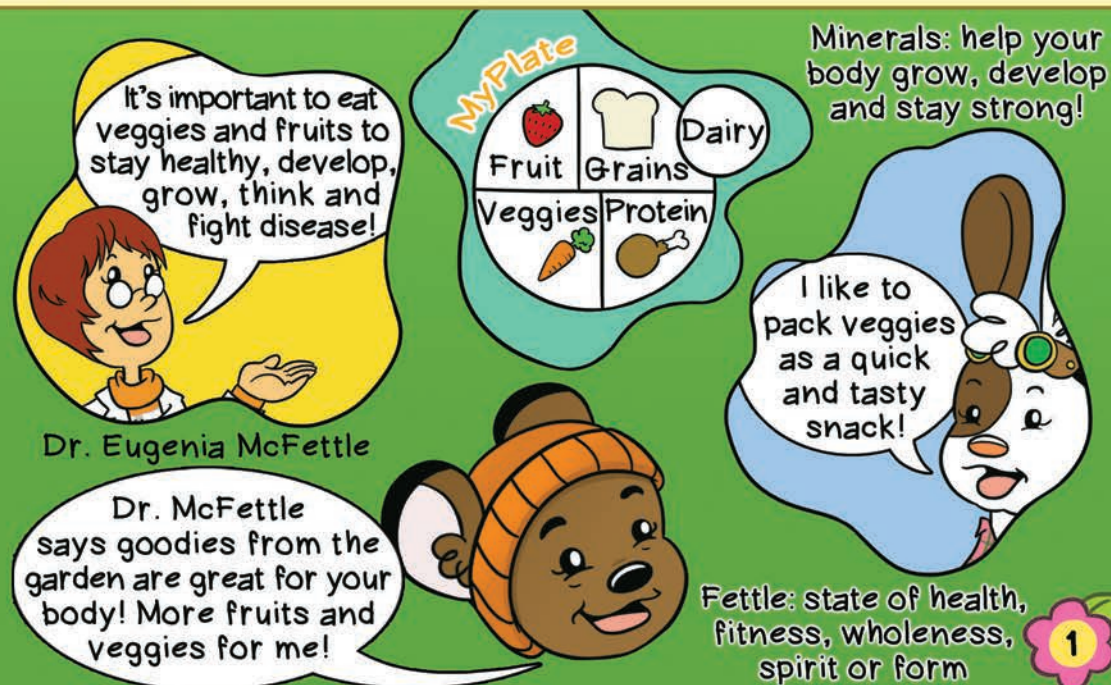
We'll find out the answers at the end of our adventure!

Disclaimer: This book provides general information about gardening, plants and health benefits. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns.

It was a sunny Saturday and the first ever Claytown Farmer's market. Darby Bolngg was excited to see all of the plants, vegetables, fruits and flowers and his friends!



Chrys told Darby about all of the healthy fruits and vegetables at the market and how they provide vitamins and minerals for your body.



After buying the fruits and veggies at the Farmers' Market, Darby had more energy and was back to his bouncing self. But the plant he bought wasn't doing as well.



Chrys taught Darby about how to help his plant and also answered all of his questions about gardening, health and nutrition.



It all began 10,000 years ago...

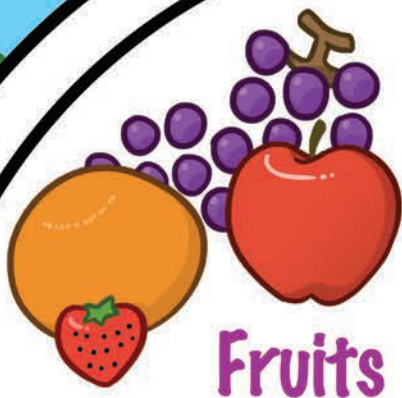


Gardening Origins

Darby was amazed at the history of gardening and how so many things have changed over the thousands of years of gardening and farming.

Nutrition from the Garden

Fruits come in many shapes and sizes and grow on trees, bushes, stems and even vines! They are good for you when you crave a sweet snack.



Fruits

Veggies are good and good for you. They grow on stalks, stems and underground. It's important to eat a lot of veggies to grow big and strong.



Veggies

the Garden

Grains include wheat, oatmeal, rice, and many others that are used to make things like bread, cakes, cereal and much more.



Grains

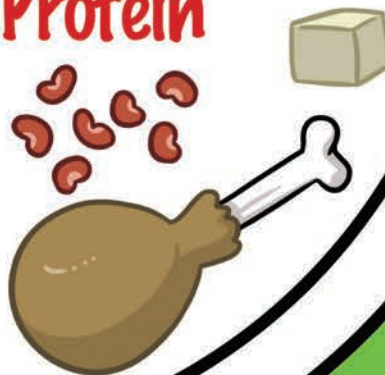


Dairy

Dairy like milk and cheese usually comes from cows but can also be made from soybeans.



Protein



Many people get protein from meat like chicken, pork and beef, but protein can also be found in plants like soybeans, black beans and others.



Wow! Look at how healthy all of the things from the garden are!



Chrys took Darby out to the garden to talk to Button Mum. He was an expert on plants and vegetables and the parts that you eat to make you healthy and strong!

Plants are so cool because we eat different parts of them to get the vitamins and minerals we need.



Parts of Plants We Eat

LEAVES
We eat the leaves from plants like lettuce.



FRUIT
We eat the fruit from plants like strawberries.

STEMS
We eat the stems from plants like asparagus.

SEEDS
We eat the seeds from plants like peas.

ROOTS
We eat the roots from plants like carrots.

Why Are Plants Healthy?

There are a lot of ways fruits and vegetables help you stay healthy and strong! Fruits and veggies have lots of fiber and are good for all day energy!



Rocco Broccoli



Move over, milk! You aren't the only thing that provides calcium. Broccoli is full of vitamins c and a. the broccoli family helps prevent cancer, too!

Oranges are full of vitamin c, vitamin b and potassium. You'd better bet your belly button that these navel oranges are full of fiber, too!



I am vitamin a+! For your skin, teeth, eyes and heart, carotene helps you stay healthy from head to toe!

Carrotina

Captain Navel

Darby learned about how the fruit, stems, seeds and roots grow from dusk 'til dawn!



The plant gets its food from sunlight in a process known as "photosynthesis."



T.L.P.C. = TENDER LOVING PLANT CARE



Plants have "cycles." Like day and night, they grow, blossom, then drop seeds to grow again!

And with sunlight...



The seed starts to grow.

With a little T.L.P.C., tender loving plant care, your seed will grow!



Bugs and birds help the plants to "pollinate," letting them reproduce.



Hey, I'm Buzzy Combz! It's great to pollinate!

The plants grow fruits, veggies, flowers and more!

With water...



The plant makes seeds that go in the ground and grow into new plants!



My garden



Gardens need water, light and T.L.P.C. to grow and thrive!

Wow! That's amazing. I had no idea that plants went through cycles like that.



How Does a Garden Grow?

Poppy Mum explained to Darby about how important flowers are in pollination and plant growth...

Buzzy Combz knew about the "gardening beezness" and told Darby all about the bug posse that keeps a garden growing.

Flowers are so cool! They smell nice, have many colors, and attract birds, butterflies and bees, like my friend Buzzy Combz! He's the coolest bee around!



ZZZ

Z Z Z

You'd be "bugging" if you didn't think bugs were important in gardens.

Did you know that in a teaspoon of dirt, there can be more than one million tiny living things?

My official name is Danaus Plexippus, but my royal subjects call me Queen Dana. We Monarch butterflies pollinate many plants when we migrate over hundreds of miles. We also eat a plant called milkweed when we are young!



I'm Stiltz the spider. I can be dangerous when I bite, but I help in gardens because I eat bugs that harm plants.

I am Gentlemantis! I eat garden pests, but I can also catch and eat mosquitoes that are pests for people!



I'm Miss Lady, but I'm not actually a bug! I'm a beetle, and I help garden plants by eating pests that are harmful.



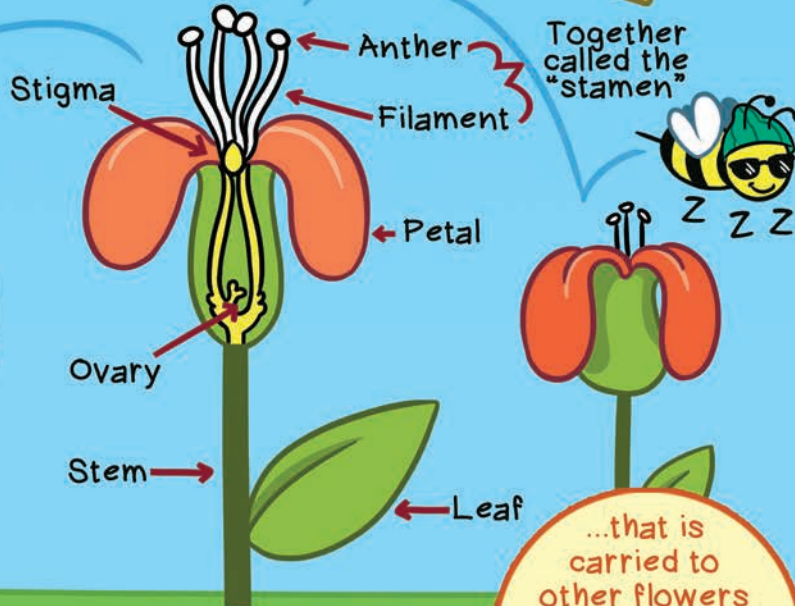
Visit monarchwatch.com to find out more about Monarch butterflies!

I'm Stump! Worms also turn things like leaves into nutrients for plants, and we do it just by eating!

I'm Wiggle! Worms do a lot to help gardens, by digging holes that help air and water reach roots!



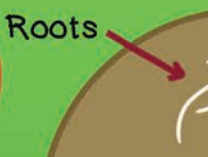
Parts of a Flower



Z Z Z

...that is carried to other flowers by bees, bugs and birds. This is called Pollination!

The anther makes pollen...



Where Does Your Garden Grow?

Water Garden



Water Gardens grow in pools or ponds.

Hugelkultur is when plants are grown on piles of rotting wood.



Hugelkultur



Many different types of plants can be grown in gardens.

Gardens also come in many shapes and sizes!



Container Garden

Container Gardens are when plants are grown in pots, bins, barrels and more.

Community Gardens are grown by groups of people like friends, family and neighbors.

Native Garden

Native Gardens are grown in the way plants would be found in nature.

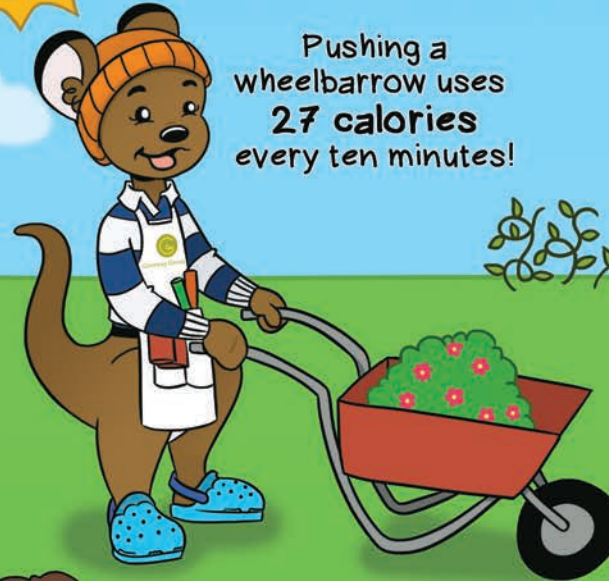


Community Garden

Gardening by the Numbers



Pushing a wheelbarrow uses **27 calories** every ten minutes!



Weeding uses **150 - 157 calories** per hour!



Planting a garden uses **135 - 177 calories** per hour!



Digging with a shovel uses **150 - 197 calories** per hour!

Flexibility



Joints



Heart



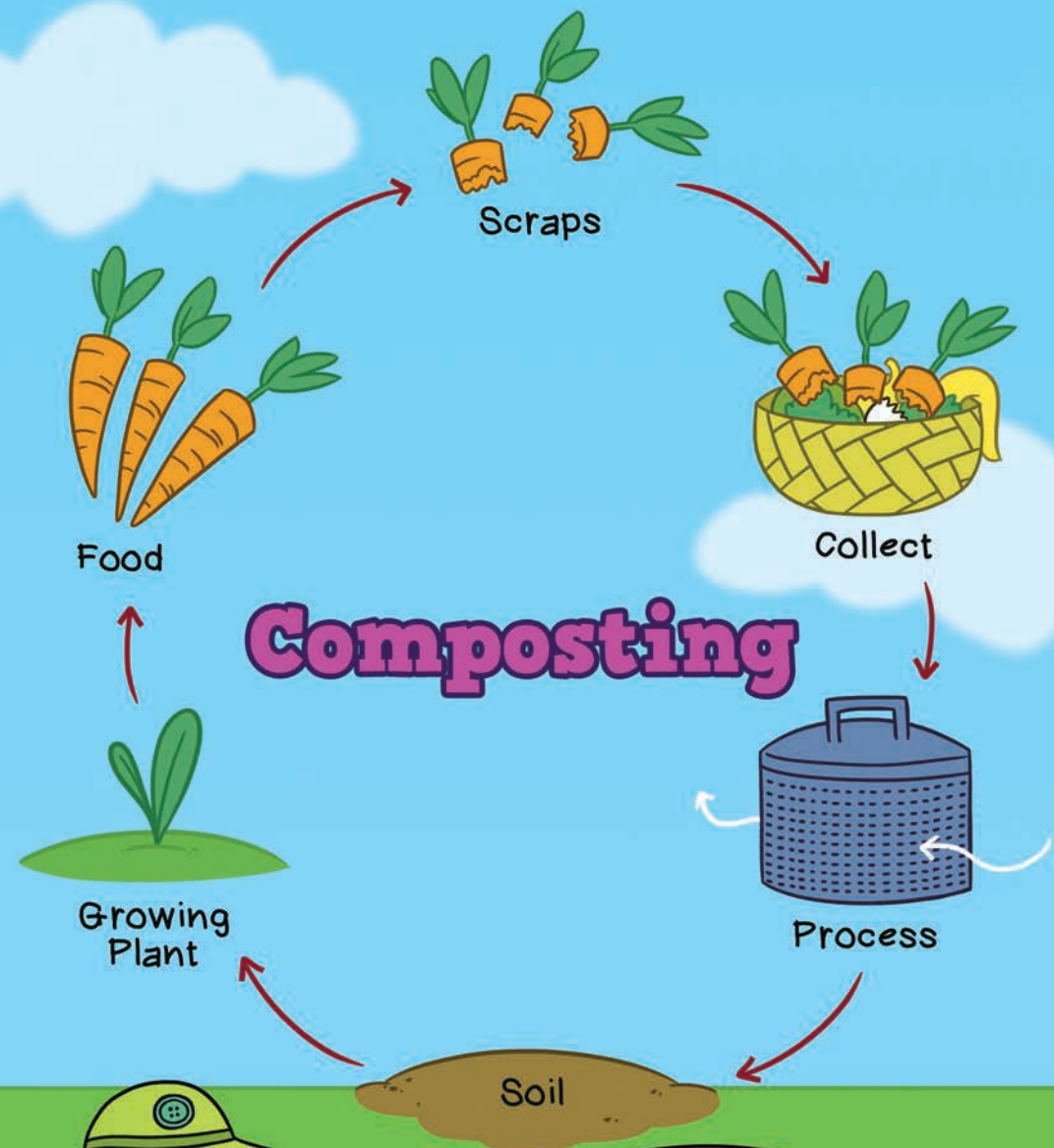
Bones



Darby's head was buzzing with all of the good things about gardens, plants, vitamins and how healthy gardening makes you- Inside and out!



So Darby and his friends decided to plant a community garden and get it "Growing"!



From Farm to Table

Darby thought about growing the Community Garden while he was eating his veggies from the Farmers' Market. as he chomped on his tasty carrot, He was amazed at all of the hard work it took to get it from the farm into his belly...



When they're ready, the plants are harvested.



Second, the harvested plants are stored until they're ready to go to market!



Third, fruits and veggies are taken to the store.

Road to Nutrition!

Basil is an herb. It's used a lot in cooking many types of pasta. Darby named his Wallabasil!

Lastly, the fruits and veggies are bought and cooked or eaten raw!

Don't forget to use:
T. L. P. C.!
Tender Loving Plant Care



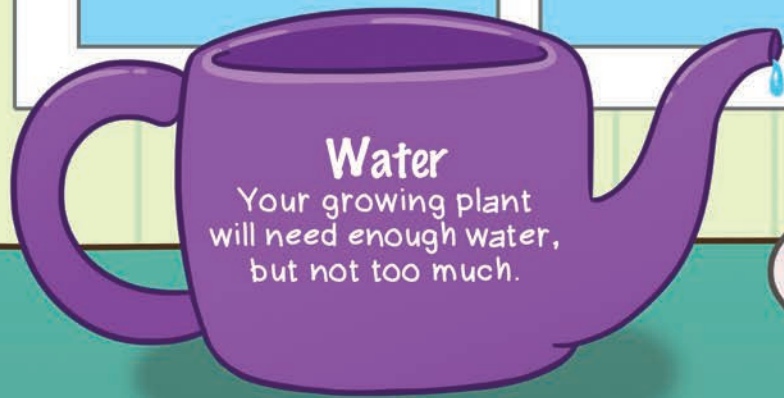
From the farm to his plate, Darby's carrot had been given Tender Loving Plant Care every step along the way! Darby knew that T.L.P.C. would help his plant grow up to be in their community garden.

Get Going on Your Garden Growing!



Afterwards, you can transplant your plant in a community garden!

Drain water
Make sure there is a container under your garden pot to catch any extra water that drains from your plant.



Water
Your growing plant will need enough water, but not too much.



How would you paint or decorate your pot?

Clean
After handling your plant, make sure to wash your hands or use an antibacterial hand cleaner.



Container Gardens can come in any shape and size!



My Garden Journal

Draw a picture of your plant each day and write what you notice changing. Did you name your plant? write that, too!

Day 1



What's "growing on" with your plant?

Day 3



What's "growing on" with your plant?

Day 5



What's "growing on" with your plant?

Day 7



What's "growing on" with your plant?

Day 9



What's "growing on" with your plant?

Day 11



What's "growing on" with your plant?

Day 13



What's "growing on" with your plant?

Day 15



What's "growing on" with your plant?

What did you name your plant?



Word Find

Find the words in the list and circle them.

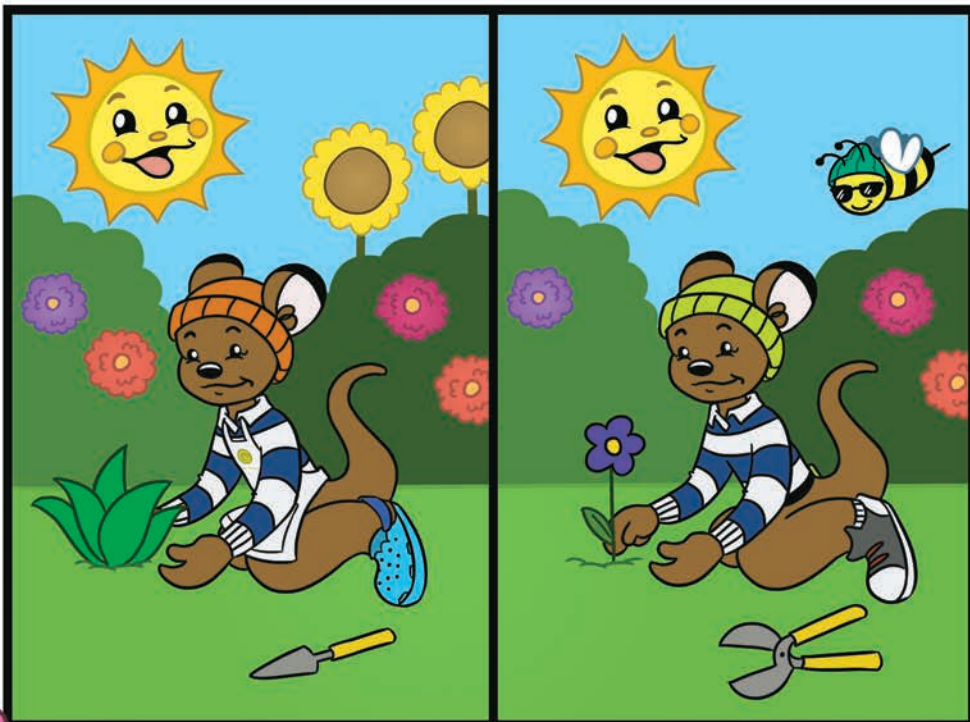
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 P L A N T S G G I L G O
 B L D U G O W L A D F I
 U G L D U G A G L D U L
 G I L A I E T E A L D L
 S I D L G J E O D U G H
 S L G U D H R L D U H X
 X C S U N L I G H T L W

Words

- soil
- plants
- water
- sunlight
- bugs

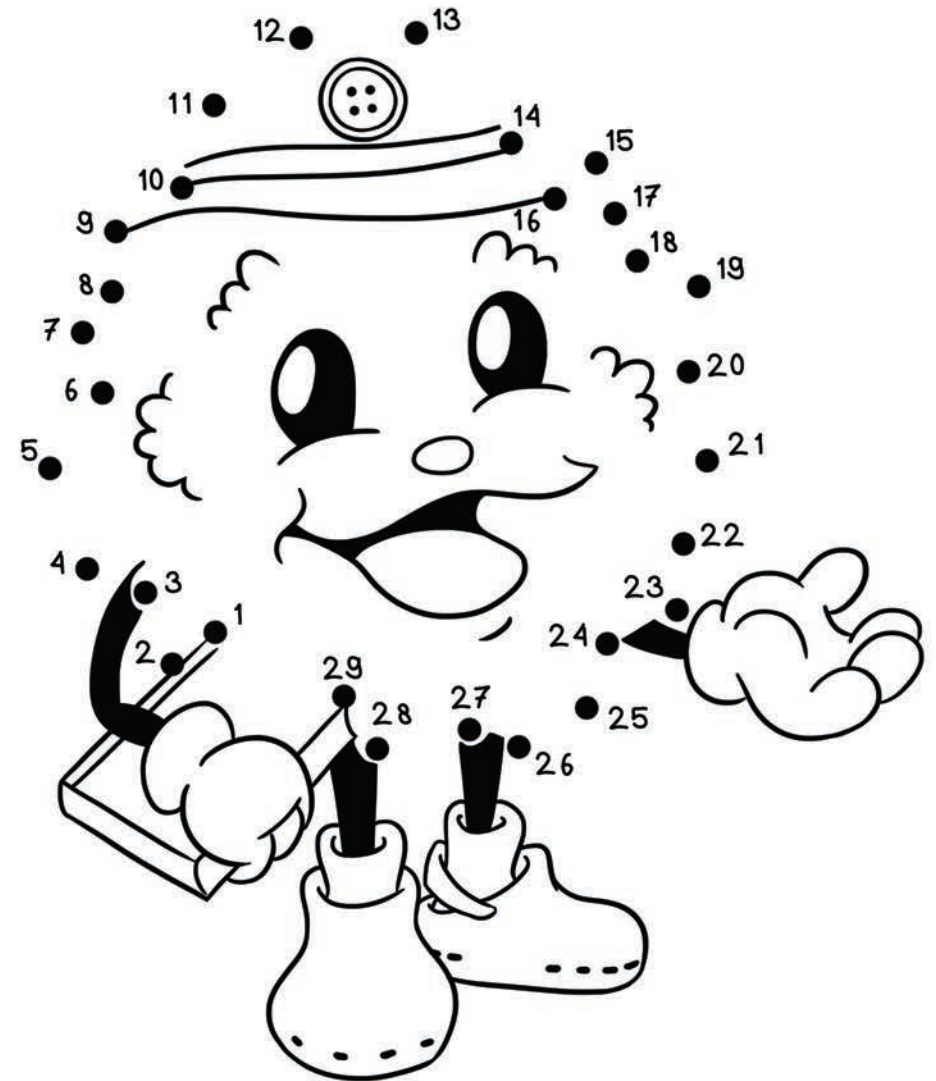
Spot the Differences

Find seven differences and circle them.



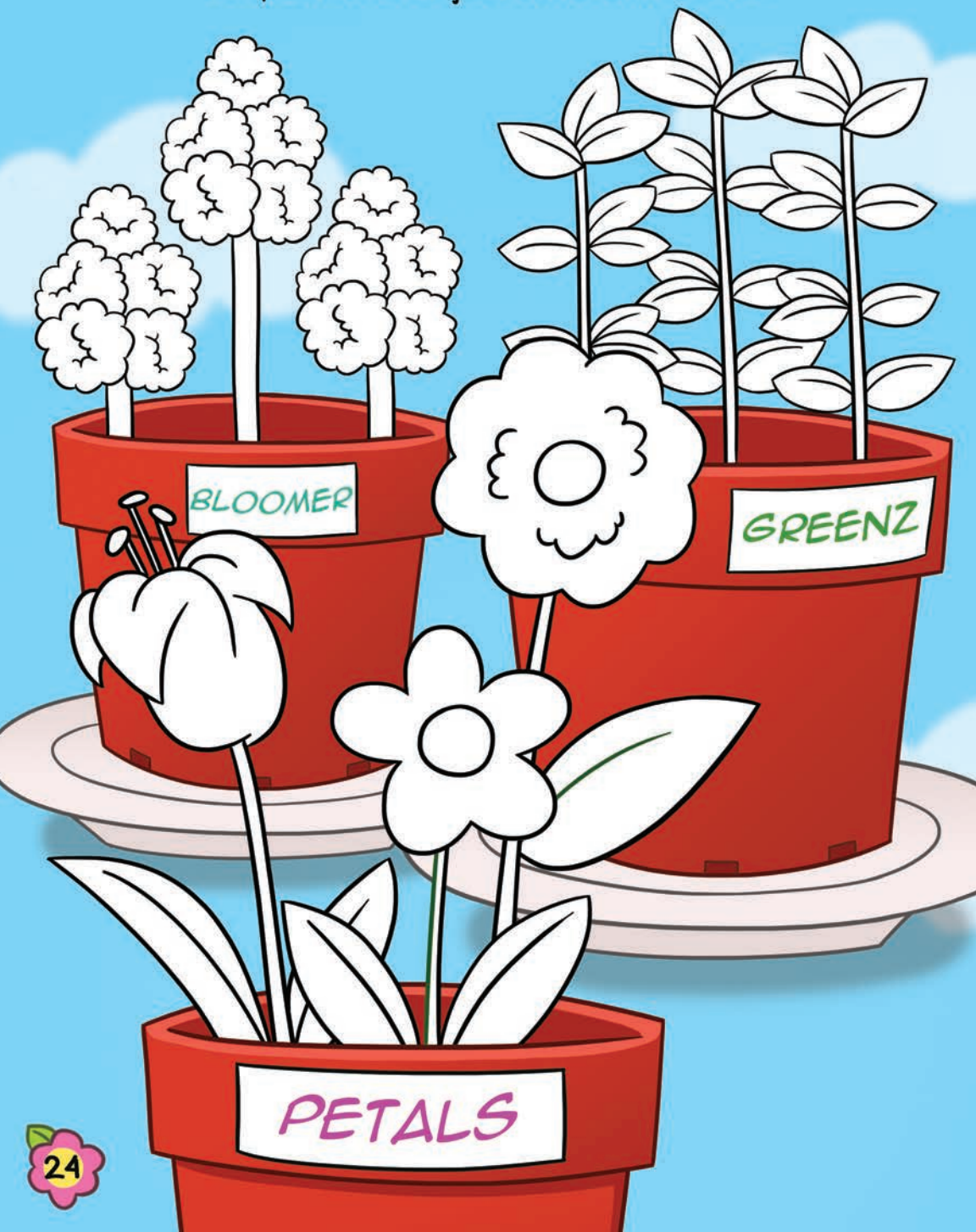
Connect the Dots

Connect the dots then color Button Mum.



Color the Container Garden

Plants come in many shapes, sizes and colors. Color the plants below and decorate them with stripes, dots or just different colors!



Now answer the following questions to find out what you've learned about gardening and plants!

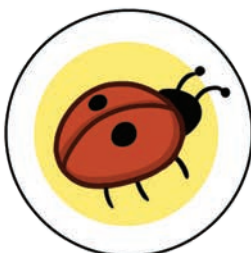
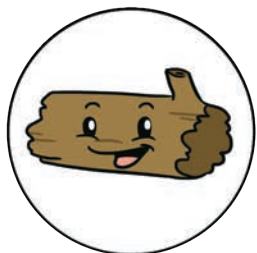
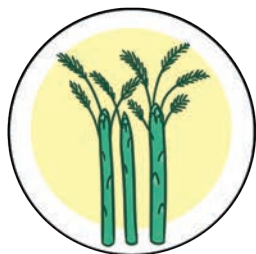


POST TEST

1. Garden vegetables are full of vitamins.
 True False
2. You can eat the roots of some veggies.
 True False
3. Spiders pollinate plants.
 True False
4. A garden can grow in a recycled container.
 True False
5. Gardening and being outside are not good for you.
 True False

1. True 2. True 3. False 4. True 5. False

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Tender Loving Plant Care Pledge

From Hugelkultur to Container Gardens,
seeds will really grow.

I know what plant parts grow above the dirt
and which grow down below.

Buzzy Combz and his bug posse
taught me all the parts of a flower.
They need lots of dirt, and light,
some pollen and a water shower!



We eat so many parts of plants-
their leaves, their stems and seeds.
They give us the vitamins and minerals
that everybody needs!

Where would corn and oranges be
without a “maize” or navel?
Their growing history got them from
the farm onto my table!



Keep the planet
healthy! This book
was printed on
recycled paper!



Made in
the USA



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