**Facilitation Guide**

**Grab’N Grow Kits**

This produce was created by the Mountain West Climate-Health Engagement Hub, under the direction of our Climate Conversation Core.

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**Brief description:**

The San Luis Valley has been getting hotter and drier. As the climate changes, it is important that people learn how to change their lifestyle and habits too. Gardening is a fun activity for adults and children alike. It is a great way to spend time with your child, teach them about the outdoors, and get your hands dirty! Follow the directions below to plant a drought-resistant vegetable of your choice.

**Objectives:**

1. Facilitate student/family engagement while learning about climate change and health
2. Provide foundational education and awareness about climate change and actionable way in which people can protect their health

**Materials:**

* Printed handout – Fighting Climate Change
* Printed handout – General Climate Change
* Standard potting mix
* 12” or 5 gallon ceramic pots with drainage hole
* 8” or 1 gallon ceramic pots with drainage hole
* Plastic drainage discs
* Water source (sink, drinking fountain, etc.) / bucket of water
* Watering container / cup
* Hand shovel / gardening spade
* Seedlings – Suggested: summer squash, kale, bell peppers
* Plastic tablecloth (for easy cleanup)

**Instructions – Set-up**

1. Cover surfaces with plastic tablecloth for ease of cleanup
2. Provide planters, drainage discs, seedlings, soil, “watering can” and shovels for participants
3. Ensure there is a water source nearby or provide a bucket of water
4. Keep in mind: plant 4-6 weeks before the predicted last frost in your region

**Instructions – Activity**

1. Choose pot based on what you will be planting
2. 12” pot for summer squash and kale
3. 8” pot for bell pepper
4. Add soil to pot, gently tamping down top layer
5. Lightly moisten soil with water
6. Plant seedlings
	1. Summer squash – plant one site (two seeds) at 1 inch deep
	2. Kale – plant two sites (two seeds each) at ¼ inch deep
	3. Bell pepper – plant one site (two seeds) at ¼ inch deep
7. Watch your plant sprout! Depending on what vegetable you choose, it can take up to two weeks to see sprouts. Harvest time will be after Month 3
8. Scan the QR code/links below to see how to care for your plant once you take it home!

**Summer Squash**

<https://www.geturbanleaf.com/blogs/vegetables/growing-summer-squash-indoors?srsltid=AfmBOopQ3oFYkR9vDFPZdhxaoaevQpPlKRjaYWFHSvWYyCgzQab55edp>



**Kale**

<https://www.geturbanleaf.com/blogs/leafy-greens/growing-kale-indoors?_pos=3&_sid=e92ad303c&_ss=r>



**Bell Peppers**

<https://www.geturbanleaf.com/blogs/vegetables/growing-own-pepper-indoors?_pos=2&_sid=fca588264&_ss=r>



**Other Gardening Resources**

* [Colorado Vegetable Guide from Colorado State University Extension](https://growgive.extension.colostate.edu/wp-content/uploads/sites/63/2021/01/Colorado-Vegetable-Guide-2.1.pdf)
* [Tips for a Drought-Tolerant Garden from Almanac.com](https://www.almanac.com/10-tips-drought-resistant-garden)
* [Rainwater Collection Fact Sheet from Colorado State University Extension](https://extension.colostate.edu/docs/pubs/natres/06707.pdf)