

DARBY BOINGG
MEETS

Chrys and the Mums

BUZZY
COMBZ



DARBY
BOINGG

BUTTON
MUM



Gateway Greening



CHRYS
MUM

POPPY
MUM



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

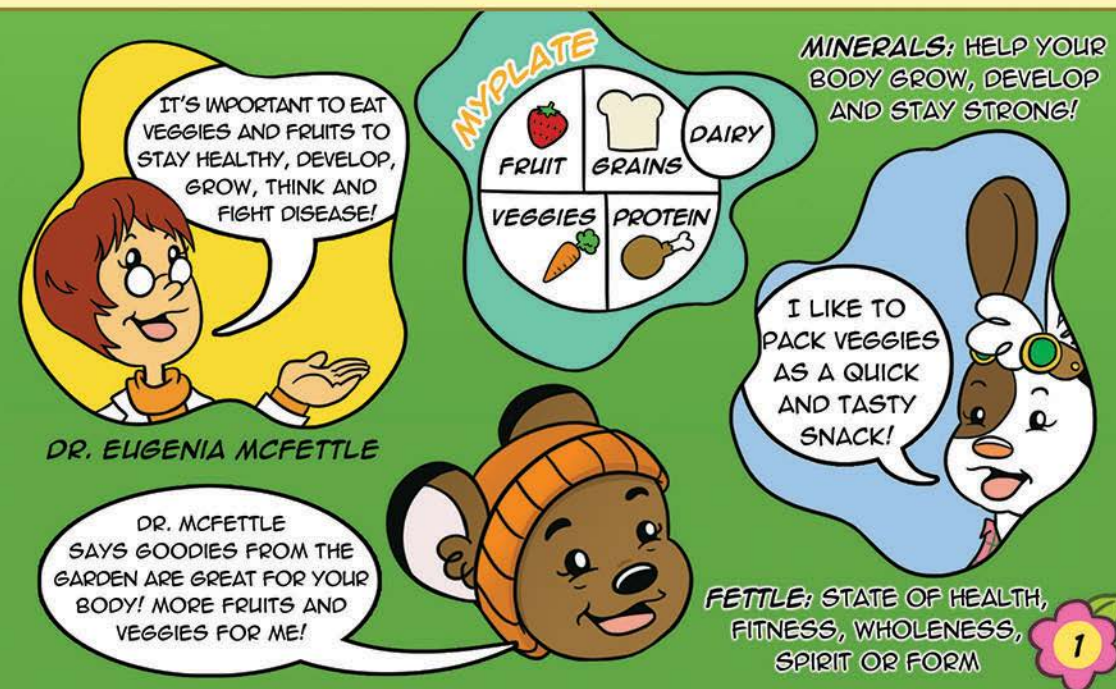
WE'LL FIND OUT THE ANSWERS AT THE END OF OUR ADVENTURE!

DISCLAIMER. This book provides general information about gardening, plants and health benefits. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health needs and to professionally address personal nutritional or medical concerns.

IT WAS A SUNNY SATURDAY AND THE FIRST EVER CLAYTOWN FARMER'S MARKET. DARBY BOINGG WAS EXCITED TO SEE ALL OF THE PLANTS, VEGETABLES, FRUITS AND FLOWERS AND HIS FRIENDS!



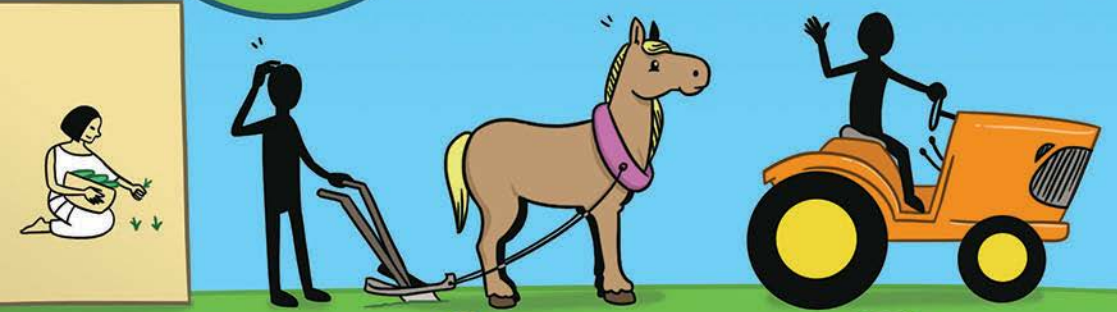
CHRYS TOLD DARBY ABOUT ALL OF THE HEALTHY FRUITS AND VEGETABLES AT THE MARKET AND HOW THEY PROVIDE VITAMINS AND MINERALS FOR YOUR BODY.



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.



IT ALL BEGAN 10,000 YEARS AGO...



DARBY WAS AMAZED AT THE HISTORY OF GARDENING AND HOW SO MANY THINGS HAVE CHANGED OVER THE THOUSANDS OF YEARS OF GARDENING AND FARMING.

Gardening Origins

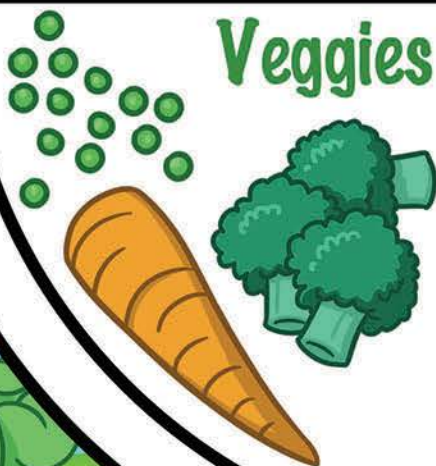
Nutrition from the Garden

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

WOW! LOOK AT HOW HEALTHY ALL OF THE THINGS FROM THE GARDEN ARE!

the Garden

GRAINS INCLUDE WHEAT, OATMEAL, RICE, AND MANY OTHERS THAT ARE USED TO MAKE THINGS LIKE BREAD, CAKES, CEREAL AND MUCH MORE.



Grains

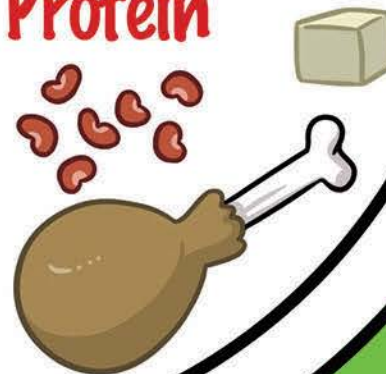


Dairy

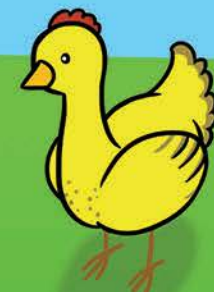
DAIRY LIKE MILK AND CHEESE USUALLY COMES FROM COWS BUT CAN ALSO BE MADE FROM SOYBEANS.



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.



CHRYL 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!

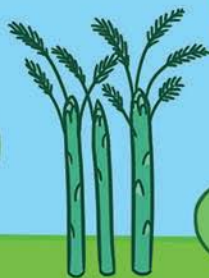
PLANTS ARE SO COOL BECAUSE WE EAT DIFFERENT PARTS OF THEM TO GET THE VITAMINS AND MINERALS WE NEED.



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!



DR. MCFETTLE

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!



Captain Navel

I AM VITAMIN A+! FOR YOUR SKIN, TEETH, EYES AND HEART, CAROTENE HELPS YOU STAY HEALTHY FROM HEAD TO TOE!

Carrotina

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."

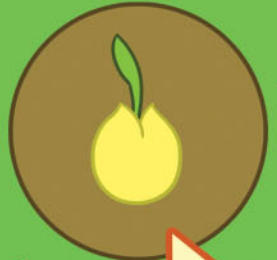


T.L.P.C. = TENDER LOVING PLANT CARE



PLANTS HAVE "CYCLES." LIKE DAY AND NIGHT, THEY GROW, BLOSSOM, THEN DROP SEEDS TO GROW AGAIN!

AND WITH SUNLIGHT...

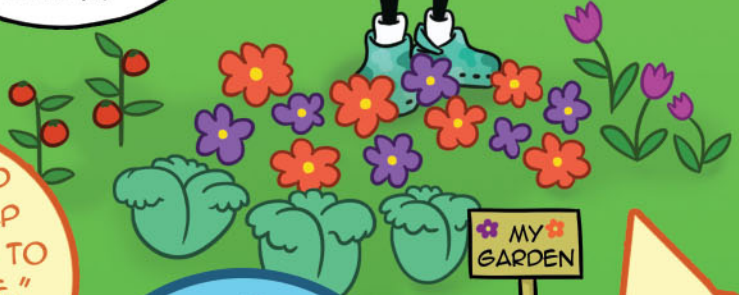


THE SEED STARTS TO GROW.

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!



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.



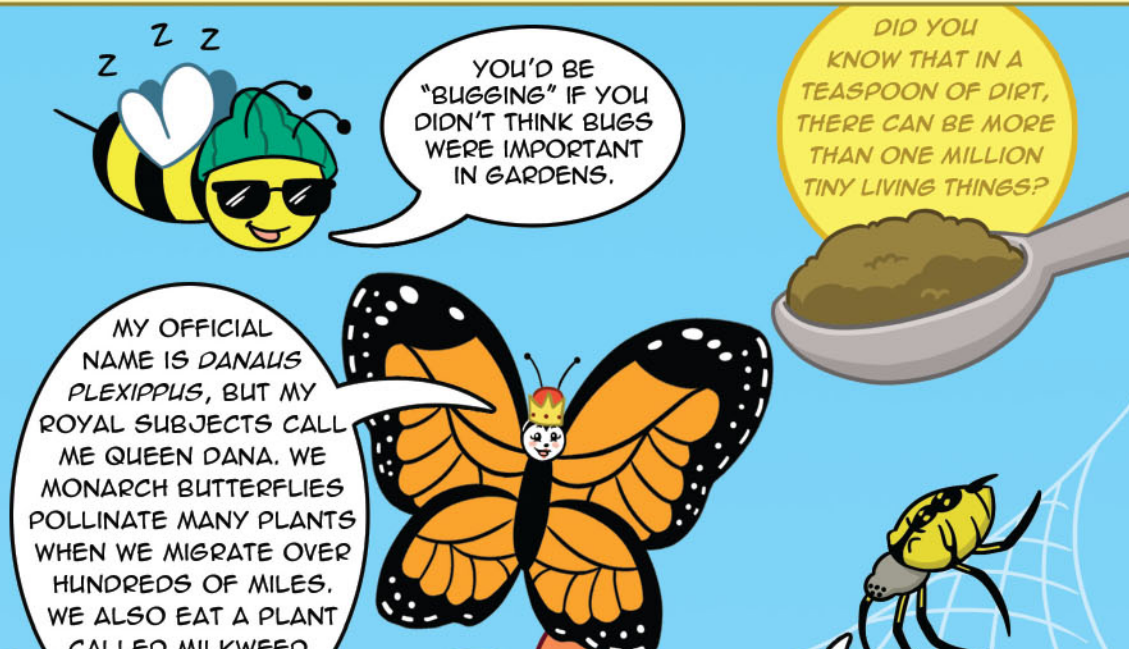
How Does a Garden Grow?

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!



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.

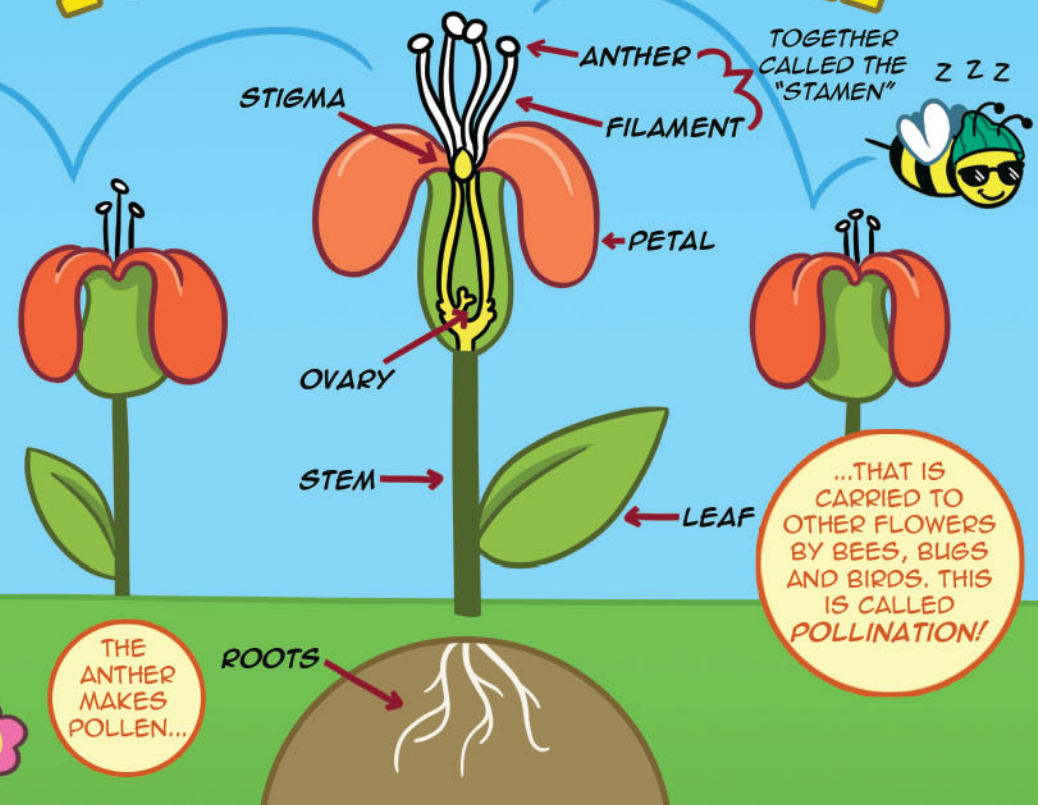
VISIT MONARCHWATCH.COM TO FIND OUT MORE ABOUT MONARCH BUTTERFLIES!



I'M WIGGLE! WORMS DO A LOT TO HELP GARDENS, BY DIGGING HOLES THAT HELP AIR AND WATER REACH ROOTS!

I'M STUMP! WORMS ALSO TURN THINGS LIKE LEAVES INTO NUTRIENTS FOR PLANTS, AND WE DO IT JUST BY EATING!

Parts of a Flower



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 GARDENS ARE WHEN PLANTS ARE GROWN IN POTS, BINS, BARRELS AND MORE.



Container Garden

COMMUNITY GARDENS ARE GROWN BY GROUPS OF PEOPLE LIKE FRIENDS, FAMILY AND NEIGHBORS.



Community Garden

Native Garden



NATIVE GARDENS ARE GROWN IN THE WAY PLANTS WOULD BE FOUND IN NATURE.

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!

WOW! I FEEL LIKE I KNOW SO MUCH ABOUT GARDENING NOW! I THINK I WANT TO GET MY FRIENDS TO MAKE A COMMUNITY GARDEN, WHERE I WILL PLANT MY BASIL.



SO DARBY AND HIS FRIENDS DECIDED TO PLANT A COMMUNITY GARDEN AND GET IT "GROWING"!

USE A TROWEL TO DIG IN SMALL PLACES LIKE TO PLANT SEEDS.

USE MULCH TO HELP PLANTS GROW AND TO KEEP SOIL MOIST.

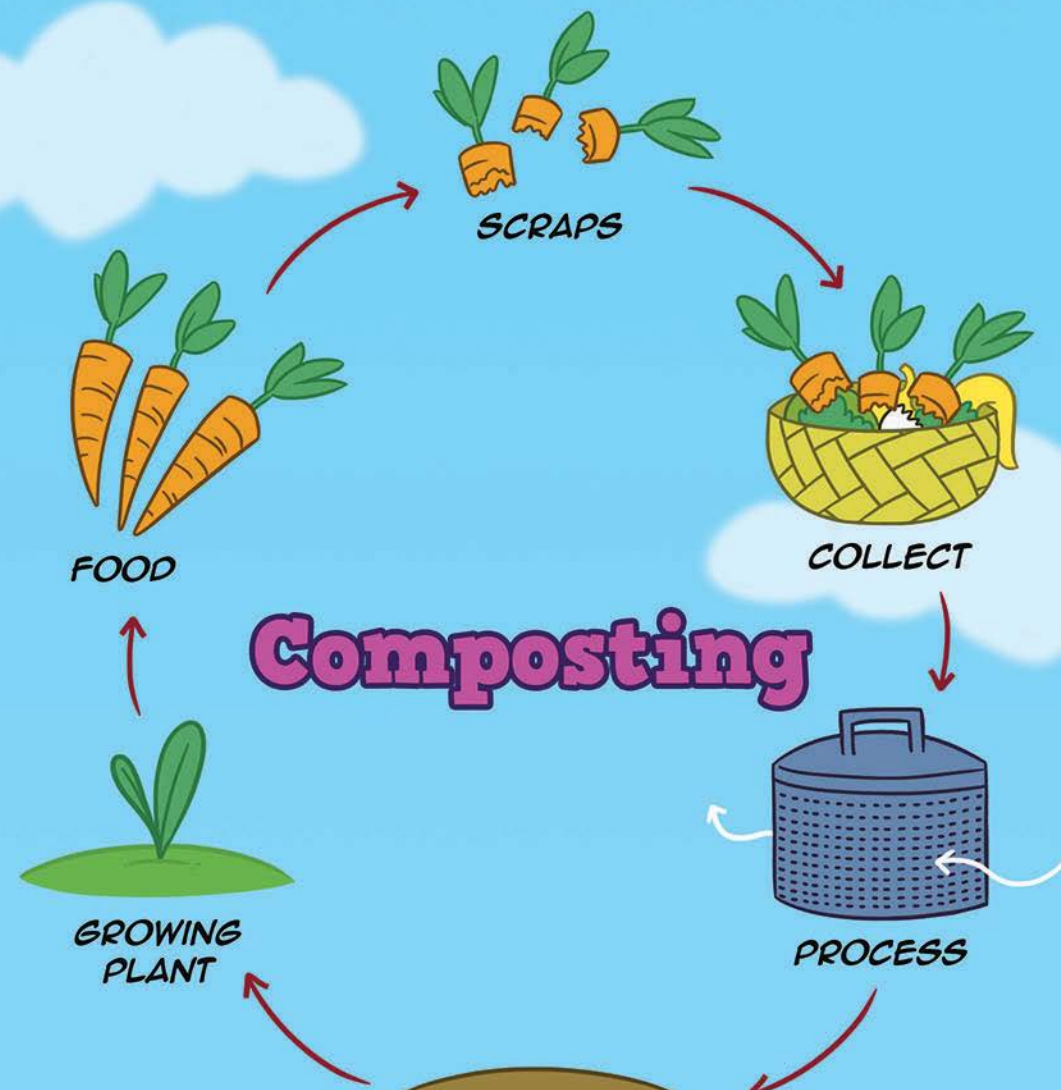
USE SHEARS TO TRIM PLANTS AND CLIP WEEDS.



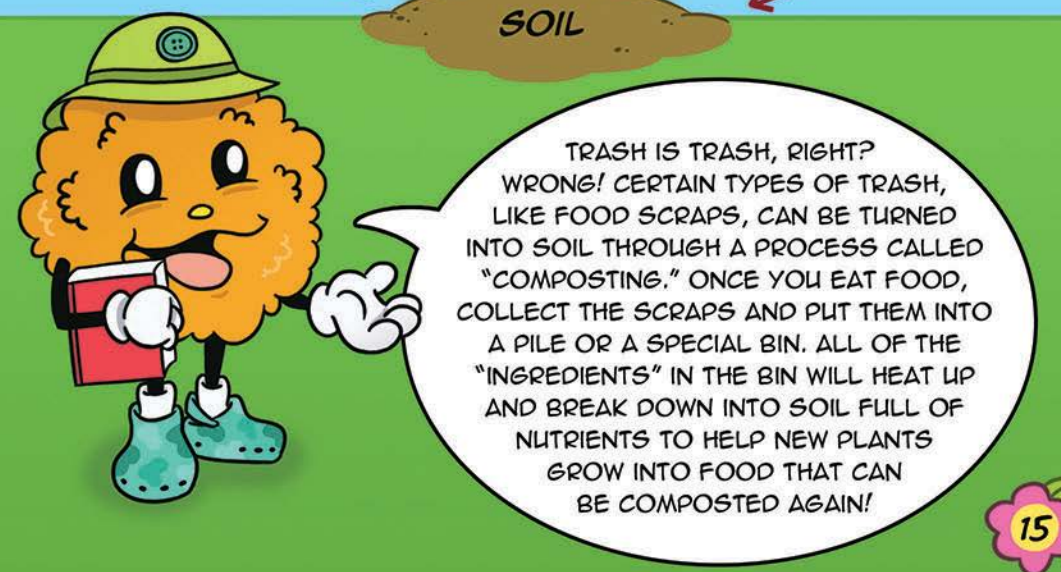
WEAR GARDEN GLOVES TO KEEP YOUR HANDS SAFE.



USE A SHOVEL TO DIG OUT PLANTS OR MAKE LARGER HOLES.



Composting



TRASH IS TRASH, RIGHT? WRONG! CERTAIN TYPES OF TRASH, LIKE FOOD SCRAPS, CAN BE TURNED INTO SOIL THROUGH A PROCESS CALLED "COMPOSTING." ONCE YOU EAT FOOD, COLLECT THE SCRAPS AND PUT THEM INTO A PILE OR A SPECIAL BIN. ALL OF THE "INGREDIENTS" IN THE BIN WILL HEAT UP AND BREAK DOWN INTO SOIL FULL OF NUTRIENTS TO HELP NEW PLANTS GROW INTO FOOD THAT CAN BE COMPOSTED AGAIN!

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...



FIRST, PLANTS ARE GROWN ON FARMS IN LARGE FIELDS.

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.



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
L♥VING
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.



WALLA BASIL



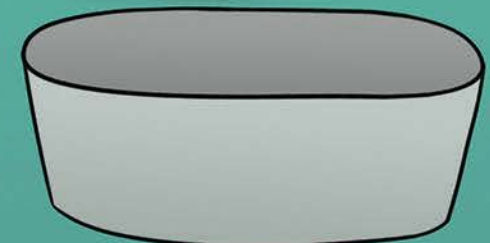
HOW WOULD YOU PAINT OR DECORATE YOUR POT?

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.

W H D I O B L D E G U S
 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.



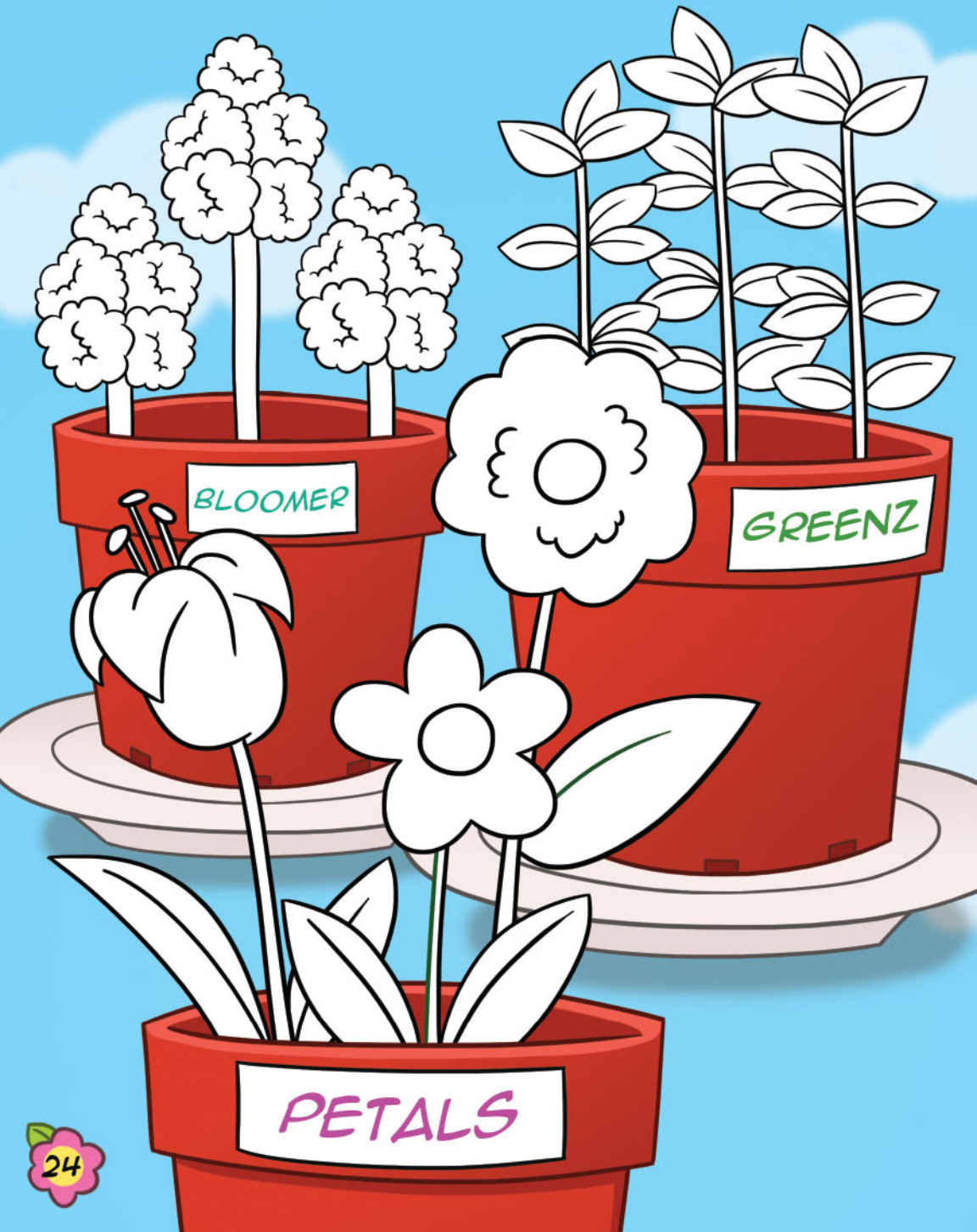
Connect the Dots

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!



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KEEP THE PLANET
HEALTHY! THIS BOOK
WAS PRINTED ON
RECYCLED PAPER!



MADE IN
THE USA

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