

MY FIRST FAMILY FARM



A Seed to Table Guide for Young Growers
A JD Farms Children's Guide

BEFORE WE GROW

A Note for Grown-Ups

This book helps young children understand where food comes from and how they can help grow it.

The big idea

A farm can begin with one pot, one sunny corner, and one caring family.

Children ages 5–7 should always farm with a trusted adult. Adults must handle sharp tools, garden chemicals, heavy loads, machinery, large animals, cooking heat, and decisions about selling food.

Start small. Grow foods your family already enjoys. Celebrate every leaf, flower, and bite.

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Written for families, classrooms, and young growers.

OUR STORY BEGINS

Jay and Nia Plant a Dream

Jay looked at a tiny tomato seed in his hand.

“Can this little seed feed our family?” he asked.

Nia smiled. “One seed will not make every meal. But many cared for plants can give us fresh food, and we can learn to grow more each season.”

Grandma brought a pot, some soil, and a watering can.

Say it together

Big farms can start with small seeds!

STEP 1

What Does a Farmer Do?

A farmer helps living things grow. Farmers watch, learn, care, and share.

WATCH	CARE	SHARE
Look at the sun, soil, leaves, and weather.	Plant, water, weed, and protect.	Eat, save, give, or sell with an adult.

You do not need a tractor or a giant field to begin. If you grow food and care for it, you are learning to farm.

Farmer words

Crop means a plant grown for food. Harvest means picking food when it is ready.

STEP 2

Choose Your First Farm

Jay and Nia found three ways to grow. Which one fits your family?

POT FARM

Use pots or buckets on a porch, steps, or balcony.

YARD FARM

Use a sunny garden bed in your yard.

FAMILY FARM

Use more land and grow several rows with adults.

No yard? No problem!

A food-safe pot with drainage holes can grow herbs, lettuce, peppers, or a small tomato plant.

Ask an adult before choosing a place. Make sure growing is allowed where you live.

STEP 3

Pick Foods Your Family Eats

“Let’s grow food we will really use,” Grandma said.

1

Name three vegetables or herbs your family likes.

2

Ask which ones grow well in your weather and season.

3

Choose one or two easy crops for your first try.

Good first crops

Try leaf lettuce, bush beans, radishes, green onions, basil, or cherry tomatoes. What grows best depends on your home and season.

Your first farm does not need ten crops. One healthy crop teaches a lot!

STEP 4

Gather Simple Supplies

Jay and Nia made a farmer basket.

PLANT

Seeds or a small starter
plant

HOME

Pot or garden bed with
good soil

CARE

Watering can, gloves, and
plant label

Grown-up helper

An adult should check that containers are food-safe and have drainage holes. Adults handle cutting, drilling, fertilizer, and garden products.

Reuse safely when you can. Never grow food in a container that held paint, oil, cleaners, or chemicals.

STEP 5

Give Roots a Healthy Home

Roots drink water and hold the plant steady. They need soft, healthy soil with room for air and water.

1

Ask an adult for soil made for containers or garden beds.

2

Fill the pot or bed. Do not press the soil rock-hard.

3

Leave a little space at the top so water does not spill out.

Remember

Dirt from an unknown place may have trash or unsafe chemicals. A grown-up should help choose clean growing soil.

STEP 6

Plant the Seed

Nia read the seed packet with Grandma. Every seed likes a different planting depth and spacing.

1	Read the seed packet with an adult.
2	Make a small hole at the right depth.
3	Place in the seed and cover it gently.
4	Add a label with the crop name and planting date.

Gentle hands

A tiny seed has stored food inside. It needs water, air, and the right warmth to wake up.

STEP 7

Add Sun and Water

The next morning, Jay wanted to pour in a whole bucket of water.

“Plants like a drink,” Grandma said, “but they do not want to swim!”

1	Put the plant where it gets the sunlight listed on its tag or packet.
2	Touch the top of the soil with an adult.
3	Water slowly when the plant needs it. Let extra water drain.

Look before you water

Hot, windy days may dry soil faster. Rainy or cool days may mean less watering.

STEP 8

Care a Little Every Day

Farmers do not pull plants taller. They give plants what they need and wait.

LOOK

Check leaves, soil, and stems.

HELP

Pull small weeds with an adult.

LEARN

Notice bugs, spots, and changes.

Bugs belong outside

Many insects help gardens. Do not touch unknown bugs or spray anything. Show a grown-up first.

Keep a farm calendar. Draw a sun, raindrop, new leaf, flower, or harvest on each day you see it.

STEP 9

Harvest at the Right Time

One day, the lettuce was full and green. The tomatoes were bright red.

“Our food is ready!” Nia cheered.

1

Ask an adult how to tell when the crop is ready.

2

Use clean hands and a clean basket.

3

Let an adult use scissors or knives.

4

Pick gently so the plant can keep growing when possible.

Never taste first

Wash garden food under clean running water. An adult should check that it is safe and prepare it correctly.

STEP 10

From Garden to Family Table

Jay and Nia washed the harvest with Grandma. They made a bright salad for dinner.

EAT

Add the harvest to a family meal.

SAVE

Store it safely or save seeds with an adult.

SHARE

Give extra food to someone you know.

Selling food?

A grown-up must check local rules, food safety requirements, prices, and permission before anything is sold.

Growing food saves the most when your family eats the harvest and wastes less.

YOUR FAMILY FARM PLAN

Grow a Little More

After the first harvest, the family made a plan for the next season.

1

Start with one pot or one small bed.

2

Write down what grew well and what did not.

3

Plant a little more next time.

4

Grow different foods so meals have variety.

5

Keep enough time, water, space, and adult help for every plant.

A smart farm grows slowly

More plants need more soil, water, work, money, and safe storage.
Grow only what your family can care for.

THE FARMER PROMISE

I Am a Young Farmer!

I will start small.

I will listen, look, and learn.

I will care for living things.

I will ask an adult for help.

I will grow food safely.

I will waste less and share when I can.

My first crop will be:

My grown-up helper is:

Jay and Nia held up their basket.

Their farm began with one seed.

Yours can, too.

THE END • KEEP GROWING!