



CitySprouts Essential Plant and Design List

Every CitySprouts garden is unique in design and content, reflecting the natural environment and the community where it is located. However, we use this list of plants and garden features common to all CitySprouts Gardens as a guide to help ensure that each garden is complete and functional as an outdoor classroom.

GARDEN AREA	Plant	Curriculum Connections	Culinary Connections	Agricultural Connections	Harvest time (for Zone 6)	Notes
Herb Garden	Basil	Science: Sense Exploration Social Studies: Cultural Connections	Pizza, Pesto	Companion Planting (Tomatoes)	Summer to Fall	Essential
	Chives	Science: Sense Exploration Social Studies: Colonial History (colonial gardens)	Salad, Edible flowers		Early spring	Essential
	Cilantro	Science: Sense Exploration	Salsa		Late Spring to Fall	Essential
	Dill	Science: Sense Exploration, Habitats (butterflies), Butterfly Life Cycle (food for butterfly larva), Ecosystems (producers and consumers)			Summer to Fall	Essential
	Garlic	Science: Plant Life Cycle	Pizza, Salsa, Pesto, Edible Flowers	Companion Planting	Fall	Essential
	Lavender	Science: Sense Exploration Social Studies: Medieval and Renaissance Life (traditional medicinal herbs)			Summer to Fall	Optional
	Lemon Balm	Science: Sense Exploration Social Studies: Medieval and Renaissance Life (traditional medicinal herbs)			Summer to Fall	Optional
	Oregano	Science: Sense Exploration	Pizza		Late Spring to Fall	Essential
	Parsley	Science: Sense Exploration			Late Spring to Fall	Essential
	Rosemary	Science: Sense Exploration Social Studies: Ancient Cultures (Greek and Roman), Medieval and Renaissance Life (traditional medicinal and sacred herb)			Summer to Fall	Essential
	Sage	Science: Sense Exploration	Tea		Summer to Fall	Essential
	Thyme	Science: Sense Exploration			Summer to Fall	Essential



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Fruit and Vegetable Garden	Beans	Science: Plant Life Cycle (flowers to fruit) Social Studies: Native Americans/Colonial History (Three Sisters Garden) Math: Measuring, Graphing (bean plant growth over time)	Nutrition	Nitrogen Fixing, Companion planting (corn and squash)	Late spring/Early Summer	Essential
	Beets	Art: Natural dyes			Late Spring to Fall	Essential
	Broccoli	Science: Plant Parts	Edible flowers, Nutrition		Early Summer and late Fall	Essential
	Cabbage				Summer	Essential
	Carrots	Salads	Salad, Nutrition		Summer to Fall	Essential
	Collards		Southern food, Nutrition		Summer to Fall	Essential
	Corn	Social Studies: Native Americans/Colonial History (Three Sisters Garden), Maya, Inca and Aztecs, Colombian Exchange		Companion planting (beans and squash)	Late Summer	Essential
	Cucumber	Science: Plant Life Cycle (flowers to fruit)	Salad		Summer	Essential
	Eggplant	Science: Plant Life Cycle (flowers to fruit)			Late Summer	Essential
	Green pepper	Science: Plant Life Cycle (flowers to fruit)	Pizza		Late Summer	
	Hot pepper	Science: Plant Life Cycle (flowers to fruit)	Salsa		Late Summer	Optional
	Kale		Southern food, Nutrition		Late Spring to Fall	Essential
	Lettuce/Salad greens		Salad		Spring-Fall	Essential
	Onion		Pizza, Salsa		Summer to Fall	Optional
	Peas	Science: Genetics (Mendel), Soils (nitrogen fixing), Plant Life Cycle (flowers to fruit, seed saving), Flower Dissection Math: Graphing (growth over time)		Nitrogen Fixing	Late spring	Essential
	Potato	Social Studies: Incas, Colombian Exchange (between Americas and Europe)			Late Summer	Essential
	Pumpkin	Science: Plant Life Cycle (seed saving, flowers to fruit)			Late Summer to Fall	Optional
	Radish		Salad		Late spring to Fall	Essential
	Spinach		Salad, Nutrition		Spring and Fall	Optional



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	Squash	Science: Plant Life Cycle (flowers to fruit) Social Studies: Native Americans/Colonial History (three sisters garden)		Companion planting (beans and corn)	Summer to Fal	Essential
	Swiss Chard		Nutrition		Late spring to Fall	Optional
	Tomatillo	Science: Plant Life Cycle (flowers to fruit)	Salsa		Late Summer to Fall	Optional
	Tomato	Science: Plant Life Cycle (flowers to fruit) Social Studies: Colombian Exchange (between Americas and Europe)	Pizza, Salsa		Late Summer to Fall	Essential
	Apple	Science: Plant Life Cycle (flowers to fruit), Genetic variation	Cider pressing		Fall	Optional
	Blueberries	Science: Plant Life Cycle (flowers to fruit)	Nutrition		Summer	Optional
	Husk cherry	Science: Plant Life Cycle (flowers to fruit)			Summer to Fall	Optional
	Raspberries	Science: Plant Life Cycle (flowers to fruit)			Summer to Fall	Optional
	Strawberries	Science: Asexual and Sexual Reproduction, Plant Life Cycle (flowers to fruit)			Late spring	Essential
	Winter Wheat	Literacy: Little Red Hen	Grinding wheat berries to make flour and bread		Fall	Essential
	Winter Rye	Science: Soils (erosion and cover cropping)	Nutrition	Cover Crop	Summer	Essential
					BLOOM TIME	
Flower Garden	Calendula	Social Studies: Ancient Cultures (traditional medicinal plants)			Summer	Optional
	Clover	Science: Soils (nitrogen fixing, erosion and cover cropping)		Nitrogen Fixing; Cover Crop	Spring to Summer	Optional
	Cosmos	Science: Plant Life Cycle (seed saving)			Summer to Fall	Essential
	Daffodil	Science: Plant Parts, Flower Dissection			Spring	Optional
	Daylilies	Science: Plant Parts, Flower Dissection			Summer	Essential
	Globe Thistle	Science: Plant Life Cycle (seed saving), Pollination, Symbiotic Relationships (between pollinators and plants)			Summer to Fall	Optional
	Marigold	Science: Plant Life Cycle (seed saving)		Companion planting (tomatoes)	Summer to Fall	Essential



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	Nasturtium		Edible flower		Summer to Fall	Essential
	Nigella	Science: Plant Life Cycle (seed saving)			Summer	Essential
	Onion, decorative				Summer	Optional
	Sunflowers	Science: Plant Life Cycle (seed saving), Habitats (seeds attract birds for food), Ecosystems (producers and consumers)		soil phytoremediation (draws heavy metals out of soil)	Summer	Essential
	Tulip	Science: Plant Parts, Flower Dissection			Early spring	Essential
	Mayflower				Mid Spring	Optional
	Solomon seal				Spring	Optional
	Starflower (Trientalis borealis)				Late Spring	Optional
	Ferns	Science: Plant Reproduction (spores)			NA	Essential
	Flowering dogwood				Spring	Optional
	Milkweed	Science: Butterfly Life Cycle, Habitats (monarch butterflies), Ecosystems (producers and consumers)			Fall	Essential
	Aster	Science: Symbiotic Relationships (between pollinators and plants)			Fall	Essential
	Echinacea	Science: Plant Life Cycle (seed saving), Habitat (attracts birds for food), Ecosystems (producers and consumers) Social Studies: Native Americans (traditional medicinal plant)			Summer	Essential
	Mallow	Science: Butterfly Life Cycle (attract Painted Lady Butterfly larva), Habitats, Ecosystems (producers and consumers)			Summer	Essential
	Bee Balm	Science: Symbiotic Relationships (between pollinators and plants)			Summer	Optional
	Summersweet	Science: Symbiotic Relationships (between pollinators and plants)			Summer	Optional
	Azalea				Spring	Optional



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Hardscape features	Compost bins	Decomposition, Soils, Insect identification, Insect life cycle		Soil Fertility		Essential
	rotting log	insect habitat, decomposition				Essential
	Outdoor classroom space	Area for classes to gather for instruction				Essential
	Weather instruments (thermometer, rain gauge, barometer)	Weather and water				Essential
	Raised beds or edging	Measuring perimeters and areas, mapping				Essential
	Compass Rose	Mapping, orienteering				Optional
	Sundial	Sun, Earth's rotation				Optional
	Shed					Essential
	Table and bench					Essential