



GARDEN ADVENTURE

A SELF-GUIDED FIELD TRIP



The Garden Adventure Guide



Welcome to the Self-Guided Garden Adventure at City Green!

We're so glad you chose to visit City Green for our Self-Guided Garden Adventure! This program allows families and groups to visit City Green's Learning Farm on their own schedule, so they can explore the natural world through our blooming garden!

GARDEN ADVENTURE OVERVIEW

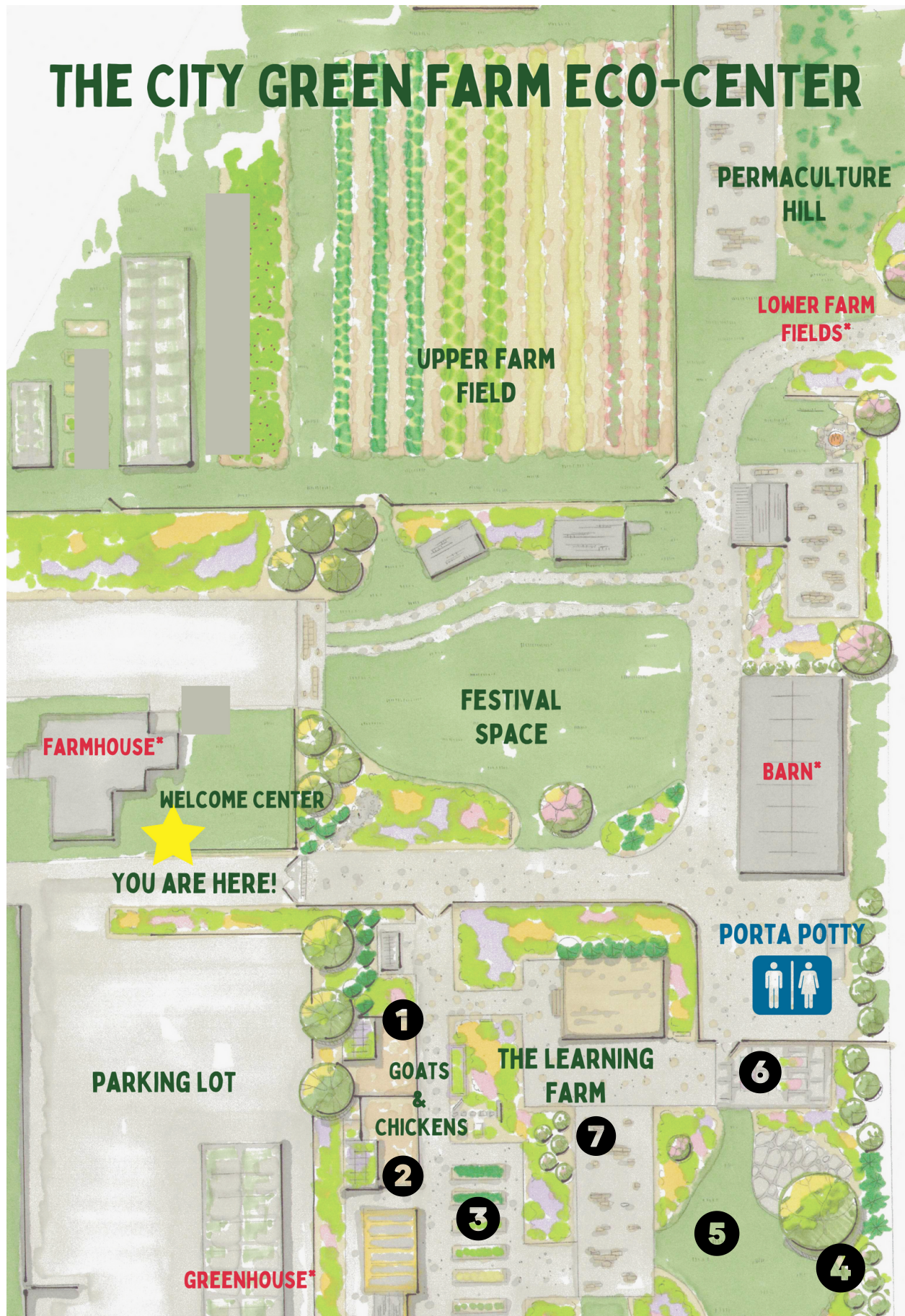
The Self-Guided Garden Adventure is a 7 **stop tour**. The following pages provide instructions for how to guide your kids' exploration at each station.

Each station, as well as City Green's public and restricted areas, can be found on the Learning Garden Map found on the following page.

GARDEN ADVENTURE STATIONS

1. Feeding the Farm Goats
2. Visiting the Chickens
3. Exploring the Raised Garden Beds
4. Finding Birds in Enchanted Forest
5. Cloud Gazing
6. Explore the Sensory Garden
7. Who Lives Here?

THE CITY GREEN FARM ECO-CENTER



***RESTRICTED AREAS**

The Goat Pen

STATION 1: Feeding the Farm Goats

We have 5 boy goats here at City Green. These goats came to us as babies in 2014. They are incredibly friendly and curious, and they love it when visitors scratch their heads and feed them hay!

GOAT SAFETY

1. **Goat Food:** The goats have VERY sensitive tummies so they can only eat certain things. Please ONLY feed the goats hay from basket next to their pen. Please leave some hay for other visitors.
2. **Feeding the Goats:** When feeding the goats, make sure to keep your fingers out of the way of their mouths. They would never try to hurt you, but might mistake your finger for a tasty carrot.
3. **Hand Washing:** When you are done feeding the goats, please use the hand sanitizer from the dispensers located next to the doors of their pens.
4. **Stay Outside the Pen:** Finally, DO NOT enter the goat pen. Entering the goat pen is strictly prohibited without a trained City Green Staff member.

NOW IT'S TIME TO MEET OUR GOATS!



JERRY



ROCKY



EARL



ALFALFA



FELIPE

The Chicken Coop

STATION 2: Visiting the Chickens

On your way to the chickens, look for the 2 big bunnies in the bunny pen inside the goat pen. Our bunnies are new to City Green and are VERY SHY and so cannot have visitors up close. But feel free to wave and admire how cute they are. Their names are Flopsy and Bobby.

ABOUT OUR CHICKENS

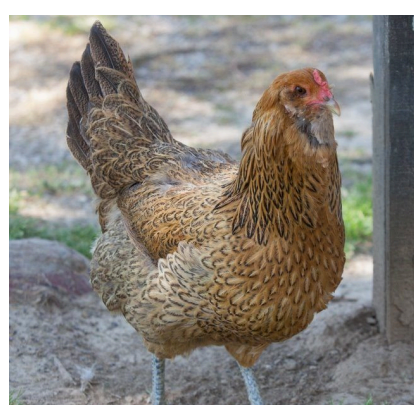
We have many hens but no roosters here at City Green. The hens lay eggs which we collect every week and eat. The eggs are many different shapes and sizes. We haven't named all the chickens, but here are 3 different kinds of chickens at City Green:



RHODE ISLAND RED



BUFF ORPINGTONS



EASTER EGGER

EGG HUNT

Have the hens laid today? Let's find out! The laying area is under the heavy flap on the side of the yellow coop. When opening the flap (adults only!), please make sure it is ALL THE WAY LATCHED before allowing kids to peek inside. This will prevent any injuries!

Feel free to look at or even very gently hold an egg. But do not pet the chickens through the flap door. They come to this part of the coop to lay their eggs and so they need their privacy in this space.

****IF ARE CHICKENS AREN'T IN THE COOP, THEY ARE GRAZING IN OUR LOWER FIELDS. YOU CAN FIND THEM BY LEAVING THE LEARNING FARM, WALKING PAST THE RED BARN, AND HEADING DOWN THE HILL TOWARDS THE GATED FIELDS****



FARM ANIMAL REFLECTIONS

Ask the group some of these questions!

Can you think of reasons why a farm might have goats and chickens?

Farms have goats and chickens because these animals they eat all the plants that humans can't, like weeds or corn husks! Additionally, when goats and chickens poop, it can be used as fertilizer to help the plants grow bigger and stronger. And of course, goats make milk and chickens make eggs which humans can eat as food!

What color eggs did you see in the chicken coop? Why were they different colors?

Different types of chickens lay eggs of different colors, shapes and sizes. The Easter Egger chickens lay the colorful green and blue eggs. The Buff Orpingtons lay the large brown eggs, and the Rhode Island Reds lay the small white and light brown eggs.

Have you ever seen other kinds of animals on farms? If so, what kinds?

We haven't named all of our chickens at City Green. What would you name them?

The Vegetable Gardens

STATION 3: Exploring the Raised Garden Beds

In front of the chicken coop are our raised garden beds. We encourage you to explore what might be growing there.

EXPLORING THE GARDEN:

- What vegetables are growing in the garden?
- What different plant parts can you identify?
- Can you find any fruits? Leafy vegetables? Root vegetables?
- What season is it? What do you notice about the vegetables that grow this time of year?

SUMMER VEGETABLES:

Carrots	Cucumbers	Pole Beans
Strawberries	Tomatoes	Sunflowers
Zucchini	Peppers	Watermelon
Potatoes	Broccoli	Pumpkins

SPRING/FALL VEGETABLES:

Carrots	Spinach
Radishes	Scallions
Lettuce	Broccoli
Beets	Kale

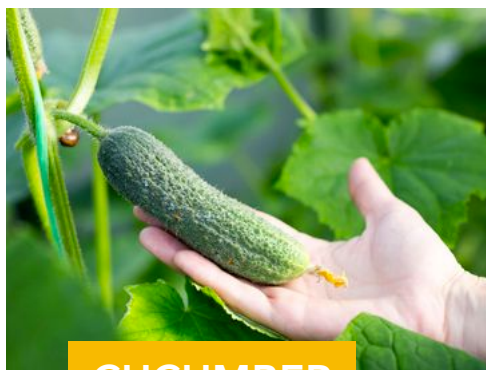
WATER THE GARDEN

After exploring the garden to see what's growing, feel free to use the kid-friendly watering cans located next to the chicken coop.

Fill the watering cans by dunking them in the water bucket. Teach your kids how move from plant to plant, carefully watering right **at the root of the plant** and for 5 seconds. Have everyone count to 5 together before moving to the next plant!



POTATO



CUCUMBER



PEPPER



SCALLION



TOMATO



ZUCCHINI



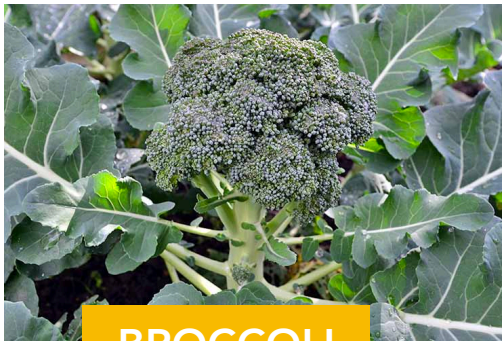
BEAN



RADISH



LETTUCE



BROCCOLI



CARROT



SPINACH

GARDEN REFLECTIONS

Ask the group some of these questions!

Can you think of reasons why people like to garden?

Gardening is a way to be out in nature and enjoy the outdoors. Gardening is also a way to be self sufficient and grow your own food. It is better for the Earth when we grow some of our own food rather than purchase it all from the grocery store. And it tastes better too!

What do gardeners have to do in order to help their vegetables grow?

They must water them, make sure they have plenty of sunlight, and weed them regularly. They also need to look out for pests like deer and insects!

If you had your very own garden, what would you grow?



The Enchanted Forest

STATION 4: Finding Birds in the Enchanted Forest

Head over to the forested corner of the Enchanted Forest to see what's growing and living in the shade of our big trees.

CAN YOU HEAR THE BIRDS?

Look around! Can you see any birds? Close your eyes and listen! Can you hear any birds? What do they sound like?

Birds are important animals in our gardens! They eat pests, pollinate our fruits and vegetables, and help spread seeds. If you look closely, they're all around you. You can find them in trees, on fences and or in their nests. And if you can't see them... maybe can hear them singing all around you!

BIRD CALL TRIVIA

Now we're going to play a game called Bird Call Trivia! To start, open up our birdsong Spotify playlist here: [Spotify Bird Playlist](#). You can also scan the QR code here.



Are you ready to begin? Let's start with the first bird, the Black Capped Chickadee. Play the Chickadee call twice, and then have everybody find the bird in their book. Can anybody recognize the call or the picture of the bird? Continue and play each bird call until you've completed all the birds.

Now it's time for Bird Call Trivia! Play each call in random order. Give everybody 10 seconds to guess which bird it was. Then on the count of three, have everybody point at the bird in their book. Whoever got it right gets a point. Continue until you have



BLACK CAPPED CHICKADEE



BLUE JAY



CARDINAL



AMERICAN CROW



AMERICAN ROBIN



MOURNING DOVE



SONG SPARROW

One important bird is missing from this list... The New Jersey State Bird! Do you know what bird that is?

(It's bright yellow with black markings. It's also hidden somewhere in this book!)

The Learning Farm Lawn

STATION 5: Cloud Gazing

Now that you've learned about the birds, it's time to explore the place where they fly. Lay down in the grass, put on some sunglasses and look up to the sky for some cloud gazing!

WHAT ARE CLOUDS?

Clouds are an important part of our climate and weather system. Clouds help regulate the Earth's temperatures: some help cool the earth by reflecting some of the Sun's energy. Other clouds contribute to warming the Earth because they trap the warmth like a blanket over the sky. Finally, clouds help distribute the Sun's energy all over the Earth because they move around the globe.

Look for the following kinds of clouds and see how many you can find.



CIRRUS: THIN AND WISPY



CUMULUS: FLUFFY COTTON



STRATUS: FLAT AND HAZY



NIMBUS: DARK AND STORMY



CLOUD REFLECTIONS

Ask the group some of these questions!

How are clouds made?

When warm air rises, it expands and cools. However, cool air can't hold as much water vapor as warm air. So some of the water condenses and forms a tiny droplet around dust particles in the sky. When billions of these droplets come together they become a visible cloud.

Why are clouds white?

Clouds are white because their water droplets or ice crystals are large enough to scatter the light of the seven wavelengths (red, orange, yellow, green, blue, indigo, and violet), which combine to produce white light.

Why do they come in different shapes and size?

Clouds formed by rising warm air currents are called "convection clouds". Because of all the rising air coming up, these clouds can be bumpy on the top, sometimes producing very high thick clouds looking like cotton wool or cauliflower heads. But when warm air rises very slowly and gently over an area, you get a cloud that is very thin and smooth.

What shapes do you see? Do any of the clouds look like an animal? Or a vegetable?

The Sensory Garden

STATION 6: Exploring Our Senses

Our Sensory Garden lies next to the Story Grove. Here you will find plants, insects and animals that will engage and delight every one of our five senses.

SENSORY REFLECTIONS



SMELL - What do the plants smell like to you?

Hint: Many herbs in the sensory garden smell strongest when you rub the leaves with your fingers.

Why do flowers smell sweet?

Many plants need pollinators like bees and butterflies to help carry pollen so they can produce seeds and fruit. Flowers make strong sweet smells to attract these bugs! They offer bugs nectar in exchange for carrying pollen.

SIGHT - What colors and shapes do you see?

TOUCH - Which plants have soft leaves, which plant has rough leaves? Why might a plant want to be spiky or rough?

HEARING - Close your eyes! What do you hear in the garden? Birds? Wind in the leaves? Squirrels chattering?

Lawn, Perennial Gardens & Picnic Area

STATION 7: Who lives here?

Walk around the Patio space to discover more the beautiful that live in the City Green gardens. Feel free to leave your bags and artwork on the picnic tables.

EXPLORE PLANTS AND ANIMALS of the Learning Farm

Many of the plants in the Learning Farm are were chosen because they are native to New Jersey and benefit our local wildlife - like the bees, butterflies and birds! Plants that are native to New Jersey evolved here for a long time which often make them easier to care for.

Use your eyes and ears to look for and further inspect the following plants, insects and animals. Note: Some of these plants might have already or not yet bloomed when you arrive, so could look different based on the season. Some insect and birds may also not be in the gardens if it is too early in the spring or later in the fall!



BUTTERFLY WEED

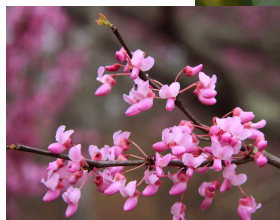


CUPPLANT



PRAYING MANTIS

Spring blossoms



REDBUD TREE

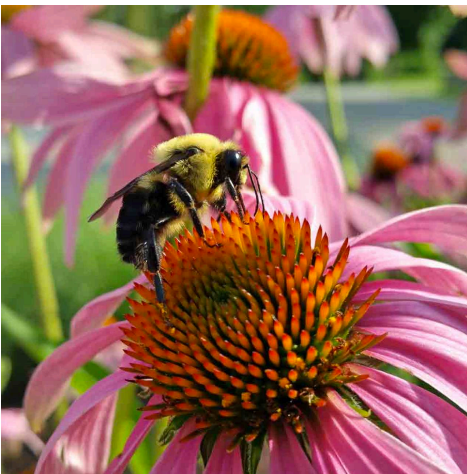


YELLOW SWALLOWTAIL



HONEY BEE & CLOVER**

**non-native



**BUMBLE BEE &
CONEFLOWER**



**MONARCH
BUTTERFLY**



GOLDFINCH



BLACK EYED SUSAN



**BLACK-CAPPED
CHICKADEE**



BUTTON BUSH



NATIVE PLANT REFLECTIONS

Which of the living things listed above are state symbols for New Jersey?

The Bumblebee is NJ's state insect and the Goldfinch is NJ's state bird.

Why is it important to grow native plants?

Native New Jersey plants have evolved to thrive in New Jersey. They handle our cold winters and hot summers well. These plants require less maintenance and water, and they attract native insects, especially pollinators which help make sure our food is pollinated and grows. Native plants also attract native birds which disperse seeds to help continue the plant cycle.

How many of the native plants and animals did you find? Which was the easiest to find? Which was the hardest?



Saying Goodbye!

After you're done, please gather all your personal belongings. Say farewell to the goats, bunnies and chickens. Wave goodbye to all the garden plants, trees and insects.

If you have any questions, want to book another visit, or want to connect with City Green in other ways, you can contact info@city-green.org or visit our website citygreenonline.org!

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We hope to see you again soon.

Thank you!