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## **Therapeutic Horticulture Activity Mixing Growing Medium Mixes**

Source: Rieppe Hendrick

Form Prepared by: Rieppe Hendrick

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Overview: Learning about what goes into different growing mediums and why; making your own growing medium.

Precautions:

1.

Completion Time: 30 minutes

Materials: (10 participants)

1. Info Sheet for “Common Growing Media Ingredients”, see attached link (10)
2. Examples of different growing media - coir, rice hulls, rockwool, vermiculite, perlite, peat moss, compost, coarse sand, oasis (10 small ziplock bags)
3. Recipe sheet for “Growing Medium Mixes”, see attached link (10)
4. Medium size bins of each media ingredient for recipe mixing during session (4 for seeds, 3 for cuttings, 2 for succulents, 3 for potting, 8 for soil blocks)
5. Scoops of same size for each bin (2-4) (*with exception of soil blocks - use scoops appropriate for recipe*)
6. Small bins with lids (10)
7. Wooden spoons or similar stirring tool (10)

8. Hand broom (1-10)
9. Large bucket or bin with lid (optional)

### Pre-Session Prep:

1. Gather supplies.
2. On site, put a wooden spoon in each small bin and stack, setting aside.
3. Set out ingredient bins with scoops in location that participants will go to to scoop out for their bin.


### Step-By-Step Process/Instructions:

1. Review why different types of growing medium are necessary (ex, seedlings, cuttings, succulents)
2. Pass out “Common Growing Media Ingredients” info sheet to each participant. Go through the different mediums and have participants read descriptions as appropriate.
3. Show examples of each medium from zip lock bags.
4. Pass out the “Growing Medium Mixes” recipe sheet to each participant.
5. Talk about which recipe the group will be mixing this session.
6. Pass out small bins and wooden spoons to each participant.
7. Encourage them to refer to the recipe sheet to know how much of each ingredient to put in the bin.
8. After one round of ingredients, participants stir their bins with spoons.
9. Repeat the process of more scoops and stirring until bins are full or out of ingredients.
10. Compile all of the mixes into one bucket to use at a later date (optional).
11. Clean the table with hand brooms as needed.

### Tips:

- 1.
- 2.

 Common Growing Media Ingredients. Final

 Growing Medium Mixes. Final

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