

# **Plant A Real Gullah Garden**

## **Tales from the Land of Gullah**

**Plant a seed from a traditional Gullah vegetable to take home with you.**

### **What you need**

Paper cups

Soil

Seeds: Choose from tomatoes, okra, watermelon, cabbage, bell pepper, peas, squash, green beans, rutabagas, turnips or peanuts)

Gullah Recipe hand-out

### **What you do**

1. Fill your paper cup with soil.
2. Put 2-3 seeds on top of the soil and push them gently into the soil.
3. Take your pot home and put it in a warm place.
4. Keep the soil moist and watch your plant grow!

### **Did you know?**

The Gullah people grew all of their own food until the 1950s because there were no supermarkets on the islands. Today there are many supermarkets and farmer's markets on the Carolina Sea Islands where the Gullah people live. However, some people still enjoy growing their own food.