全球银龄学院

Global Academy of Lifelong Learning

Gardening for Beginners

园艺入门

A Self-Study Course in 8 Lessons

8 节自学课程



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Welcome / 欢迎

This course is for anyone who has ever looked at a garden and thought, "I would love to grow something, but I don't know where to start." You do not need a big yard, strong muscles, or any experience. You can begin with one pot on a balcony, a few herbs on a windowsill, or a small raised bed near your door. Each lesson is small, calm, and practical, and every new word is explained the first time it appears.

本课程适合所有曾经看着花园想“我也想种点东西，可不知从何开始”的人。您不需要大院子、不需要强壮的体力，也不需要任何经验。您可以从阳台上的一盆花、窗台上的几棵香草，或者家门口的一小块高畦开始。每节课都简短、平和、实用，每个新词第一次出现时都会解释。

A note on safety and health / 关于安全与健康： Gardening is gentle exercise, but listen to your body. Work in the shade, drink water, and rest often. If you have a health condition, check with your doctor before heavy digging or lifting. Plant varieties and planting times differ by climate — what grows well in Florida may differ from what grows well in northern China, so treat this course as general guidance and ask a local nursery for varieties suited to your area. This course recommends no chemicals, pesticides, or medicines.

安全与健康提示：园艺是一种温和的运动，但请听从身体的信号。在阴凉处干活、多喝水、经常休息。如果您有健康问题，在重体力挖土或提重物之前请先咨询医生。不同气候适合的品种和种植时间不同——佛罗里达适合的植物可能

与中国北方不同，因此请把本课程作为一般指导，并向当地苗圃咨询适合您地区的品种。本课程不推荐任何化学药剂、农药或药物。

How to Use This Course / 如何使用本课程

Work through one lesson at a time. Each lesson takes about 60 minutes, but you may split it into shorter sessions. Read the goal, follow the numbered steps slowly, try the practice activity, and finish with the short quiz. The quiz answers are at the end of each lesson. Grade yourself, and do not worry about a perfect score. At the end of the course you will find a progress checklist and a blank garden plan to fill in.

请一次学习一课。每课约 60 分钟，但您也可以拆成几次短时间学习。先读学习目标，慢慢跟随编号步骤，完成练习活动，最后做小测验。每课末尾附有答案，请自己评分，不必追求满分。课程最后附有学习进度清单和一份空白的园艺计划表，供您填写。

What you need: one pot or container with a drainage hole, a small bag of potting soil, a watering can or bottle, and one easy plant or a packet of seeds (basil, mint, or lettuce are good first choices). Gloves, a sun hat, and a small hand trowel are helpful but not required.

您需要准备：一个带排水孔的花盆或容器、一小袋营养土、一个浇水壶或水瓶，以及一棵容易种的植物或一包种子（罗勒、薄荷或生菜都是很好的入门选择）。手套、遮阳帽和小铲子会有帮助，但不是必需的。

Words you will meet / 您会遇到的词语： *Soil*（土壤） is the earth plants

grow in. *Sunlight*（阳光） is what plants need to make food. *Watering*（浇水） means giving plants water. *Container*（容器） is any pot or box you grow plants in. *Seed*（种子） is the tiny beginning of a plant. *Harvest*（收获） means picking what you grew to eat or enjoy.

词语解释：Soil（土壤）是植物生长的泥土。Sunlight（阳光）是植物制造养分所需要的。Watering（浇水）就是给植物浇水。Container（容器）是种花的盆或箱子。Seed（种子）是植物微小的起点。Harvest（收获）就是把种出来的东西摘下来食用或欣赏。

Lesson 1: Why Garden? / 第 1 课：为什么要园艺?

> **Goal / 学习目标：** By the end of this lesson, you can name three benefits of gardening for body, mind, and table, and you can describe one small garden you would like to start.
>
> 学完本课，您能说出园艺对身体、心情和餐桌的三点好处，并能描述一个您想开始的小花园。

1. A garden is good for the body / 花园对身体有益

Gardening is gentle movement. Digging a little, watering, walking to look at your plants — all of these move your joints, strengthen your hands, and get you into fresh air and sunshine. You set the pace. Ten minutes in the garden counts. There is no race and no test.

园艺是一种温和的运动。挖一点土、浇浇水、走过去看看植物——这些都能活动关节、锻炼双手，还能让您呼吸新鲜空气、晒晒太阳。节奏由您自己定。在花园里待十分钟也算数。没有比赛，也没有考试。

2. A garden is good for the mind / 花园对心情有益

Plants grow slowly, and watching them teaches patience. Many gardeners say their worries get smaller when their hands are in the soil. A garden gives you something to look forward to each morning: Is the basil taller?

Did the flower open? Small daily joys add up.

植物生长得很慢，看着它们能教会人耐心。许多园艺爱好者说，双手沾上泥土时，烦恼就变小了。花园每天早上都给您一份期待：罗勒长高了吗？花开了吗？每天的小快乐积累起来就是大幸福。

3. A garden is good for the table / 花园对餐桌有益

Nothing tastes quite like a tomato you grew yourself, or mint picked minutes before tea. Even one pot of herbs can make everyday cooking feel special. You also know exactly what went into your plants, because you grew them.

没有什么比得上自己种的番茄的味道，也比不上泡茶前几分钟才摘下的薄荷。哪怕只有一盆香草，也能让日常做饭变得特别。而且您清楚地知道植物里有什么，因为是您亲手种的。

> **Try this / 试一试：** Walk outside and look at your space for five minutes. Where does the sun fall in the morning? Where is there shade? Is there a spot near your door for one pot? Write down three sentences: "My garden space is…", "The sunniest spot is…", "My first plant could be…"
>
> 到户外看五分钟您的空间。早晨阳光照在哪里？哪里有阴凉？门口附近有没有能放一盆花的地方？写下三句话：“我的园艺空间是……”“阳光最充足的地方是……”“我的第一棵植物可以是……”

Check yourself / 自我检查 — Quiz 1

1. Name one way gardening is good for the body.
2. True or false: You must garden for an hour every day for it to count.
3. Name one plant that is easy for a beginner to grow in a pot.
4. Why is it good to check with your doctor before heavy garden work?
5. What does "harvest" mean?

Answers / 答案： 1. Any one of: gentle movement, moving joints, strengthening hands, fresh air and sunshine. 2. False — ten minutes counts; you set the pace. 3. Any one of: basil, mint, lettuce (or another easy herb or flower). 4. Because heavy digging or lifting may not suit every health condition; a doctor can advise what is safe for you. 5. Picking what you grew to eat or enjoy.

Lesson 2: Know Your Space / 第 2 课：了解您的空间

> **Goal / 学习目标：** By the end of this lesson, you can describe your garden space in terms of sun, shade, soil, and containers, and you can choose a suitable spot for your first pot.
>
> 学完本课，您能从阳光、阴凉、土壤和容器几个方面描述自己的园艺空间，并能为第一盆植物选一个合适的位置。

1. Follow the sun / 跟着阳光走

Most vegetables and many flowers love sun — about six hours of direct sunlight a day. Leafy greens and herbs can manage with less. Before you plant, watch your space for one day. Notice which spots are sunny in the morning, which are sunny in the afternoon, and which stay shady. Write it down. This one day of watching saves many disappointments later.

大多数蔬菜和许多花卉都喜欢阳光——每天大约需要六小时直射阳光。绿叶菜和香草需要的阳光可以少一些。种之前，先观察一天您的空间。注意哪些地方早晨有阳光，哪些地方下午有阳光，哪些地方一直阴凉。把观察记下来。这一天的观察能避免以后许多失望。

2. Soil is not just dirt / 土壤不只是泥土

Good soil feels soft and crumbly, like a wrung-out sponge, and it drains

well — water should not sit in puddles on top. For pots, use bagged potting soil, not soil dug from the yard, because potting soil is lighter and drains better. For a garden bed, mix in compost (rotted plant matter) to make the soil richer and softer.

好的土壤摸起来松软易碎，像拧干的海绵，而且排水好——水不应该积在表面形成水洼。种盆栽请用袋装营养土，不要用院子里挖的土，因为营养土更轻、排水更好。如果是花坛，可以拌入堆肥（腐熟的植物残体），让土壤更肥沃、更松软。

3. Containers are gardens too / 容器也是花园

A container garden is a real garden. Pots, buckets, window boxes, and raised beds all count. Every container needs a drainage hole in the bottom so extra water can escape — roots sitting in water will rot. Put a saucer underneath to protect your floor or balcony. Bigger pots dry out more slowly than tiny ones, which is kinder to both plants and busy gardeners.

容器花园也是真正的花园。花盆、水桶、窗台花槽、高畦都算数。每个容器底部都需要一个排水孔，让多余的水流走——根泡在水里会烂。下面垫一个托盘，保护地板或阳台。大一点的盆比小盆干得慢，对植物和忙碌的园艺者都更友好。

> **Try this / 试一试：** Make a simple map of your space on paper: draw your door, balcony, or yard, and mark one sunny spot, one

> shady spot, and one spot near water. Then choose your first pot's home and write one sentence explaining why.
>
> 在纸上画一张简单的空间图：画出您的门、阳台或院子，标出一个阳光充足的地方、一个阴凉的地方和一个靠近水源的地方。然后为您的第一盆植物选个位置，并写一句话说明原因。

Check yourself / 自我检查 — Quiz 2

1. About how many hours of direct sun do most vegetables want each day?
2. Why is bagged potting soil better than yard soil for pots?
3. Why does every container need a drainage hole?
4. True or false: A container garden is not a real garden.
5. What is compost?

Answers / 答案： 1. About six hours. 2. Potting soil is lighter and drains better. 3. So extra water can escape; roots sitting in water will rot. 4. False — a container garden is a real garden. 5. Rotted plant matter mixed into soil to make it richer and softer.

Lesson 3: Easy First Plants / 第 3 课：容易种的第一批植物

> **Goal / 学习目标：** By the end of this lesson, you can name three forgiving beginner plants and explain why each one is a good first choice.
>
> 学完本课，您能说出三种宽容易种的入门植物，并解释每一种为什么是好的入门选择。

1. Herbs that forgive / 宽容的香草

Herbs are the kindest first plants. Mint grows almost anywhere but spreads fast, so grow it in its own pot. Basil loves sun and warm weather and rewards you with leaves for cooking all summer. Chives and green onions are hardy, need little care, and come back after you snip them. Start with small plants from a nursery rather than seeds — you will see success sooner.

香草是最宽容的入门植物。薄荷几乎哪里都能长，但蔓延很快，所以请单独种一盆。罗勒喜欢阳光和温暖，整个夏天都会给您提供做菜的叶子。韭菜和葱很耐活，需要的照料很少，剪过之后还会再长。建议先从苗圃买小苗开始，而不是播种——这样您能更快看到成功。

2. Lettuce and greens / 生菜和绿叶菜

Loose-leaf lettuce is a wonderful beginner vegetable. It grows fast, does not need deep soil, and you can pick outer leaves while the plant keeps growing — this is called "cut and come again." It prefers cooler weather and some afternoon shade, so in hot climates, grow it in the cooler months or in a partly shaded pot.

散叶生菜是极好的入门蔬菜。它长得快，不需要深土，而且您可以摘外层叶子，植株会继续生长——这叫“边摘边长”。它喜欢凉爽的天气和午后半阴，在炎热地区，可以在凉爽的月份种，或者种在半阴的盆里。

3. Flowers that forgive / 宽容的花

Marigolds are cheerful, tough, and bloom for months with little care. Zinnias grow tall and bright from seed and are wonderful for cutting. Nasturtiums trail beautifully from pots and even their leaves and flowers are edible. Choose one herb, one green, and one flower for your first garden — three pots, three small victories.

万寿菊开朗、皮实，只需很少照料就能开好几个月。百日草从种子长起，高大明亮，非常适合剪下来插瓶。旱金莲能从盆里垂下来，很漂亮，而且它的叶子和花都可以吃。您的第一个花园可以选一种香草、一种绿叶菜和一种花——三盆花，三个小胜利。

> **Try this / 试一试：** Visit a nursery or plant shop (or browse one online) and find one herb, one green, and one flower that suit your space and climate. Write down their names and one care need for each. If you buy one small plant today, plant it in a pot using the steps from Lesson 2.
>
> 去苗圃或花店（或在网上逛逛），找到适合您的空间和气候的一种香草、一种绿叶菜和一种花。写下它们的名字和各自的一项养护要点。如果今天买了一棵小苗，就按第 2 课的步骤把它种进盆里。

Check yourself / 自我检查 — Quiz 3

1. Why should mint be grown in its own pot?
2. Why is it often better for a beginner to start with small nursery plants rather than seeds?
3. What does "cut and come again" mean for lettuce?
4. Name one forgiving flower for beginners.
5. In a hot climate, when is a good time to grow lettuce?

Answers / 答案： 1. Because mint spreads fast and would take over other plants. 2. Because you see success sooner; seedlings are already growing. 3. You pick outer leaves while the plant keeps growing new ones. 4. Any one of: marigold, zinnia, nasturtium. 5. In the cooler months, or in a partly shaded pot.

Lesson 4: Watering, Feeding, and Gentle Care / 第 4 课：浇水、施肥与细心照料

> **Goal / 学习目标：** By the end of this lesson, you can explain how to check whether a plant needs water, how to water well, and how to feed plants gently.
>
> 学完本课，您能说明如何判断植物是否需要浇水、如何正确浇水，以及如何温和地给植物施肥。

1. The finger test / 手指测试法

Most beginner gardeners kill plants by overwatering, not underwatering. Before you water, push your finger about one knuckle (2–3 cm) into the soil. If it feels dry, water. If it feels damp, wait. Different plants and weather change the answer, so this little test is more reliable than any fixed schedule.

大多数新手园艺者是把植物浇死的，而不是旱死的。浇水之前，把手指伸进土里约一个指节（2–3 厘米）深。如果感觉干了，就浇水；如果还潮湿，就等等。不同植物和天气会改变答案，所以这个小测试比任何固定时间表都可靠。

2. How to water well / 如何正确浇水

Water slowly at the base of the plant, not on the leaves, until water runs

out of the drainage hole. Morning is the best time — the plant can drink all day, and leaves dry before night. A watering can with a gentle spout, or a bottle with small holes, works well for pots. In hot weather, pots may need water every day; in cool weather, much less often.

慢慢地把水浇在植物根部，而不是叶子上，直到水从排水孔流出。早晨是最佳浇水时间——植物可以喝一整天，叶子在夜里之前能干透。带细嘴的浇水壶，或者打了小孔的瓶子，都很适合浇盆栽。炎热天气里，盆栽可能每天都需要浇水；凉爽天气里，则要少得多。

3. Feeding gently / 温和施肥

Plants in pots use up the food in their soil over weeks and months. A gentle liquid plant food, used at half the strength on the label and only every two to four weeks during the growing season, is plenty for beginners. More is not better — too much food can burn roots. Compost mixed into the soil is the gentlest food of all.

盆栽植物在几周、几个月里会耗尽土壤中的养分。温和的液体植物营养液，按标签用量的一半浓度，在生长季每两到四周用一次，对新手来说就足够了。多不等于好——过量施肥会烧伤根系。拌入土壤的堆肥是最温和的养分。

> **Try this / 试一试：** Do the finger test on your plant or pot today, and write down what you found: dry or damp? Water only if it is dry, slowly, at the base, until water runs out below. Repeat the test

> tomorrow and note how the soil changed.

> 今天就对您的植物或花盆做一次手指测试，并记下结果：干还是潮？只有干了才浇水，要慢慢浇在根部，直到水从下面流出。明天再重复测试，记录土壤的变化。

Check yourself / 自我检查 — Quiz 4

1. What is the finger test, and what does it tell you?
2. True or false: Most beginners kill plants by underwatering.
3. Where should you pour water — on the leaves or at the base?
4. What is the best time of day to water, and why?
5. Why is half-strength plant food safer for beginners than full strength?

Answers / 答案： 1. Push a finger 2–3 cm into the soil; dry means water, damp means wait. 2. False — most beginners overwater. 3. At the base of the plant. 4. Morning, so the plant can drink all day and leaves dry before night. 5. Because too much food can burn roots; half strength is gentle and plenty.

Lesson 5: Pests and Problems Without Harsh Chemicals / 第 5 课：不用烈性化学药剂对付病虫害

> **Goal / 学习目标：** By the end of this lesson, you can name three non-chemical ways to handle common garden pests and explain when to simply watch and wait.
>
> 学完本课，您能说出三种不用化学药剂对付常见园艺害虫的方法，并解释什么时候只需观察等待就好。

1. Look first, act second / 先观察，再行动

A few holes in a leaf are not an emergency. Healthy plants can lose a few leaves and still thrive. Before you do anything, look closely: what insect is there, how many, and is the plant still growing? Many problems are small and pass on their own. Patience is a gardener's first tool.

叶子上有几个小洞不是紧急情况。健康的植物掉几片叶子仍然能茁壮成长。动手之前，先仔细看看：是什么虫、有多少、植物还在生长吗？许多问题都不大，会自己过去。耐心是园艺者的第一个工具。

2. Gentle, non-chemical helpers / 温和的非化学帮手

Here are three gentle approaches. First, pick pests off by hand into a bucket of soapy water — simple and effective for caterpillars and beetles.

Second, spray plain water firmly on the leaves to wash off aphids (tiny soft insects that cluster on stems). Third, invite helpers: ladybugs eat aphids, and birds eat many insects. Planting a variety of flowers attracts these friends. This course recommends no chemical pesticides.

这里有三种温和的方法。第一，用手把害虫摘下来放进一桶肥皂水里——对付毛毛虫和甲虫简单有效。第二，用清水用力冲洗叶子，洗掉蚜虫（聚集在茎上的微小软体昆虫）。第三，请来帮手：瓢虫吃蚜虫，鸟儿吃许多昆虫。种多样的花能吸引这些朋友。本课程不推荐任何化学农药。

3. Strong plants resist better / 强壮的植物抵抗力更强

Most pest trouble starts with a stressed plant — too dry, too dark, or crowded. Good sun, proper water, and enough space between plants prevent more problems than any spray. If one plant is badly infested and struggling, it is sometimes kindest to remove it so the others stay healthy.

大多数虫害始于一棵受压的植物——太干、太阴，或者太拥挤。充足的阳光、适当的水分和植物之间足够的间距，比任何喷剂更能预防问题。如果一棵植物虫害严重、长势很差，有时最明智的做法是把它移走，保护其他植物的健康。

> **Try this / 试一试：** Inspect your plants closely this week, top and underside of leaves. Write down what you see: any insects, spots, or holes? Decide together with this lesson: watch, hand-pick, wash with water, or give the plant more sun and space?

> 这周仔细检查您的植物，包括叶子正面和背面。记下您看到的：有没有虫子、斑点或虫洞？对照本课决定：观察、手摘、清水冲洗，还是给植物更多阳光和空间？

Check yourself / 自我检查 — Quiz 5

1. Why are a few holes in a leaf usually not an emergency?
2. Name one gentle, non-chemical way to remove caterpillars.
3. How can plain water help with aphids?
4. Name one garden helper that eats aphids.
5. True or false: This course recommends chemical pesticides for beginners.

Answers / 答案： 1. Because healthy plants can lose a few leaves and still thrive. 2. Pick them off by hand into a bucket of soapy water. 3. A firm spray of water washes them off the leaves and stems. 4. Ladybugs (or birds, for insects in general). 5. False — this course recommends no chemical pesticides.

Lesson 6: Gardening with Comfort / 第 6 课：舒适地园艺

> **Goal / 学习目标：** By the end of this lesson, you can explain how raised beds, good tools, and pacing make gardening comfortable for older gardeners.
>
> 学完本课，您能说明高畦、好工具和合理安排如何让园艺对年长者更舒适。

1. Raise the garden to you / 把花园抬高到您面前

You do not have to kneel on the ground to garden. A raised bed — a wooden or brick frame filled with soil, about knee height — lets you work standing or sitting on a stool. Tabletop planters and tall pots do the same on a balcony. Bringing the garden up to you protects your knees, back, and balance.

园艺不一定要跪在地上。高畦——一个装满土的木框或砖框，大约齐膝高——能让您站着或坐在凳子上干活。桌面花坛和高花盆在阳台上也能起到同样的作用。把花园抬高到您面前，可以保护膝盖、腰和平衡。

2. Tools that are kind to hands / 对双手友好的工具

Choose light tools with soft, thick grips that are easy to hold. A small hand trowel, a pair of gloves that fit well, and a watering can you can lift when

full are enough to begin. Long-handled tools let you work without bending far. Keep tools clean and dry so they last and stay safe to use.

选择轻便、握柄柔软粗厚、容易握持的工具。一把小铲子、一副合手的手套、一个装满水也能提得动的浇水壶，入门就足够了。长柄工具能让您不用弯腰太深。工具用后保持清洁干燥，这样耐用又安全。

3. Pace yourself / 合理安排节奏

Garden in the cool of the morning or evening, not in midday heat. Work for twenty or thirty minutes, then rest, drink water, and enjoy looking at what you did. Wear a hat, sunscreen, and closed shoes. Gardening should leave you refreshed, not exhausted — small regular sessions beat one long tiring day.

在早晨或傍晚凉爽的时候园艺，不要在正午烈日下干活。干二十或三十分钟，然后休息、喝水、欣赏自己的成果。戴帽子、涂防晒霜、穿包脚的鞋。园艺应该让您神清气爽，而不是筋疲力尽——经常性的短时间劳作胜过一次漫长累人的一天。

> **Try this / 试一试：** Set up one comfort improvement for your garden this week: raise a pot onto a table or stand, find a stool to sit on, or move your watering can closer to your plants. Write down what changed and how your body felt afterward.
>
> 这周为您的花园做一项舒适改进：把一盆花抬到桌子或架子上、找个凳子

> 坐着干活，或者把浇水壶移到离植物更近的地方。记下改变了什么，以及事后身体的感觉。

Check yourself / 自我检查 — Quiz 6

1. What is a raised bed, and why does it help older gardeners?
2. Name two features of a hand-friendly garden tool.
3. When is the best time of day to garden in hot weather?
4. True or false: One long tiring day in the garden is better than short regular sessions.
5. Name three things to wear or use for sun and foot safety in the garden.

Answers / 答案： 1. A soil-filled frame about knee height; it lets you work standing or sitting, protecting knees, back, and balance. 2. Any two of: light, soft thick grip, easy to hold, long-handled. 3. The cool of the morning or evening. 4. False — short regular sessions are better. 5. Any three of: hat, sunscreen, closed shoes, gloves, water.

Lesson 7: Through the Seasons / 第 7 课：四季园艺

> **Goal / 学习目标：** By the end of this lesson, you can describe what a gardener does in each season and explain why planting times differ by climate.
>
> 学完本课，您能描述园艺者在每个季节做什么，并解释为什么不同气候的种植时间不同。

1. Spring: plant and wake up / 春天：播种与苏醒

Spring is the classic planting season in most climates: soil warms, days lengthen, and seeds wake up. Start herbs and flowers, refresh pots with new soil, and feed plants that are beginning to grow. In warm places like Florida, spring comes early and the growing season is long; in colder climates, wait until the last frost has passed before putting tender plants outside.

春天是大多数气候下的经典播种季节：土壤变暖、白天变长、种子苏醒。种香草和花，给花盆换上新土，给开始生长的植物施肥。在佛罗里达这样温暖的地方，春天来得早，生长期长；在寒冷地区，要等最后一次霜冻过去后再把娇嫩的植物移到户外。

2. Summer: water and enjoy / 夏天：浇水与享受

Summer is for watering, harvesting, and enjoying. Check pots daily in hot weather — they dry fast. Mulch (a layer of straw, leaves, or bark on the soil surface) keeps soil cool and moist and saves water. Pick vegetables and herbs often; regular picking encourages more growth.

夏天是浇水、收获和享受的季节。炎热天气里每天检查花盆——它们干得很快。覆盖物（铺在土表的一层稻草、树叶或树皮）能保持土壤凉爽湿润、节约用水。经常采摘蔬菜和香草；经常采摘能促进更多生长。

3. Autumn and winter: rest and plan / 秋冬：休整与计划

Autumn is for tidying, saving seeds, and planting cool-season greens in mild climates. Winter is the garden's rest: in cold places, move tender pots indoors or near a sheltered wall; in warm places, gardening continues gently. Use the quiet months to plan next year — what grew well, what would you try next, what would you plant more of?

秋天适合整理、留种，在气候温和的地区种凉季绿叶菜。冬天是花园的休息期：在寒冷地区，把娇嫩的盆栽移到室内或避风的墙边；在温暖地区，园艺可以温和地继续。利用安静的月份计划明年——什么长得好、明年想尝试什么、想多种什么？

> **Try this / 试一试：** Write a four-season note for your garden: what

> will you plant this season, what will you harvest next season, and what will you rest or plan in the quiet months? Ask a local nursery which varieties suit your climate.
>
> 为您的花园写一份四季笔记：这个季节种什么、下个季节收获什么、在安静的月份休整或计划什么？向当地苗圃咨询适合您气候的品种。

Check yourself / 自我检查 — Quiz 7

1. In most climates, what is spring the season for?
2. Why should gardeners in cold climates wait until after the last frost to plant tender plants outside?
3. What is mulch, and what does it do?
4. Why does regular picking encourage more growth?
5. What can you do with the garden's quiet winter months?

Answers / 答案： 1. Planting: soil warms, days lengthen, seeds wake up. 2. Because frost can damage or kill tender plants. 3. A layer of straw, leaves, or bark on the soil surface; it keeps soil cool and moist and saves water. 4. Because the plant keeps producing new leaves and fruit to replace what was picked. 5. Plan next year — what grew well, what to try next, what to plant more of.

Lesson 8: My Garden Plan / 第 8 课：我的园艺计划

> **Goal / 学习目标：** By the end of this lesson, you can write a simple personal garden plan with plants, places, and a care routine you can actually keep.
>
> 学完本课，您能写一份简单可行的个人园艺计划，包括植物、位置和养护安排。

1. Start small, grow slowly / 从小开始，慢慢扩大

The best garden plan is one you can keep. Three pots well cared for are better than twenty pots that overwhelm you. Choose plants you like to eat, smell, or look at. Put each plant where its sun and water needs are met. Write the plan down — a plan on paper is easier to follow than a plan in your head.

最好的园艺计划是您能坚持的计划。三盆照顾得很好的花，胜过二十盆让您手忙脚乱的花。选择您喜欢吃、喜欢闻或喜欢看的植物。把每棵植物放在阳光和水分都合适的地方。把计划写下来——写在纸上的计划比记在脑子里的计划更容易执行。

2. A care routine you can keep / 能坚持的养护安排

A simple weekly routine is enough. For example: Monday, finger-test the

soil and water what is dry. Wednesday, look closely at leaves for pests and pick off anything unwelcome. Saturday, harvest what is ready and enjoy it. Ten minutes here and there, on days you choose, keeps a small garden thriving without taking over your life.

一个简单的每周安排就够了。例如：周一做手指测试，给干了的植物浇水。周三仔细查看叶子有没有虫害，摘掉不受欢迎的东西。周六收获成熟的植物并享用。每次十分钟，在您选择的日子里，就能让小花园茁壮成长，又不占据您的全部生活。

3. Celebrate the harvest / 庆祝收获

When you pick your first herbs, share them: a sprig of mint in a neighbor's tea, basil on a family dinner. Take a photo of your garden each month and watch it change. Gardening is not about perfection; it is about patience, care, and small daily pride. You began with one pot. Look what you grew.

当您收获第一批香草时，分享它们：给邻居的茶里放一枝薄荷，给家人的晚餐加一把罗勒。每个月给花园拍张照片，看着它变化。园艺不追求完美；它关乎耐心、细心和每天的小自豪。您从一盆花开始。看看您种出了什么。

> **Try this / 试一试：** Fill in the garden plan below with your own choices. Then plant, water, or tend one thing today — your plan begins the moment you act.
> 用您自己的选择填写下面的园艺计划。然后今天就种、浇或照料一样东西

> ——行动的那一刻，您的计划就开始了。

Check yourself / 自我检查 — Quiz 8

1. Why are three well-cared-for pots better than twenty overwhelming ones?

2. What should you put each plant where?

3. Give one example of a simple weekly garden routine.

4. Why is it good to write your garden plan down?

5. True or false: Gardening is about perfection.

Answers / 答案： 1. Because a plan you can keep beats a plan that overwhelms you. 2. Where its sun and water needs are met. 3. Any one of: Monday finger-test and water; Wednesday leaf check; Saturday harvest — or another regular small routine. 4. Because a plan on paper is easier to follow than a plan in your head. 5. False — gardening is about patience, care, and small daily pride.

My Garden Plan / 我的园艺计划

Fill in your own plan. Keep it small, keep it joyful.

请填写您自己的计划。保持小规模，保持快乐。

- My garden space: _____ / 我的园艺空间：_____
- Sunniest spot: _____ / 阳光最充足的地方：_____
- Shady spot: _____ / 阴凉的地方：_____
- My first three plants: _____ / 我的前三种植物：_____
- Containers or beds I will use: _____ / 我要用的容器或花坛：_____
- My watering routine: _____ / 我的浇水安排：_____
- One comfort improvement: _____ / 一项舒适改进：_____
- What I most look forward to harvesting: _____ / 我最期待收获的：_____

Progress Checklist / 学习进度清单

- ☐ Lesson 1: Why Garden? / 第 1 课：为什么要园艺?
- ☐ Lesson 2: Know Your Space / 第 2 课：了解您的空间
- ☐ Lesson 3: Easy First Plants / 第 3 课：容易种的第一批植物
- ☐ Lesson 4: Watering, Feeding, and Gentle Care / 第 4 课：浇水、施肥与细心照料
- ☐ Lesson 5: Pests and Problems Without Harsh Chemicals / 第 5 课：不用烈性化学药剂对付病虫害
- ☐ Lesson 6: Gardening with Comfort / 第 6 课：舒适地园艺
- ☐ Lesson 7: Through the Seasons / 第 7 课：四季园艺
- ☐ Lesson 8: My Garden Plan / 第 8 课：我的园艺计划
- ☐ I planted my first pot / 我种下了第一盆植物
- ☐ I harvested something I grew / 我收获了自己种的东西