

Edible School Gardens Workshop

March 2nd, 2009

Create an Outdoor Classroom at YOUR school!

Gardens in Schools? Here's Why!

- ❖ Schools should be an example of good nutrition through education AND practice
- ❖ Provides school cafeterias, families, farmer's markets and food co-ops with fresh fruits, vegetables, and herbs
- ❖ Connects students to real food by involving them in planning and production
- ❖ Enriches every school subject and easily integrates into the curriculum
- ❖ A noncompetitive way to get kids moving!

Sounds Great! How do We Get Started?

Supplies needed: allotted space, soil, seeds, construction materials, gardening tools and curriculum material

People to include: students, school administrators, teachers, PTA, cafeteria staff, custodians and community members

Steps:

1. Identify a "team" of volunteers with different strengths and a common passion for the project
2. Hold collaborative meetings to identify garden goals and responsibilities
3. Identify area for garden with sun exposure and in close proximity to a hose, tool shed, and classrooms
4. Choose a garden design
5. Use organic matter to enrich the soil or fill beds with clean, organic soil
6. Plant seeds, water and weed regularly

Resources:

- ❖ Local nurseries
- ❖ Private and corporate grant sources
<http://fairfoodfairfield.ning.com/forum/topics/grant-opportunities-for-school>
- ❖ Extensive how-to-guides and integrated lesson plans
<http://www.prs.k12.nj.us/GardenCoop>
<http://www.childrensgardennetwork.org>
- ❖ Great teaching, grant and seasonal resource
<http://www.kidsgardening.com/>
- ❖ School Food Advocacy -- <http://angrymoms.org/> -- <http://betterschoolfood.org/>

FOR MORE INFORMATION CONTACT: Denise LiGreci – deniseligreci@gmail.com

Here are some more helpful contacts for school Gardens:

UConn Master Gardener Program:

Contact: Sandi Wilson 203-207-3262

Matches up Master Gardeners who need to fulfill volunteer hour requirements to become "Master Gardeners".

Gault, Inc. Westport - for engraved bricks - 203-227-5181

Growing Connections www.thegrowingconnection.org

"Cultivating Food, Connecting Minds, Harvesting Hope"

Earthbox www.earthbox.com \$100.00 per box, growing system, with curriculum book

The National Gardeners Association - NGA@garden.org

on line news letter for school gardens.

Connecticut Women's Agricultural Network (CT WAgN)

a wonderful resource

www.ctwagn.uconn.edu

CTWAGN@cox.net or call 860-657-8157

CT NOFA (Northeast Organic Farmers Association)

ctnofa.org www.ctnofa.com 203-888-5146

Home Gardener Education Project has the following events:

Garden Tour - June 13, 2009 @ 10:00 am - 3:00 pm Rain or Shine \$20

2009 Gardener Education Workshops call for location & cost details include:

Basic Organic Gardening April 21 & April 24

Designing your Vegetable Garden & Edibles in the Landscape April 28 & April 30

Pruning Vegetables & Flowers July 7 & July 9

Garden Problem Solving July 14 & July 16

Season Extenders & Fall Crops in the Landscape August 18 & August 20

www.farmtoschool.org

May 17 & 18, 2009

The Northeast Farm to School Conference at Champlain College, Burlington, VT