

A photograph of a school garden. In the foreground, there are large, green leafy vegetables, possibly Swiss chard, with some red stems. Behind them, there are orange marigold flowers. The garden is in a raised bed with a wooden border. The background shows a grassy area and a concrete wall.

Growing Food and Fun in Elementary School Classrooms & Food Gardens and Native Plants in High Schools

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Oct. 5, 2012 CTABC & NWCSI Convention

Welcome!

- Equip and encourage you
- Resources and help available to you
- Gardening as a way to *learn about* and *care for* God's Creation



[illegible]

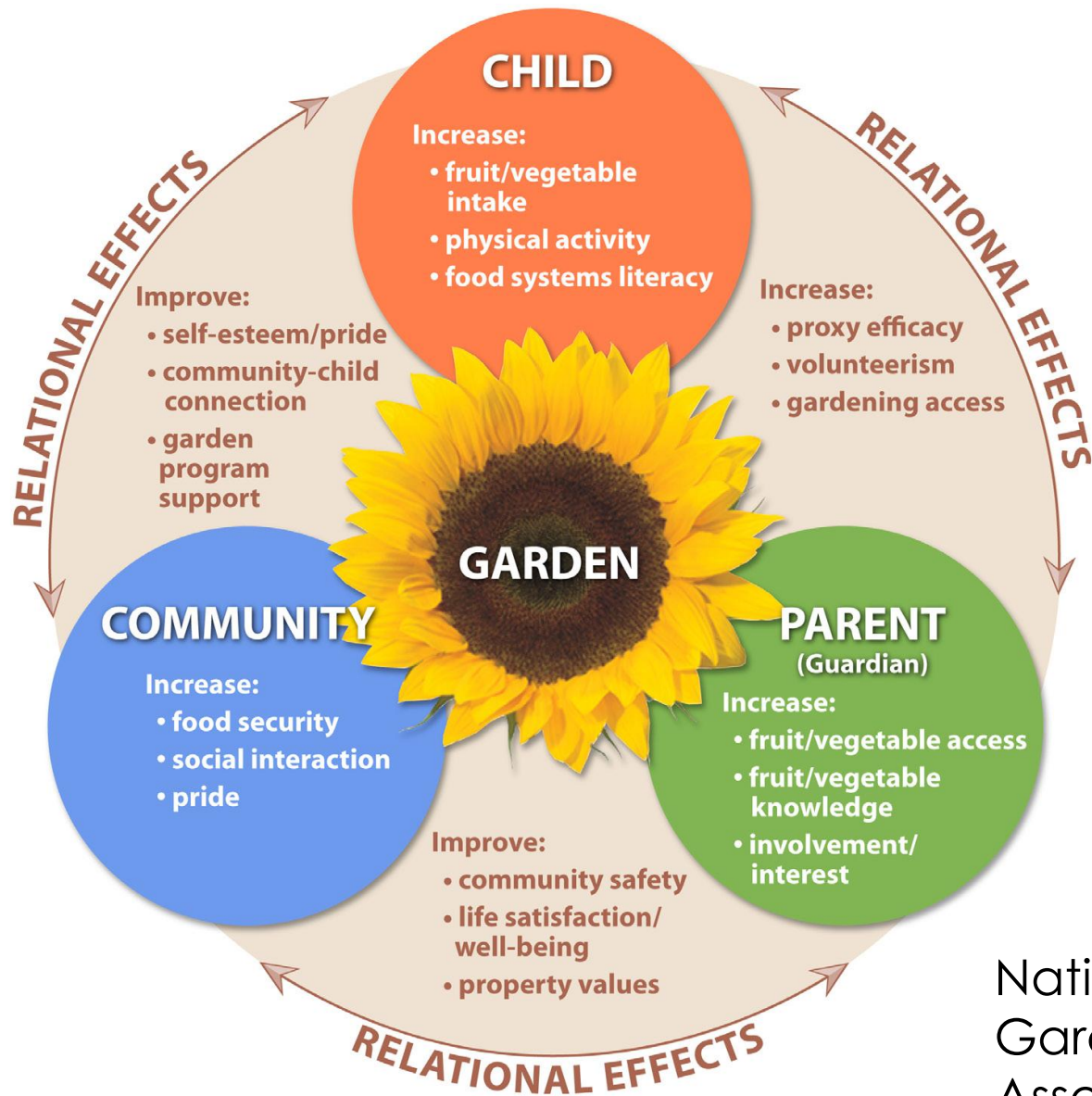
Activity





...you can dig for Him there.

George Bernard Shaw, Irish Playwright, critic
and political activist



National
Gardening
Association,
2012



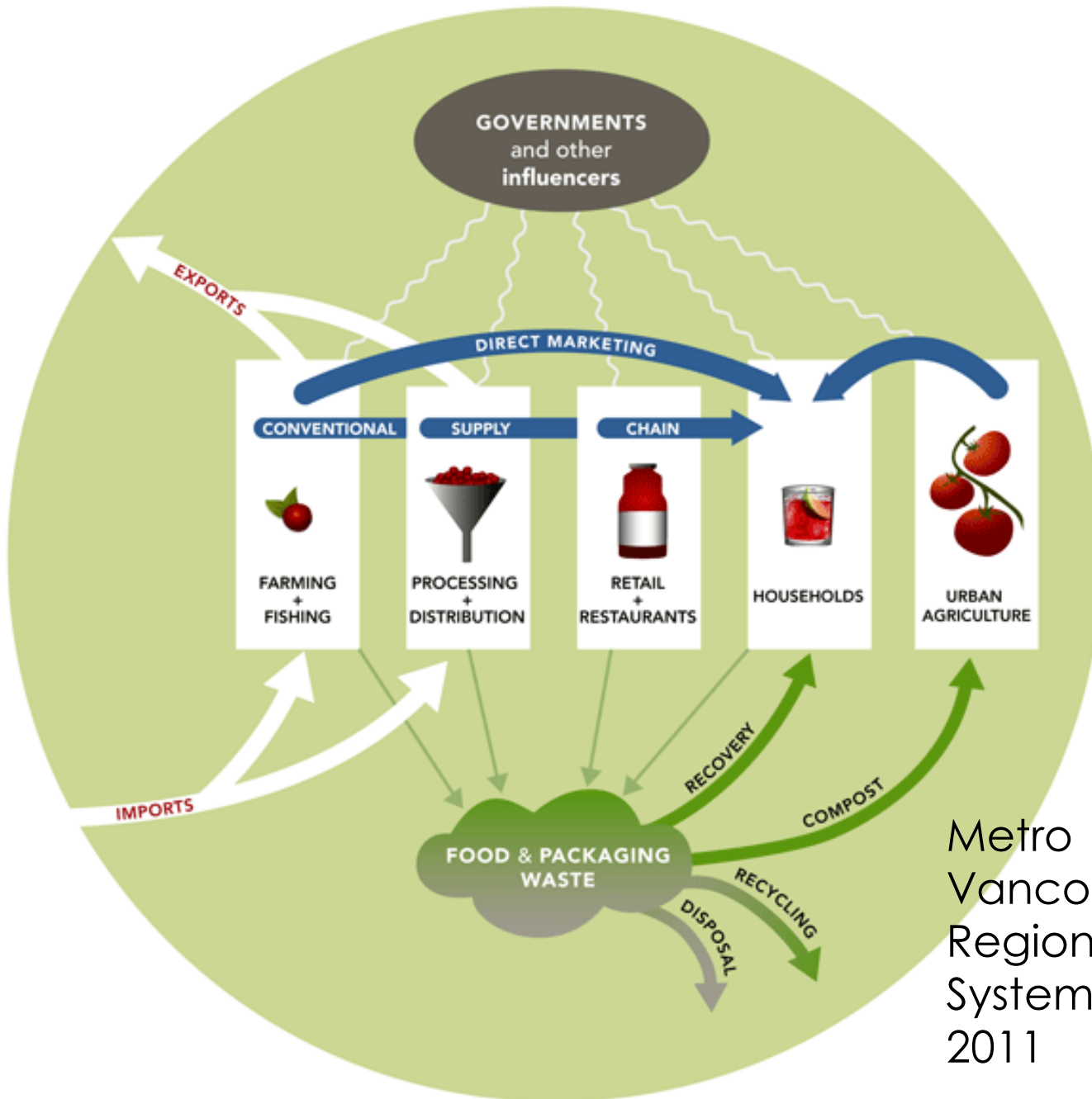
Observations from Educators

- Positive Response from participants, administrators and families
- Improvements in student's attitudes towards Environment, Nutrition and Community Spirit
- Content: Science, Health and Community Service

An Outsider's Perspective

- "...food is culture. When we eat, we ingest the physical world, accepting into our bodies the **customs and values and politics of the system** that got that food into our mouths."
- *David Tracey, Urban Agriculture: ideas and designs for the new food revolution*





Metro
Vancouver,
Regional Food
System Network,
2011

A Sustainable Food System

- Food Security
 - Sustainability
 - Access to good food
 - Affordability
 - Living wages
 - Part of human health



History of Urban Agriculture

- Origin of Cities 1800s
- Large North American Cities
- WWI - domestic food supply, public schools, employment
- Depression - Individual plots and employment
- WWII - Victory Gardens
- 1970s - rebirth of gardens



Food Security/Sustainability Continuum

There is no single set of practices that will ensure the food security of a community. Rather, food security exists when the food system in a community provides a continuum of resources ranging from short-term relief of acute food insecurity through building capacity to feed itself and leading to a redesign of the food system resulting in interdependence, resilience and sustainability.²



Mobilizing your Community

- Building the Case
 - Idea, Benefits
- Gathering Support
 - Recruit team members, meetings
- Planning the Program
 - Goals and long-term vision
 - Integrate curriculum
 - Meet local needs



Gardening Basics...



Some things to think about.

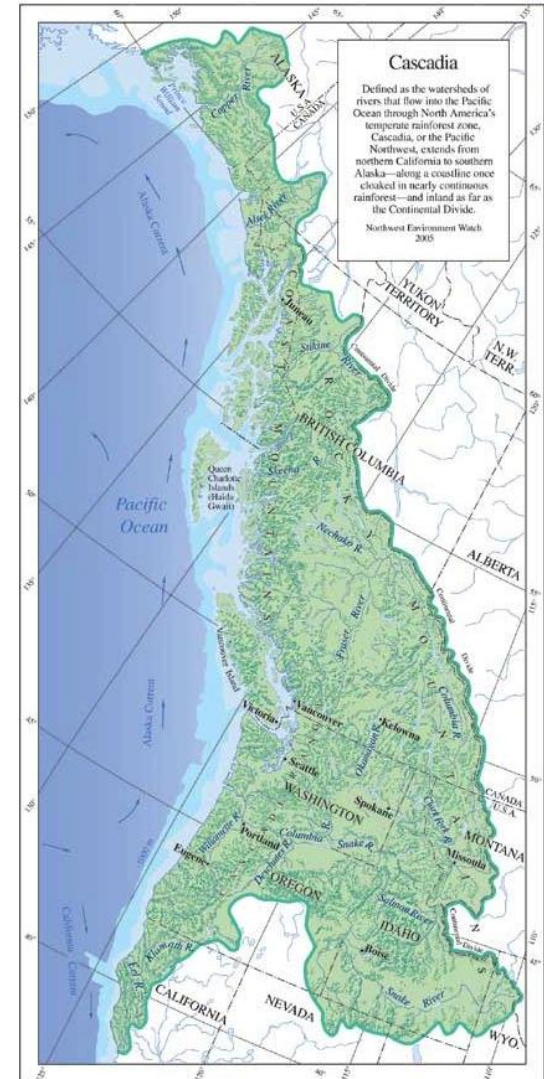
A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain...

Mark 4:26-28



Know Your Place

- “If you don’t know where you are, you don’t know who you are.” – Wendell Berry
- The wisdom that accompanies the ability to grow your own food is central to our humanity.
- Bioregionalism



Climate

- High latitude
- Wet winters – not too cold
- Dry summers – not too hot



Garden Site Selection

- Common sense knowledge for choosing the location of your garden.
- Sun
- Soil
- Water
- Community



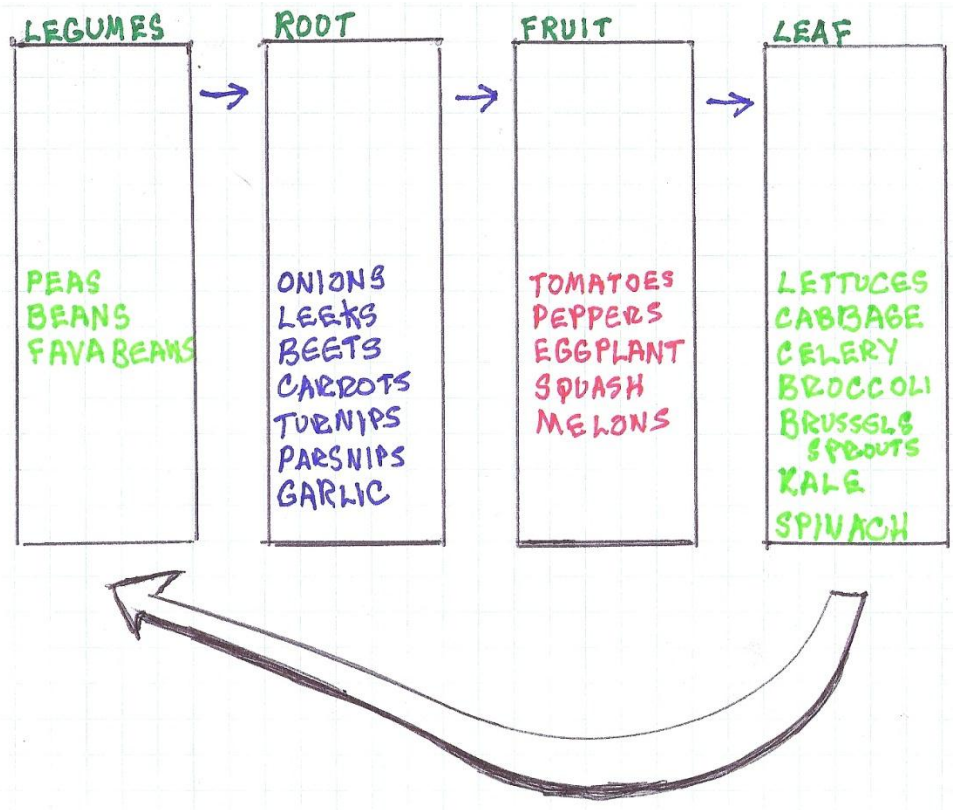
Labor

- Who is going to work the garden?
- It is a lot of work.
- Well worth it.



Garden Plan

- Size
- Raised beds
- Seeds
- Varieties
- Think long-term (rotations)
- Where is the harvest going to go?
- Start small with space to expand.



5 Loaves Farm

Telephone Peas

Spinach / Flour Corn

Broccoli

Cauliflower

Radishes / Watermelon

Tomatoes

Pickling cukes

Peppers

Potatoes

Slicing Cukes

Salad
mixes

Zucchini

Cabbage

Beets

Carrots

Zucchini

Kale

Peas

Rainbow Chard

Peas

2nd year Kale /

Parsley, Dill, Asparagus – other herbs
(lavender, rosemary, thyme, oregano,
sage)

Cantalope

Flowers

Strawberries

Celery

Basil

Giant Pumpkin

Timing

- When kids are out of school – that is when you garden.
- Greenhouse – starting seeds
- Fall harvest, Spring planting



Native Plants

- Another aspect of knowing your place.
- Ecological value and connection
- Subtle beauty and low maintenance
- Streams, wetlands, pollinator garden



Garden Beds 101



In Ground

- Minimal costs
- Weed management
- Soil Testing

Above Ground (Raised)

- Soil Drainage
- Easier to work
- Less weeds
- Retain warmth

Raised Beds with Wood Frame



Advantages

- Esthetics
- PolyTunnel
- Accessibility (height)
- Drainage

Disadvantages

- Costs
- Permanency
- Placement
- Construction



General Dimensions

Height: 1' to 3'
(Wheelchair
mobility)

Widths: 2' to 4'
(Arm's length
reach)

Lengths: 4' to 16'
(Divided into plots –
less wood)

Materials

A photograph of a garden bed with a border made of large, light-colored stones. The bed is filled with dark soil and various green plants, including tall, thin, needle-like plants. A portion of a car tire is visible in the top right corner.

Wood options:

- cedar is best (rot resistant)
- pine, douglas fir, spruce (line with plastic)
- Not recommended: Pressure Treated (chromated copper arsenate, copper quaternary compound, copper dimethyl- dithiocarbamate)

Stone or Brick:

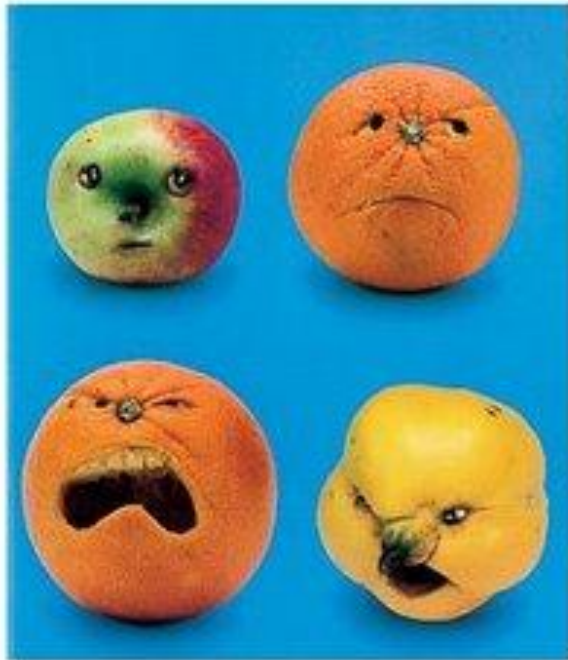
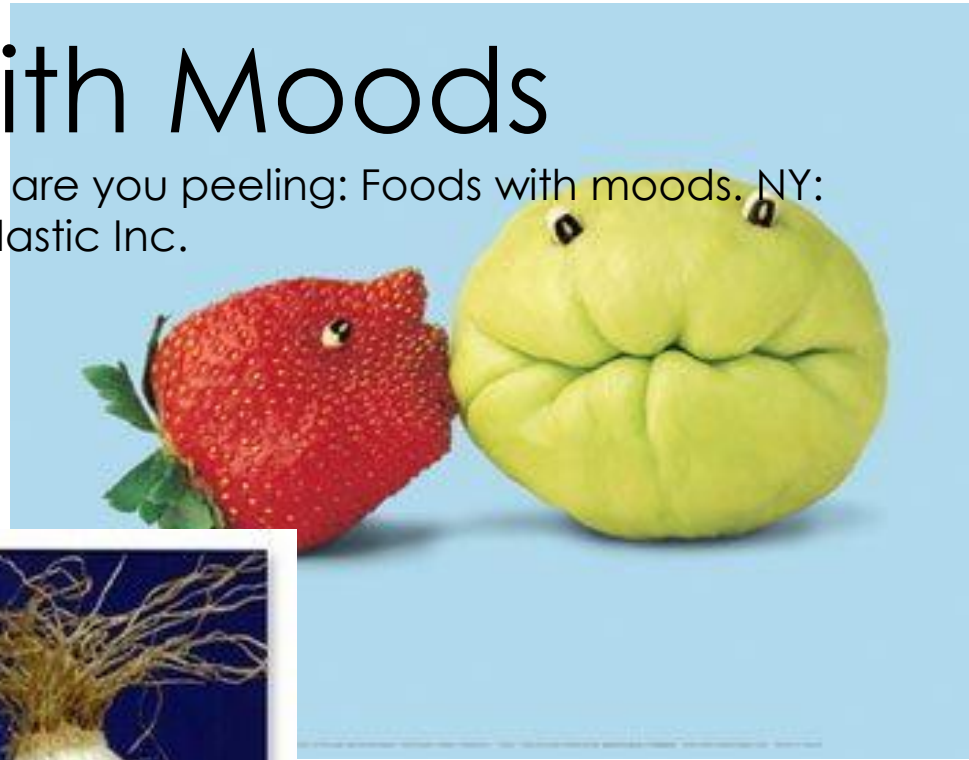
- more expensive if purchase
- collect large stones
- salvage

Fun Activities



Foods with Moods

Freymann, S. & Elfers, J. (1999). How are you peeling: Foods with moods. NY: Scholastic Inc.



Or not so sure!

Seed Sprouting



Compost Stew

An A to Z Recipe for the Earth



by Mary McKenna Siddals
Illustrated by Ashley Wolff

High School Classrooms or Extracurricular Club

- Wood Working
 - Construct garden boxes
- Home Economics
 - Seasonal Cooking
 - Plant families and human nutrition
- Science
 - Ecosystems
- History
 - North American Urban Agriculture



Questions?
Let's discuss your ideas and plans!

CHILDRENS GARDEN



**Resource List for
School Teachers
available online [here](#)**