

KIDS' EDIBLE GARDENS



MARLBOROUGH
DISTRICT COUNCIL

What is Kids' Edible Gardens and how does it work?

A little background

A Christchurch Trust in 1995 created the Kids' Edible Gardens programme. The Kids' Edible Gardens Trust developed "A Growing Guide for Teachers" and a programme to support this, mostly funded through grants and some sponsorship.

We have been given their permission to use the guide and adapt the programme to work in our region.

The Marlborough Programme



The Kids' Edible Gardens programme aims to teach students to re-use organic waste, grow organic edible gardens and also eat the produce they make.

The Marlborough District Council programme is supported by a garden facilitator, contracted or working at the school, paid by the Council to the school involved. Council also provides ongoing training for facilitators and teacher professional development. New teaching resources have been developed to help integrate the garden programme with the classroom programme.

Learning in the outdoor classroom provides experiences that include:

- ⇒ Recycling, re-using, removing organic waste from the waste stream.
- ⇒ Observational skills - watching the changes in the garden.
- ⇒ Being aware of and connected to our living world.
- ⇒ Critical thinking, asking questions and finding possible solutions.
- ⇒ Enterprise and industry - growing food for processing and sale.
- ⇒ Healthy eating behaviours and good nutrition.



"Our junior school has chosen the Kids' Edible Gardens programme and offers our students lots of opportunities to meet their learning competencies in a practical way."



"The facilities are really good and the students are enthusiastic about the classroom garden programme. The new vegetable garden has just been established."



"This is one of the best programmes in our school. It's a hands-on learning experience."



*Senior school
use this
programme as it
provides our students
with opportunities
to explore the key
competencies in a
practical way."*



*Facilitator is
provided with the
resources and our
facilitators come back
with a buzz of
enthusiasm for
gardening
time and the
vegetables they
have just tried."*



*One of the
programmes
at school, its
fun and fun."*

How the edible garden fits into the New Zealand curriculum

Sustainability is a significant theme throughout the New Zealand curriculum. It seeks to ensure that learners are equipped to participate in and contribute to their own society and the wider world. An important aspect of this is to encourage students to consider significant future focussed issues such as sustainability.

Research endorses school-based edible gardens as positively influencing both health and educational outcomes. Children gain the life skills of gardening and the benefits of working together to produce their own food.

How does the Programme operate in schools

Each school operates the programme slightly differently depending on how schools are organised.

On the following page is an outline of some of the topics covered each term in the Kids' Edible Gardens programme. This outline is supported by the resources and activities in the Kids' Edible Gardens Kit for classroom delivery of the programme.

There are also detailed facilitator guides for each season and a teacher's guide that links the Kids' Edible programme with the key competencies with the New Zealand curriculum.

The Kids' Edible Garden programme links into the EnviroSchools programme particularly the Living Landscapes and Zero Waste themes.



TERMS AND TOPICS

Summer - Reaping the Rewards

Companion Planting
Ecology and Biodiversity
Water Conservation
Mulching

5 plus a day. What do we need to plant to get our 5 plus in our garden, and why do we need 5 plus a day.

Autumn - Seed Saving and Composting

Seed Saving
Compost Building
Plant Care
Plant Protection

Healthy eating and food technology—how do we prepare our foods to get the best from them. Safe storage and cooking of foods.

Winter - Resting and Revitalising

Plant Lifecycle
Feeding the Soil
Crop Rotation
Garden Design

Soups and stews—winter eating to get the best nutrition

Spring - Let's Get Growing

Germinating Seeds and Seed Sowing
Plant Health
Pest Protection and Control
From Seeds to the Table
Fresh Vegetables and Our Health

Growing healthy—how our bodies are like plants and what we can do to make them strong.

For further information



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This information is reviewed and updated annually