

Start a Garden



Engage Now

Do you like gardening?

Gardens can be a great source of nutrition and education. It can bring children and the community together including parents.

School and community gardens are a wonderful way to get everyone started on a physically and mentally healthier path by improving diets and activity levels.

So, why not get started on a school or community garden? Have fun watching the plants grow and reap the rewards.

***Grow, cook
and eat your own food!***

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More Information

Check out our web page at:

www.foodplantsolutions.org

Or write to us with a question or comment:

info.foodplantsolutions.org

Some really helpful material can be found at:

www.fao.org/docrep/009/a0218e/A0218E01.htm#int



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In Your School or Community

Experience the benefits of better nutrition, increased energy levels and concentration by growing a garden and eating the produce you grow yourself.



Tips to Start Your School or Community Garden



Plan

- **Plan** the size of your garden
- **Start Small** - grow seeds or plants in containers in the classroom and watch them grow.
- **Get bigger** - find a plot of land to build the garden.
- **Get support** - talk to your teachers, the school principal or community members about your garden plans. Some others may want to be involved, have some land or want to help.
- Take lots of **photos** as a record - include friends in your photos and have some quite **closeup**.

Research

Find out some more about gardens.

Do some research. Key words -

- Nutrition
- Local edible plants
- Sustainability
- Plant Varieties
- Nutrients



Start

The site - Make sure the site of your garden is big enough and that you and your friends have easy access to it.

Build

- **Clear the ground** - make sure students are taught about the tools being used - their safety and purpose.
- **Lay out the Garden** - Use string to mark out sections for each group of plants:
 - Vegetables
 - Fruit
- Consider and plan how tall each plant might be or how wide it might become. Get good advice.
- Will you need to plan for compost as a natural food for the plants?



Plant

- You may need donations of seeds or small plants.
- How often do you need to water the garden? Feed it?
- Do all plants need the same amount of **water**?

Watch

Do any plants need extra attention - stakes to hold them up?

Take more photos.

Make sure the garden is close enough to be able to watch the plants grow.

Harvest

Finally, enjoy the fun of eating produce you have grown. Find the best ways to cook each food. Have fun!

Think

Do you need to plant some more plants now? What plants?

