

# 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!***

# Start a Garden



## More Information

Check out our web page at:

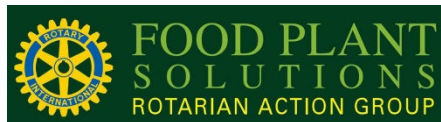
[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

Or write to us with a question or comment:

[info.foodplantsolutions.org](mailto:info.foodplantsolutions.org)

Some really helpful material can be found at:

[www.fao.org/docrep/009/a0218e/A0218E01.htm#int](http://www.fao.org/docrep/009/a0218e/A0218E01.htm#int)



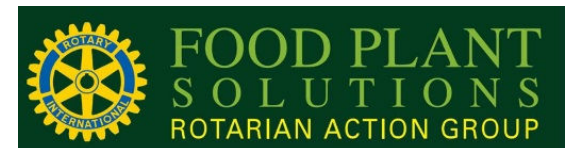
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## In Your School or Community

*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?

