

Resources for Gardening in and with schools

Books

Outdoor Classrooms: A handbook for school gardens, Carolyn Nuttall and Janet Millington, PI Productions, 2008

Written by two experienced teachers and permaculturalists, this book includes both inspiration and practical advice for creating gardens in schools. Provides resources for teachers to teach the entire curriculum from the garden. Details at www.outdoorclassrooms.com.au.

Kitchen Garden Cooking with Kids, Stephanie Alexander, Penguin, 2006

Focusing on the food and the kitchen, this book tells the story of the kitchen garden at Collingwood College, Melbourne, and offers more than a hundred of the recipes the kids have cooked from the garden. Easy to follow instructions and lots of photos.

A Children's Food Forest: An Outdoor Classroom Carolyn Nuttall, Food Forests and Learnsapes in Education, Brisbane, 1996

Based on a school garden project in Brisbane. Curriculum focus. Permaculture perspective. 72pp. AU\$15 plus \$3 p&p

The Environmental Workshop: Valuable Learning Outcomes in School Gardens, Carolyn Nuttall and Mary-Anne Cotter, Dellasta, Vic, 1999

Teaching resources for involving children in the development and maintenance of school gardens, and for linking gardening to curricula. Primary school focus. Many worksheets included. 48pp. ISBN 1 875 640 428. AU\$20 + \$3.50 p&p within Australia. Both Carolyn's books can be obtained from the author Ph 07 3844 7272 Email: c.nuttall@uq.net.au

Greening School Grounds: Creating Habitats for Learning, Grant, Tim and Gail Littlejohn, (eds) Green Teacher, Toronto, 2001

This anthology from the Canadian *Green Teacher* magazine includes step-by-step instructions for numerous schoolyard projects, for reception to year 12. Articles on rooftop gardens, practical tips on minimising vandalism, maximising participation and raising funds, outdoor classroom activities and curriculum links. 144pp. ISBN 0-86571-436-3.

Edible School Yard: A Universal Idea, Alice Waters, Chronicle Books, San Francisco 2008

Recounts the story of the famous 'edible school yard' at Martin Luther King, Jr. Middle School in California, which has been an inspiration for many subsequent school garden projects. Written by its initiator, Montessori teacher turned restaurateur Alice Waters, this book includes many photographs, as well as recipes and examples of children's work.

Dig in: Creating an Edible School Garden. Queensland Health, 2003

Comprehensive guide to the gardening aspects of school learnsapes including gardening methods, site analysis, tools, maintenance, worm farms, plant selection and calendar, and pests and diseases. 65pp.

Beyond the Bean Seed: Gardening Activities for Grades K – 6 and ***Cultivating a Child's Imagination Through Gardening***, Nancy E. Allen Jurenka and Rosanne J. Blass, Greenworld Publishing Group, 1996

Both of these books use children's literature to connect garden-based activities with literacy development. Contain numerous lesson plans including dance, cooking, and poetry and covering cultural diversity, ecology and geography.

Organisations & Programs

Stephanie Alexander Kitchen Garden Foundation

Supports school gardening and cooking programs in primary schools around the country with a philosophy of pleasurable food education. Information about designing kitchen classrooms.

<http://www.kitchengardenfoundation.org.au>

Australian Association of Environmental Educators

AAEE seeks to foster education for a sustainable future by developing people's understandings of the interrelationships between the elements of their environments and positive attitudes towards them. The Association brings together educators from diverse areas such as schools, universities and further education centres, industry, field study centres, zoos, museums, parks, state and local government agencies, community and conservation groups. www.aeee.org.au

Australian Sustainable Schools Initiative

AuSSI involves participants in a whole-of-school approach, to explore through real-life learning experiences, improvements in a school's management of resources and grounds including energy, water, waste, biodiversity, landscape design, products and materials. It also addresses associated social and financial issues..

www.environment.gov.au/education/sustainable-schools/index.html

Cultivating Community

Melbourne community gardening organisation Cultivating Community has an 'Edible Classroom' consultancy service, which provides schools with affordable practical assistance in designing, building, planting and maintaining food gardens. www.cultivatingcommunity.org.au.

Growing Communities

Growing Communities is a community based cooperative enterprise working to promote the establishment, development and on-going support of school and community gardens and city farms in South East Queensland and beyond. www.growingcommunities.org.au

Curriculum and teaching resources

Seed to Seed: Food Gardens in Schools Jude Fanton and Jo Immig The Seed Savers Network, Byron Bay, 2007. 90 pp.

A comprehensive introduction to gardening in primary schools, from planning to planting to eating, with a focus on seed saving. Download from <http://www.seedsavers.net/resources/seed-seed-food-gardens-schools>

Heritage Fruit and Nut Trees in Schools: A bridge from past to future generations

Jude Fanton and collaborators have prepared this kit for students in years five to ten. Includes activities based around a story of a boy and his grandmother. Download from

<http://www.genevar.com.au/seedsavers/resources/14.html>

The Food Project

The Food Project has a number of teaching resources focused on food justice and sustainable agriculture, including lesson plans on compost, soils, insect pollination, food systems, and hunger and homelessness. Free to download from <http://thefoodproject.org/food-project-toolbox>. Also have a year-round curriculum on farming and food available for purchase.

Compost Kit and Compost Activities for Schools

Compost-related information and activities with blackline masters. All activities are linked to learning outcomes in key learning areas. Available from Gould League, <http://www.gould.edu.au>

Big Ideas: Linking Food, Culture, Health and the Environment, Center for Ecoliteracy, 2008

Geared to the US curriculum, but relevant to Australian schools (years 1 - 12), this resource focuses on questions like, where does our food come from and how it is produced? How does culture shape our food choices and behavior? What is the relationship between food choices and health? And what are the links between our food and the environment? Details at http://www.ecoliteracy.org/publications/big_ideas.html. Numerous other articles and resources available at www.ecoliteracy.org.

Children's Participation: the theory and practice of involving young citizens in community development and environmental care, Roger Hart Earthscan UK, 1997

Involving young people in community development and environmental programs.

Special Places, Special People: The hidden curriculum of school grounds, Wendy Titman, WWF UK in association with Learning Through Landscapes, 1994

Research on the effect of school grounds on children's experience and learning. Available from Australian Association of Environmental Educators <http://users.chariot.net.au/~aeee/> or can be downloaded at http://eric.ed.gov:80/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/17/90/eb.pdf

Ecological Literacy: Educating our Children for a Sustainable World, David W. Orr (ed.), Sierra Club Books, 2005

A collection of articles from contributors including Alice Waters (on the edible schoolyard), Fritjof Capra, Wendell Berry and Michael Abraham, addressing knowledge of and connection to place, building relationships, and taking action for sustainability.

Place-Based Education: Connecting Classrooms and Communities David Sobel, 2004

Using connection with local place and community as a resource for hands-on learning, including using school grounds to teach across the curriculum.

Last Child in the Woods: Saving our children from nature-deficit disorder Richard Louv, Algonquin Books, 2008

An argument for the importance of connection with nature and unstructured, creative outdoor play for the well being of children and the preservation of the environment.

School and Co-operative Landcare Projects: Best Practice Guide PIRSA Sustainable Resources Group, 2000 84pp.

A guide to the process of planning, implementing and evaluating environmental projects in schools. Available for download from <http://www.daff.gov.au/natural-resources/landcare/publications/school-community>

Websites

Gardens for Learning: The Australian School Gardens Network

A forum for information and discussion on gardening in schools. Includes discussion groups, blogs, event announcements and other peer learning resources. <http://australianchoolgardensnetwork.ning.com/>

The Edible Schoolyard

This middle school garden in the US has been an inspiration to many school gardens. The site contains resources and tips for starting a school garden, the process of their garden's creation, lesson plans, and lots of useful information. A number of print publications are also available from the website. <http://www.edibleschoolyard.org>

KidsGrow

produced by the Nursery Industries Association. Resources for schools including a downloadable booklet with garden and curriculum ideas and a posters illustrating links between gardens and curriculum areas.

<http://www.lifeisagarden.com.au/kidsgrow/resources.asp>

Aggie Horticulture Just for Kids

Involving children in gardens, starting a school garden, using gardening to improve nutrition. <http://aggie-horticulture.tamu.edu/kindergarten>

Garden Organic for Schools

Loads of resources from the UK organic schools network, including books, curriculum resources, factsheets, posters, and activities. http://www.gardenorganic.org.uk/schools_organic_network

The Case For More High School Gardens Wei Fang in *Urban Agriculture Notes*, 1995

Available at <http://www.cityfarmer.org/highschool77.html>

Using school gardens for health promotion

Healthy Active

The Government website for information and initiatives on healthy eating, physical activity, overweight and obesity. Contains information on their Community and School Grants program and the Stephanie Alexander Kitchen Garden Program. <http://www.healthyactive.gov.au>

Queensland Research Findings

Shawn Somerset and Katherine Markwell (2008) "Impact of a school-based food garden on attitudes and identification skills regarding vegetables and fruit: A 12 month intervention trial" *Public Health Nutrition* 12(2) pp. 214 – 221

Research findings from a state primary school in Brisbane showing that a school food garden increased students' ability to identify fruits and vegetables and enhanced confidence in preparing fruit and vegetables, and was conducive to enhancing fruit and vegetable consumption. Author contact: s.somerset@griffith.edu.au

Children's Health Development Foundation

Resources and tools to promote health in schools. Information on children's health, health promoting schools, nutrition, physical activity and school canteens. <http://www.chdf.org.au/>

The South Australian Health Promoting Schools Network

An electronic communication network supporting Health Promoting Schools in SA. Free Membership. <http://www.sahps.net/>

Eat Well SA Healthy eating guidelines for South Australian schools and preschools

http://www.decs.sa.gov.au/eatwellsa/a8_publish/modules/publish/content.asp?id=25535&navgrp=2262

An Introduction to Health Promoting Schools in South Australia, Lucy Angley and Anne Young, DECS, 1996 Assists schools to promote the health and wellbeing of all school community members, and presents key questions schools can use as a checklist. Includes examples of good practices occurring in South Australian schools.

<http://www.publications.health.sa.gov.au/cgi/viewcontent.cgi?article=1027&context=hprom>

Nutrition to Grow On: A garden-enhanced nutrition education curriculum from upper elementary school children, Jennifer Morris and Sheri Zidengerg-Cerr, California: University of California, Davis, 2001

A US manual focusing on links between the garden and nutrition education for grades four to six, with links to other subject areas including science, maths, environment and language.

<http://www.cde.ca.gov/ls/nu/he/documents/ntrtogrowint.pdf>

YHUNGER: nutrition manual for youth workers

http://www.cs.nsw.gov.au/CommHealth/yhunger/yhunger_kit.htm

From: **claire nettle** (2009) *Growing Community: Starting and nurturing community gardens*, Adelaide: Health SA, Government of South Australia and Community and Neighbourhood Houses and Centres Association Inc.

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