

# School Garden Resource

A template for a sustainable community school garden that fosters learning about growing and using food in Dunedin.



## Our Food Network

This resource is designed to support schools to develop and use their own school garden to produce fruit and vegetables. The aim of a school garden is to enhance knowledge around growing and using food sustainably in your local area. We hope that in using this resource, members of your school community will come together and benefit from the sharing of knowledge and food.

**Welcome to  
Our Food Network's  
School Garden Resource**



# ABOUT OUR FOOD NETWORK (OFN) DUNEDIN

Our Food Network is an incorporated society based in Dunedin.

Its aim is to stimulate the production, distribution and consumption of local food and in that way contribute to the building of a resilient and prosperous community.

## PRINCIPLES

### Openness

The Network is open to anyone with any kind of interest in local food. Although it is based in Dunedin, it sets no physical “boundaries” for its operation. It encourages informed debate and discussion about the many issues – social, technological, environmental, political, economic and ethical – concerning local food provision in our communities.

### Sustainability

Like similar groups around the world, the Network sees itself as having a crucial part to play as we strive to adapt to the multiple challenges we face in the twenty-first century. The Network is committed to the belief that a strong local food system is essential to our continued well-being in an increasingly uncertain world.

### Community

The Network is dedicated to the promotion of community as the basis for a resilient society. It is a “grass roots” organisation which embodies the idea of a responsible citizenry.

### Food Rights

The Network believes all people have the right to decide what they eat and that everyone should have access to healthy food that is locally produced.

## OBJECTIVES

### Advocacy

To engage with authorities at both regional and national level on issues relating to the sustainable production, processing and distribution of local food.

### Celebration

To celebrate the production, distribution and consumption of local food.

To promote or endorse events which enhance our local food culture.

### Connection

To provide mechanisms for individuals, organisations and businesses to share information, ideas and resources to build a strong, collaborative, local food network.

To facilitate communication and coordination of local food related activities amongst network members.

To liaise with other local food networks throughout the country.

To share information about local food developments around the world.

### Education

To ensure we all have access to the knowledge we need to grow, process, store (and value) the food we consume.

To promote the benefits of producing and consuming local food within our communities.

### Engagement

To promote conscious participation in the local food system by producers, processors and consumers by encouraging and advertising activities such as positive food procurement practices, redistribution of excess food and easy identification of local food products.

### Production

To support all food producers (from commercial operators to backyard and community gardeners) by helping to break down any barriers to increasing the quantity, quality and diversity of local food products.

### Prosperity

To increase the significance of local food in our regional economy by promoting the interests of businesses (new and existing) involved in the production or distribution of local food on a commercial basis.

### Research

To encourage academic study of all aspects of our local food system and make the findings of those studies available to the wider community.

### Social Justice

To support agencies working to ensure equitable access to food.

# Designing, Preparing and Using Your Garden

---

## **1 FIND A LOCATION**

Lay out some string to work out where the plots go and how big they will be.

## **2 CHECKLIST**

Check you have all of the equipment - have a look at the checklist.

---

## **3 PLAN YOUR GARDEN**

Use the planting guide to help know what and when food will grow in Dunedin. Draw out a plan.

## **4 PREPARE A PATCH**

Install an edge with the pallet idea, raised beds or the bean teepee. Then add your topsoil.

---

## **5 FEED YOUR SOIL**

Feed your soil with compost- remember you can make your own!

## **6 PLANT YOUR CROPS**

Use the planting guide to plant your vegetables at the right time.

---

## **7 WATER AND WEED**

Make a plan for watering, weeding and pest control.

## **8 FEED YOUR PLANTS**

Liquid fertiliser are easy to make!

---

## **9 HARVEST**

Harvest your vegetables and have fun cooking and sharing your recipes!

## **10 COVER**

Grow a cover crop during the summer months when school is closed.

# 1 FIND A LOCATION

Lay out some string to work out where the plots go and how big they will be.

## Finding the right place for your school garden

Try to choose an area that is open and sunny. By placing the garden in an area where people can see it and walk around it then it is less likely to be neglected.

Other benefits of placing it in an open area include children being able to access and play there, parents will feel comfortable using it too.



Figure 1: Waitati School Garden adjacent to the sports field and school entrance.



Figure 2: Waitati school from above

Waitati school has grown a food garden right next to the school building. Kids and parents pass it on a regular basis.

# 2 EQUIPMENT CHECKLIST

To build a garden you only need a limited amount of equipment. Below is a list of items that you will need to get your garden up and running.

## Equipment

## What is it used for?



**Edging:**  
Untreated timber such as macrocarpa to build raised beds.  
  
Or use old pallets.

Provides a boundary for your garden and helps to keep grasses and weeds out.



**Tools:**  
• Spade  
• Shovel  
• Fork  
• Hand fork  
Trowel

Digging and shifting soil.

Helps to free up the soil and remove clods.

Used for smaller jobs digging holes for the seedlings.



**Protection:**  
• Gardening gloves  
• Face mask

Gloves will protect you from cuts and scratches.

A face mask will stop you inhaling harmful airborne particles.



**Things to plant:**  
• Seeds  
• Seedlings

These will grow into your delicious vegetables.



**Irrigation:**  
• Hose  
• Watering can  
• Sprinkler

To keep your garden watered.

# 3 PLAN YOUR GARDEN

Use the planting guide to help understand what and when food will grow in Dunedin. Draw out a plan.

## Dunedin school examples:

Here are two gardens: one at Waitati and one at Musselburgh schools. They are quite different in appearance and both produce great food and look fantastic.



Figure 3: Waitati school

Waitati garden is ‘organised chaos’ and shows that it can be reasonably cheap and easy to make a garden. You don’t have to have raised beds. This part of the garden has been simply dug from the ground with crops and pea straw added to enrich the soil. Other parts of the garden uses old pallets. The Waitati garden is also based on companion planting, which allows the vegetables to thrive.

## A garden plan example:

You can have a lot of fun drawing out different plans for the garden.



Figure 5: Example of a garden drawing



Figure 4: Musselburgh School

Musselburgh School has opted for the more organised look of raised beds. Raised beds keep everything organised and tidy.

# 4 PREPARE A PATCH

Install an edge with the pallet idea, raised beds or the bean teepee. Then add your topsoil.

## Raised garden bed

When designing your garden, consider using raised beds that are defined by wooden edges. They make gardening tidy, and the beds are easy to maintain and weed.

When designing raised beds, remember they should only be as wide as what the children can reach from each side so that they don't have to stand on the beds to harvest food.



Figure 6: Raised bed with broad beans

## Pallet raised bed

Recycled pallets make great raised beds. They could be used for herb gardens, which require little space. As you can see lettuces, kale and rocket grow well in these raised beds.



Figure 7: Old pallet used as a raised bed.

## Bean teepee



Figure 8: A well established bean teepee

These bean teepees are made from bamboo poles and string. Ensure the ends of the bamboo are pushed firmly into the ground for stability.



Figure 9: A new bean teepee



# 5

## FEED YOUR SOIL

Feed your soil with compost - remember you can make your own!

### Compost

Creating compost is easy and resourceful, there are items around school that could contribute to a nutrient rich compost to be dug in to the soil.

General garden waste such as leaves and grass clippings can be used, leguminous plants such as lupins, beans, clovers, and lucerne are most suitable. Collect autumn leaves in May and store them next to your compost bin and gradually add them to your compost (see A Recipe for success below).

Coffee grinds can also be included in to the compost, they help provide nitrogen for the soil as well as help hold the moisture content. An added bonus is that they keep slugs away!



Figure 10: Wooden compost bin

The diagram below is a simple layered compost recipe to feed your soil. Always start your compost by putting sticks and twigs at the base, with leaf litter or shredded paper on top and grass clipping on top of that. Once the base is sorted you can pretty much alternate the other layers, always cover food scraps with another layer, such as grass clipping or leaves. It can be handy to use an old coffee sack to keep the compost bin covered.

## Composting 101: A Recipe for success



Figure 11: Plastic compost bin cut in half, showing layered compost  
(Image credit: [www.dominator.co.nz/resources/dominator-news/composting-at-home-heres-how.html](http://www.dominator.co.nz/resources/dominator-news/composting-at-home-heres-how.html))

# 6 PLANT YOUR CROPS

Use the planting guide to plant your vegetables at the right time.

## Planting Guide

The A3 planting guide (over the page) will help you to think about the vegetables that you could grow in your school garden. Here are ten low maintenance, easy to grow vegetables for your school garden. The template tells you when to sew or plant the vegetable, and when to harvest it.

# 7 WATER AND WEED

Make a plan for watering, weeding and keeping pests under control.

## Watering

During dry weeks it is really important to ensure your seedlings and baby plants have lots of water. Create a roster for watering.

## Weeding

It is important to keep weeds away from your seedlings. Seedlings need light to grow and weeds shade them out quite quickly as they are often faster growing than your seedling.

## Pest control

Vegetable gardens attract common pests searching for food such as slugs, snails, aphids, earwigs and sometimes rabbits! There are a number of different ways to protect your vegetables, without using chemicals and sprays.

Planting different types of plants can help keep pesky insects away. Some flowers will attract beneficial insects which will help with pest control.

Marigolds will repel whiteflies as well as kill nematodes. Nematodes are small worms that attack the roots of different vegetables.

Coriander can be planted to repel aphids and spider mites.

Fennel will repel slugs and snails.



Figure 12: Garden slug



Figure 13: Garden snail

### Slug or snail problem? Try these ideas!

#### Orange trap




Cut an orange in half and place the cut side face down in the garden

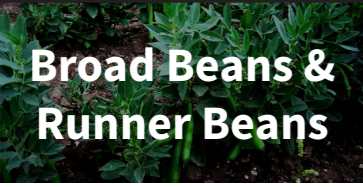



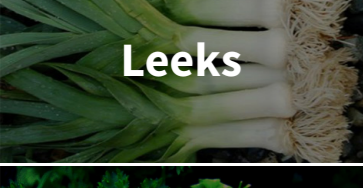





- Leave the orange overnight
- In the morning check if there are any slugs around or on the orange
- Remove the pest from the garden

#### Egg shells or coffee grinds

Scattering some broken egg shells or coffee grinds around the garden on a regular basis can help to keep slugs and snails away.

# 6 PLANTING GUIDE

Harvest now   
 Available all year   
 Sow now 

	Jan	Feb	Mar	Apr	May	Jun	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
 <b>Broad Beans &amp; Runner Beans</b>	Broad beans: Try making broad bean dip, yum! And you can eat the broad bean leaves too! Mix them in to a salad! Runner beans: The beans are delicious eaten raw.										Broad beans: Grows well with potatoes but keep away from garlic. Runner beans: Grows well with carrots and leeks and keep away from garlic. Can be perennial, so plant where they can grow again another year.				
 <b>Carrots</b>	You can eat the carrot stalk, chop them up fine and throw them in a salad or stir-fry.										Plant different colours of carrots, so that kids get excited about pulling out different colours and shapes.				
 <b>Garlic</b>	Ready for harvest when leaves turn yellow normally around the longest day of the year.			Plant cloves on or around the shortest day of the year.											
 <b>Kale</b>	Try making some kale chips, toss the kale with some oil and a bit of salt. Place on a baking tray and cook at 180 degrees until crispy.														
	The best time to plant kale seedlings is during winter, or you can sow seeds from late summer until early winter.														
 <b>Leeks</b>	Use in cooking as a replacement to an onion.										Leeks grow well alongside carrots.				
 <b>Parsley</b>	Look out for hamburg parsley which also grows a delicious root, try roasting it with potatoes and carrots. Sprinkle the leaves over the top when they're cooked.									Sow in late summer. Prefers part shade.					
 <b>Potatoes</b>	Don't worry if there's no one available to harvest carrots and potatoes, because they're underground they'll last much longer than other fruit and vegetables.										Grows well beside beans and garlic (but beans and garlic don't grow well together).				
 <b>Rhubarb</b>	Stew rhubarb with some sugar and freeze if you have too much. It is easy to defrost and add apples later for a delicious crumble. Don't eat the rhubarb leaves, they're poisonous!									Rhubarb grows best where there is full sun and a super-rich, compost-filled soil.					
 <b>Silver Beet</b>	Don't waste the stalks, they are just as tasty as the leaves.														
	Grows well with lavender and marigolds. Can be sown almost all year round.														
 <b>Sorrel</b>	Eat raw in salads. It has a distinct lemon flavour.														
	Prefers a moist position.														

# 8

## FEED YOUR PLANTS

Liquid fertiliser are easy to make!

### Liquid fertilisers: Seaweed

A seaweed fertiliser offers a cheap alternative to store purchased fertiliser, especially handy considering Dunedin is surrounded by beaches. Sea lettuce can be found on most of our harbour shores.

#### Directions:

1. Fill a drum half full of seaweed
2. Add water
3. Add rotten banana, which helps with decomposing
4. Wait until it has turned to liquid
5. Dilute 1 cup in to a bucket of water
6. Pour around the base of your plants to fertilise and take care not to get the liquid directly onto the leaves.



Figure 14: Sea lettuce

### Liquid fertilisers: Worm juice

A worm farm can help your garden flourish and grow because the worms eat fruit and vegetable scraps and turn it in to rich nutrient humus (which you can use as a compost). The best part though is the worm juice.... yum yum!

#### Directions:

1. Collect 1 cup of liquid from a worm farm
2. Dilute the 1 cup by putting in a bucket of water (a ratio of 1:10)
3. Pour around your plants to fertilise taking care not to get the liquid on the leaves.

There are many different ways to create a worm farm. A bathtub worm farm has a capacity of around 200L, and as you'd expect, it occupies the same space as a bathtub, which is a fair bit of space! A wheelie-bin worm farm can have a capacity of 140L, 240L or 360L and occupies very little space on the ground. It and has the advantage of being moveable because in has wheels.

#### Bath Tub Worm Farm:

Here is a simple “how to diagram” for creating a bath tub worm farm.

It clearly shows the different layers required and how to access the liquid.

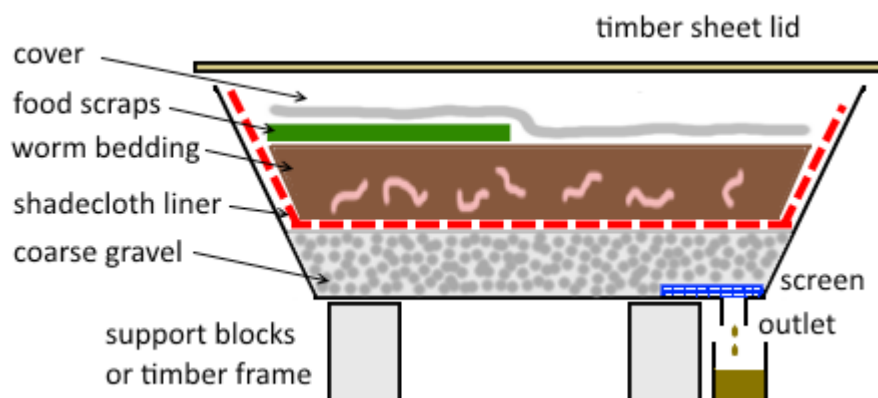


Figure 15: Bath tub worm farm

(credit: <https://deepgreenpermaculture.com/diy-instructions/worm-farming/>)

# 9

## HARVEST

Harvest your vegetables and have fun cooking and sharing your recipes!

### Recipes

This is the best part right? You get to eat your vegetables. This is just a start, but you can add your own favourite recipes when you have had a go at cooking from your garden produce. Thanks to the children at Waitati School for sharing their recipes made with vegetables from their school garden.

# Green Garden Soup



- Ingredients
- \* 4 medium leeks
  - \* 4-5 potatoes
  - \* 2 cloves garlic
  - \* 4 Tbsp olive oil
  - \* 1 cube of vege stock
  - \* a large bunch of leafy greens from the garden - kale, spinach, sorrel, silverbeet, brocc bean leaves...
  - \* any fresh herbs you'd like to add eg. parsley, thyme...

- ① Wash all the vegetables
- ② Chop the vegetables
- ③ Heat olive oil in a big pot and saute the chopped leeks, garlic and potato.
- ④ Add the leafy greens, vege stock and enough boiling water to just cover veg.
- ⑤ Simmer until veg is soft, add herbs and wizz 😊

# Parsley Sorrel Pesto

## INGREDIENTS

- 1 large bunch of parsley
- 1 small bunch of sorrel
- 1/2 tsp salt
- 1/2 cup sunflower seeds
- 1 large clove of garlic
- a squeeze of lemon juice
- olive oil



Place all the ingredients in a food processor and wizz until well blended.

Great with crackers, carrot sticks, raw cauliflower, beans.



Figure 16: Parsley

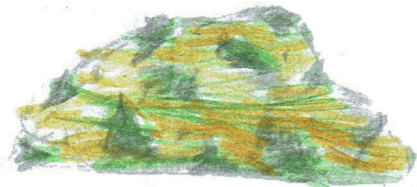


Figure 17: Sorrel

# Silverbeet & Cheese Herb Puffs

## INGREDIENTS

- 1 cup flour
- 1 cup grated cheese
- 2 tsp baking powder
- 1 egg, beaten
- milk
- 6 leaves of silverbeet (kale or spinach can be used too)
- fresh herbs



- ① Wash and steam the silverbeet.
- ② Squeeze out excess water and chop finely.
- ③ Wash and finely chop the herbs.
- ④ Sift flour and baking powder into a bowl.
- ⑤ Add the cheese, herbs and silverbeet to the flour.
- ⑥ Add the egg and enough milk to make a dampish, sticky dough.
- ⑦ Spoon onto a well greased baking tray, or use baking paper.
- ⑧ Bake at 200°C for 10-12 mins until golden.



# Stuffed Baked Veggie Herb Potatoes



Ingredients - Potatoes  
- Cheese  
- Fresh herbs & vegetables

- ① Preheat oven to 200°C
- ② Bake whole potatoes in oven for 1 hour.
- ③ Grate cheese
- ④ Finely chop fresh herbs and vegetables
- ⑤ Cut the baked potatoes in half and scoop out some potato. Mix the potato, cheese, herbs and vegetables in a bowl then fill the potato skins with this mixture.
- ⑥ Sprinkle more grated cheese on top and fan bake until cheese turns golden.





# 10 COVER

Grow a cover crop during the summer months when school is closed.

## Cover crop or green manure

Summer is when many of your vegetables will be growing and ready for harvest. However, it can be difficult to maintain the school garden over the holidays without volunteers. Here is an easy way to create a green manure and cover crops. This is a great way to look after the soil and biodiversity over the summer. Sow a cover crop of seeds into your garden at the end of the school year (December) and your garden will be all ready to go when school begins in the new year (February).

There are a number of different seeds and crops you can plant that will do this job; here is one example of how to create your own seed mix. These seeds can be bought from local hardware / organic stores in seed packets. You have to have a mix of seeds and then sow it to the correct proportions, so here's a really good opportunity to incorporate maths in to the garden. In this mix:

1. Pick at least one cereal. For example, wheat, rye or triticale.
2. Pick at least one legume. For example, hairy vetch (not a food) or broad beans.
3. Any clover. For example, crimson clover.
4. Some flowers. For example, phacelia, sunflower, poppies and marigold.

**STEP 1:** Weed and prepare your soil by digging it over and breaking up the clods. You can also rake it to create a clean, smooth surface for your new seeds.

**STEP 2:** Measure the area of your garden. To calculate the area of your garden you need to measure the length by the width (length x width). If your garden is 5 metres long and 2 metres wide, then your area is  $5 \times 2 = 10\text{m}^2$ .

**STEP 3:** The next step is to create the seed mix. In order to do this, you must work out the different monoculture sowing rates for the different species that you have bought, this is likely to be located on the seed packets.

- To work out the sowing rate the monoculture sowing rate is divided by the number of different species in the mixture (keep things simple, have ten different species). For example: The sowing rate for phacelia is 3g per  $\text{m}^2$ . If you have 10 different species going in to the seed mix the equation is  $3/10 = 0.3\text{g}$ . 0.3g is the amount of phacelia seeds to go in to the seed mix.
  - Another example: The sowing rate for wheat is  $25\text{g}/\text{m}^2$  and you have 10 different species.  $25/10 = 2.5\text{g}$ . 2.5g of wheat seed should go in to the seed mix.
  - Now, see if you can work out the sowing rate for the rest of the seeds. To get you started, the sowing rate of marigold is  $20\text{g}/\text{m}^2$
- Once you have created your seed mix make sure you have mixed it all up well.

**STEP 4:** All that needs to be done now is to sow the seeds, spread them out evenly by hand, gently rake them in and give them plenty of water.

When you arrive back to school simply dig the plants over and return them to the soil. Your soil will be full of nutrients and ready for planting.

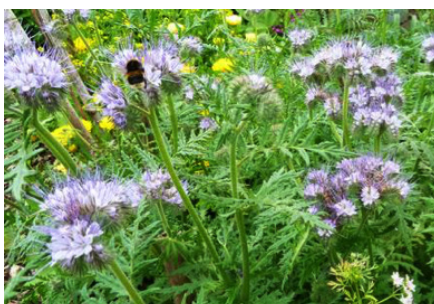


Figure 18: Phacelia



Figure 19: Sunflower

# Curriculum Connections

## 1 FIND A LOCATION

- Get an aerial image of your school (from DCC webmaps) and choose some potential garden locations.
  - Write a pros and cons list for each to help decide the best location.
  - Measure how big the garden bed could be (calculate in metres squared)
- 

## 2 CHECKLIST

- Identify what equipment you already have and what it is used for.
  - See if you can find other equipment that would be useful for maintaining your garden.
- 

## 3 PLAN YOUR GARDEN

- Choose what food you want to grow based on what you can do with it once you harvest it.
  - Decide what grows well next to each other (companion planting).
  - Have a competition to see who can create the best garden plan, incorporating different vegetables and companion plants, amount of light or shade required.
- 

## 4 PREPARE A PATCH

Make some bean teepees:

- Measure the length of the poles so they are even. Once connected, measure the distances between the poles at the base and ensure they are even.
  - Measure the angles created at the top of the teepee - are they all the same?
- 

## 5 FEED YOUR SOIL

Did you know that your compost can become hot? use science to find out how that happens.

- Measure the temperature in your compost bin and record it daily to see what happens.
- Place a raw egg in your compost - How long does it take to cook?
- Some compost has layers that blend carbon and nitrogen. What does the carbon and nitrogen do?
- Give some examples of what a carbon layer might look like (what materials contain carbon)?
- Give some examples of what a nitrogen layer might look like (what materials contain nitrogen)?

## 6 PLANT YOUR CROPS

There are lots of vegetables that are easy to grow. Here are a few ideas for adding new and interesting veges to your garden:

- Look at other people's vegetable gardens – your family and neighbours for example. What vegetables do they have that you could try growing at school?
  - There are some really unusual vegetables around. See if you can find some at the supermarket or online that are new to you. Will they grow in your garden?
  - Visit the Otago Farmers' Market and look at the plant stalls. Can you find any vegetables here that could be grown at school? Ask the stall holders about the vegetables – how easy they are to grow, what can they be used for.
  - Plant sections of your garden that represent the different cultural backgrounds of people at your school. Find out what vegetables are important to them in their culture and plant them together.
  - Find new recipes that you want to eat and then specifically grow these vegetables in your garden.
- 

## 7 WATER AND WEED

- Can you think of any other pests in the garden?
  - How do you know which pests are eating your plants?
- 

## 8 FEED YOUR PLANTS

- Why are worms important for gardens?
  - What type of worms might you find in the worm farm?
  - Does New Zealand have native worms? What do they look like?
- 

## 9 HARVEST

- Create your own recipes using the food you have grown.
  - Design a recipe section for your school website.
  - Make salads and vegetable lunches for your class and/or for the teachers.
  - Cook! Think about some of the beautiful food you could cook at school using your seasonal garden produce. Make a wish list and keep adding to it.
  - Take home salad mixes (bring your containers from home)
  - Have a 'make your own pesto' competition – what vege makes the best pesto?
- 

## 10 COVER

- Find out how cover crops help your garden.
- Find out why you need to have a mix of crops - what nutrients does each crop add to the soil?
  - Find out why you need to have different ratios of seeds.
  - Try pressing the flowers (find out how to do that online). You can make them into beautiful birthday and thank you cards.
  - Photograph plants and flowers from your garden and use the photographs as inspiration for your art work.

# Community Engagement

## Ideas for the adults to think about

### Issues/Barriers

Connecting with the community is important for the school garden, for a number of reasons. The purpose of this school garden is to build relationships in your school community – between staff, children, families and members of the wider school community. Once the school community is involved and engaged with the school garden, they should feel comfortable entering, maintaining and harvesting the garden. This is important over the summer months, which line up with the school holidays, when produce may be forgotten about and not utilised.

### Volunteer hours and funding

The school garden will require general maintenance once the planting has been done, mainly watering throughout the dryer months and weeding. This can be achieved by implementing family rotations, where one family would look after the garden for a week and at the end of the week take home whatever produce they would like from the garden. Otherwise, Our Food Network may be able to mobilise their volunteers initially, while the school garden is still growing and connecting with the community.

If available an irrigation system would be most effective, however this is dependent on available resourcing and funding. Some community food groups around New Zealand have received funds and support from local councils and/or businesses (such as Countdown and Vodafone). If you are interested in specifically applying for funding to funding grants, such as to the Lottery Grants Board, contact Our Food Network who can help with that process.

## Ideas to include the community in your garden project

### Salad Bags

Waitati School produces salad bags where children harvest lettuce to take home for their families. These salad bags include lettuce, spinach, kale, broad bean leaves, sorrel and other leafy greens. The school has received a wonderful response from families, with some emailing the school to say thank you and to ask about the vegetables included in the bags. This has built interest in gardening for food and a connection between the school and the families, with the families taking a particular interest in the school garden.

### Workshops

Waitati School use cooking workshops to teach new skills, build community connections and provide healthy meals for the children and community. They have a cooking competition for the older kids each year.

Our Food Network holds and advertises food workshops on a semi-regular basis, email [ourfoodnetwork@gmail.com](mailto:ourfoodnetwork@gmail.com) to go onto the email list.

### Harvesting events

Events could be organised around the harvesting of specific vegetables. This is something that would be of great benefit to families and school children. For example, a harvesting event for carrots in February means the children get to pull up all kinds of interesting looking carrots that are different shapes, sizes and colours. This could be done alongside potato harvesting, and if the resources and time were available a community event such as a hāngī could be run.

### **School Assembly**

Bring along any produce grown from the school garden to a school assembly that the parents attend. Allow families to take home whatever produce is available.

### **Writing letters and emails**

Write letters or send emails to grandparents, aunts and uncles, neighbours or family friends inviting them to visit the school garden and to see what is happening. Ask if anybody has any spare garden equipment that they no longer need.

## **Useful Resources**

### **Useful resources about school gardens**

Basic Edible Gardening for Schools by Tania J. McLean

Kids Gardening: <https://kidsgardening.org/>

Christchurch City Council School Gardens: <https://www.ccc.govt.nz/environment/edible-christchurch/school-gardens>

Garden to table: <http://www.gardentotable.org.nz/>

Edible Gardening for Otago/Southland Schools: <http://www.southlandcommunitynursery.org.nz/uploads/edible-gardening-for-schools-2008.pdf>

### **Worm farm resources**

Build your own worm farm: <https://www.mitre10.co.nz/gardenclub/article/build-your-own-worm-farm>

How to build a worm farm: <https://deepgreenpermaculture.com/diy-instructions/worm-farming/>

Six simple rules for worm farms: <https://www.odt.co.nz/lifestyle/home-garden/six-simple-rules-worm-farms>

Information on worm farms: <http://www.nelson.govt.nz/environment/sustainability/sustainability-at-home/composting-3/worm-farms/>

### **Health and Safety resources**

<https://kidsgardening.org/gardening-basics-safe-gardening-guidelines/>

<https://schoolgardening.rhs.org.uk/getmedia/4cc32733-95f2-4441-b68a-a8f1c959120e/Health-and-Safety-Schools-Risk-Assessment>

# Thank you

Firstly, thank you for taking the time to read this resource. We hope it is helpful.

Please contact us at [ourfoodnetwork@gmail.com](mailto:ourfoodnetwork@gmail.com) with any feedback.

Our Food Network is keen to help out any school when they are starting their own garden - just get in touch!

Secondly, we would like to thank Nic Alloo for creating this resource. Nic began this work as a student intern for OFN through his studies in the Geography Department at the University of Otago. During his internship, he identified an issue and completed research into what kind of content a school resource might contain. Once Nic had completed his studies he worked for OFN in 2018 for a few months to actually build the resource he had proposed.

We would like to thank Niki Bould and Kitty Caldwell for supporting Nic throughout the creation of this resource.

We would like to thank Waitati School, in particular, Sally Beckett, who provided a lot of the ground work for Nic during his internship. She provided recipes as well as some hints and tips for school on growing and harvesting before summer holidays.

We would like to thank Robyn Zinc from Enviroschools who support for our school resource has been most helpful in getting it off the ground.

We would like to thank Linda Taylor from Garden to Table for her support in this project.

Finally, we would like to thank Katherine Woodfield, a design student from the Otago Polytechnic, who took Nic's work and put it together into this completed package.



[ourfoodnetwork@gmail.com](mailto:ourfoodnetwork@gmail.com)