



Farmers in the Playground Muskoka/Parry Sound District

Growing gardeners & healthy eaters!

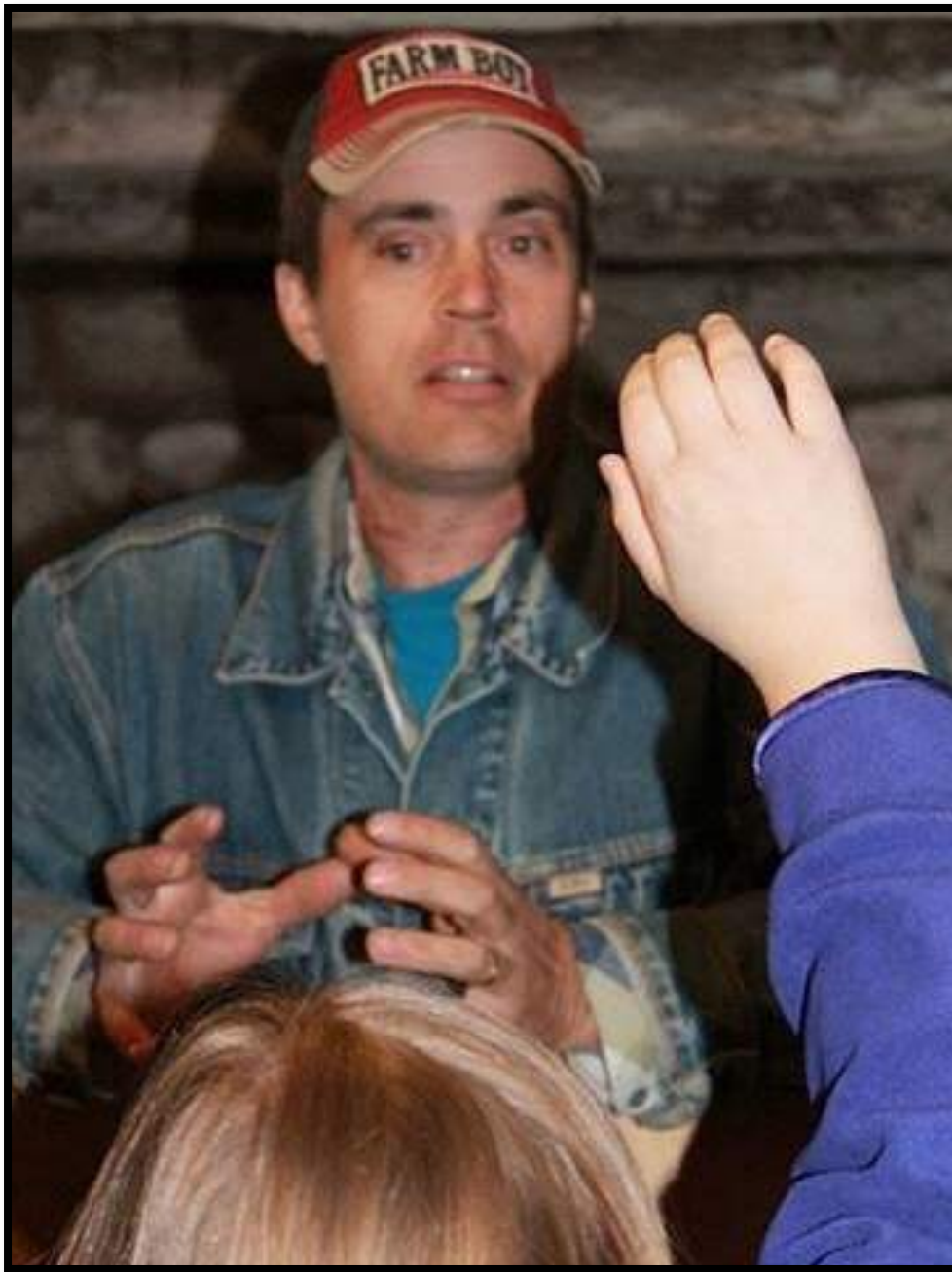


Combining co-operative learning while
Understanding Life Systems



“Dirt Makes You Grow”

- ~ Soil exploration & discovery
- ~ The miracle of seeds
- ~ Composting
- ~ Design & construction
- ~ Pollination & honey bees
- ~ Seed saving
- ~ Wild & indigenous foods
- ~ Food is Medicine
- ~ Growing, nurturing & harvesting all that food!
- ~ Sugar & Junk
- ~ Footprint
- ~ Sustainable meat and raising chickens
- ~ Culinary exploration
- ~ ‘Sharing the abundance’
- ~ Farm & Farmers Market visits



Farm visits are a treat, an eye opener. We often see the lights go on when we start our discussions about where our food comes from.



Stewardship of self, school, family, friends & planet

Collaboration

open-mindedness

BE SAFE

ALWAYS
WALK

USE
PATHWAYS

ASK BEFORE
PICKING

BE RESPECTFUL

DUCKS

INSECTS
CHICKENS
EACH OTHER:

• hands to yourself • one voice in circle • appropriate language

BE RESPONSIBLE



Growing, preparing, sharing and eating good food connects the direct relationship we have with good food and our planet!



We spend half of our day in the dirt and the the other half in the kitchen.
“We eat foods that we did not think we would like. Now we love them!”



Working hard. Working together!

Squash

Beans

Corn



squash

Beans

corn

Building gardens at school offers the students a place that is theirs, that they value and nurture



HARVEST TIME!





Lettuce





Evergreen Heights
The Walford Memorial Award for Stewardship



Food is fun...







Making It Make Sense

Food-Garden & Kitchen Education act as impactful ways to better integrate Student Nutrition Programs into schools.



Spouts/micro-greens
Mystery Box
Health Benefits
Organic vs. non
Pollination and honey
Blood Bubble



Knife skills and mirrors



ORGANIC FRUITS

kiwi	1.25
apple	3/4
peach	2.00
banana	.50
Mango	2.00
melon	4.00

Oh sugar!

The little farmers learn about, prepare & share their salad bar each and every day. Most will eat up to 3 bowls of this deliciousness.



The place-based results:

- Parents report that their children are eating many more varieties of vegetables at home
- Several families have begun growing their own backyard gardens with the assistance of their 9 year olds
- Many families now volunteer at our programs
- The school community is embracing Farmers in the Playground, highlighting it at school events and in newsletters on their own accord
- Local media is “eating it up” ~ awareness!
- Kids repeatedly say it is their “favorite day of the week”
- Students are discovering their passions
- Schoolyards are becoming more beautiful
- It’s turning many community members onto the Food Co-op
- Students are confident at using knives and kitchen tools and are helping out more in the kitchen at home
- Teachers love this program. They remark that they can teach their curriculum so deeply and with such richness through gardening and preparing food
- Students choose water more often and think about where their food comes from
- We learn as much from them!



Rainbow Colors
Hunt



How do I start?

- Gather the talent
- Find your school
- Discover the teacher(s) who would like to incorporate this type of program into their curriculum development
- Research the particular grade's curriculum guidelines
- Approach administration with the concept, then...
- Create a plan including: course outlines, who will lead, who will teach, inventory of infrastructure and tools already in place, needed infrastructure and tools, timeline, budget, and finally, potential funding sources
- Then present it to the administration officially
- Start small and grow into it
- Sustaining in the summer and spring perennials
- Always keep in mind the full circle of growing AND eating
- Keep your eyes open for potential funding- you will get very good at grant writing!
- School fundraisers to support the gardens
- School “greening” initiatives
- SNP funding resources
- Private donations
- Realize that you will be paid very little but that the rewards are immense
- Start a Food Co-op!