

Your Patch



A School Gardens Update newsletter

Planning for Term 1, 2012?

What to plant this summer?

Nov - Dec:

- Asparagus
- basil
- beans
- beetroot
- broccoli
- cabbage
- capsicum
- carrot
- celery
- chives
- coriander
- cucumber
- eggplant
- leeks
- lettuce
- oregano
- parsley
- potatoes
- pumpkin
- radish
- rocket
- rockmelon
- silver beet
- squash (try spaghetti squash)
- sunflower
- corn
- tomatoes
- watermelon
- zucchini

(from www.abc.net.au/gardening/vegieguide/)

Try something a little different

*Do you want to try something different?
Like experiment growing different kinds of
vegetables and fruit?*

Open students' minds up to being adventurous with their food and trying different kinds of fruits & vegetables?

Try growing a less traditional type of fruit or vegetable e.g. spaghetti squash, tamarillo, yellow pear tomatoes.

Heirloom vegetables are the original form of a seed that may be unlike the many hybrid versions created for commercial purposes. For example, a heirloom tomato may taste and look different from a tomato from a commercially produced seed. You can find these varieties online or contact Eve for ideas.

Easy growing plants

recommended by

Peter Rutherford - Kimbriki Eco House and Garden

All year, if there is no frosts:

- 'Non-hearting' Lettuces of different colours – annuals such as Mignonette & Butter crunch
- Lemon Balm & Mint - perennials - make good 'edge' plants.

Spring & summer:

- Scarlet Runners or Purple King beans - annuals
- Cucumbers – annuals
- Tomatoes – annuals, some of the dwarf varieties such as 'Tiny Tim' & 'Yellow Pear' only need a short stake for support.
- Parsley, Rocket, Spinach & Rainbow Chard – annuals
- Nasturtiums – annuals

Tips for harvesting/picking & eating your produce

*from Peter Rutherford
Kimbriki Eco House and Garden*

Lettuce: pick the outer leaves first. Start at the base of an outside leaf and using thumb and forefinger, peel slowly downwards off the stem of the lettuce. You can peel off as many leaves as you need then come back for the rest another time. You will get more leaves for your salad and a more productive plant this way.

Fundraising

You can raise money by growing some vegetable and herb plants to sell at your next fete or fundraiser.

You'll need to start about six weeks before the date of the fete.

1. First collect some pots. Many people have old garden pots they'll be happy to give you. But if you need to, you can re-use plastic containers like margarine tubs. Just make sure you poke some drainage holes in the base.
2. Wash containers well before you start.
3. Fill each container with some organic potting mix. The mix should be moist before you handle it. If it's dry, water gently using a watering can or soft spray from the hose.
4. Once the mix is in the pot, water again to settle it into place.
5. Wash and dry hands before choosing some seeds to sow into the damp mix.
6. What to sow? In spring sow tomatoes, spring onion, basil, zucchinis and chillis. In autumn sow beetroot, mixed lettuce, rocket, radishes & silverbeet.
7. Make sure you put a label in each pot (otherwise you might forget what you've planted). You can cut name strips from an old ice cream container .
8. Keep the pots in a shady place until the tiny plants appear. Then move into a spot that gets some morning sun.
9. Water every day (but make sure the water can drain away from the base) and feed every couple of weeks by adding some worm juice from your worm farm to the water or organic fertiliser.

(From the Yates website)

Professional Development

Term 1, week 6, 2012: Ready Set Grow Phase 1 and School Kitchen Gardens program: a one-day workshop now run in partnership with Gibberagong's School Kitchen Gardens program on **27th February** on how to start, maintain and/or expand a school food garden with 5 hours accredited professional learning. Enquiries to Eve on ph.: 9976 9826.

Term 1, week 9, 2012: Ready Set Grow Phase 2 in-service runs **20th March** for stage 1 & 2 teachers involving an easy to implement program linking the garden with curriculum healthy eating & physical activity outcomes. The Coal Loader Garden Project resource provides educators with 5 lesson plans on health topics for children and includes links to key learning areas of the NSW curriculum and extension activities that can be used in the classroom or garden. A gardening teacher can be provided to teach students gardening. Enquiries to Eve on ph.: 9976 9826.

2012 School Garden Funding Options

**Please contact Eve for any help with your applications.*

December 31st 2011:

'Starter' and 'Leader' School programs for all Primary schools eligible to receive a minimum of \$1000 retail value of gardening goods such as organic fertilisers, worms, seeds, weed mats etc. A commitment to using organic gardening methods is required.

See: www.organicsschools.com.au/SubPrograms/tabid/267/Default.aspx or phone: 07 3350 5716.

Now until September 2012:

Local grants of \$2,500 that make a difference:

www.projectlocal.com.au

17 February 2012:

Junior Landcare Grants of up to \$1,000 to schools are available to help create gardens in their grounds or community, such as bush tucker gardens, water wise gardens or veggie gardens.

- Round 1: Closes Friday 17th February, 5pm (EST)
- Round 2: Closes Friday 4th May, 5pm (EST)
- Round 3: Closes Friday 27th July, 5pm (EST)

www.juniorlandcare.com.au/grants-2

March 2012:

Funding to implement school environmental projects e.g. energy and water savings initiatives, composting, recycling, and outdoor and biodiversity projects.

Public schools are eligible to apply.

www.teachersenvirofund.com.au.

Mid-April 2012:

Seeding Grants up to \$1,500 are available for a schools to run their own health project. The \$15,000 worth of grants annually supports school initiatives that 'sow the seed' that improves the health and wellbeing of students. Applications are sent to schools at the beginning of Term 2 or see

www.healthpromotion.com.au.

Try the 4 week eco-friendly food challenge!
More info at www.ecofriendlyfood.org.au



Wobble Fence



Covered Garden



Netting

Local Tips

- Kimbriki Recycle Centre can have great bits and pieces at low cost for decorating or building your garden.
- For free mulch contact your local tree lopper and see if you can help them use their left over bark scraps or New Leaf Nursery is happy to provide schools with manure and mulch they have left over.
- Coffee sacks for worm farms and compost bins can be picked up for free from the Danes factory in Brookvale on 28 Dale Rd.
- Dealing with possums: Try using a wobble fence, covered garden, or netting (see photos).
- Worm farm extraordinaire at Sydney Boys High (see photo)
- Use recycled bricks as an alternative to untreated pine for garden borders - no mortar. Try a snake shape for easier access.



Sydney Boys High's Worm Farm



Recycled bricks as borders

Contact Ready Set Grow

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