

Grow Some Food Educator Notes



Introduction

A Grow Some Food Workshop is a fun, interactive session designed to teach beginner gardeners how to grow some food at home. With a particular focus on growing in smaller spaces, the workshop includes practical demonstrations and hands-on learning experiences for beginner gardeners plus information on growing food at home and reducing waste. Participants are encouraged to connect in with their local neighbourhood houses or community gardens in the longer term to access support and their communal growing spaces.

The below materials list and running sheet have been designed for an educator to use to run their own Grow Some Food Workshop in their particular setting.

Up to 15 participants is the idea number for one of these workshops.



Materials

Planting Demonstration

- Seedlings in trays (enough for about 3 per participant)
- Potting mix (25L bag is enough for 4 participants)
- 26 cm black plastic pots (1 per participant) or Peat pots 8cm (3 per participant)
- Seaweed fertiliser - Seasol concentrate 1.2L (For transplant shock)
- Slug pellets (Must be product using Iron (IRON EDTA COMPLEX) as active ingredient - it is the safest. Multicrop Multiguard is an ideal option)
- 3 x Fine nozzle watering cans for seedlings
- Heavy Duty Garbage bags (to put pot into for transporting)
- Forks/Spoons (for participants to use as garden tools)
- Stanley knife or scissors
- Ice-cream sticks (for labeling seedlings)
- Bucket
- Instruction sheets (see participant notes)
- Masks
- Gloves

In Garden Worm Farm

- Shovel
- Compost worms
- Pot approx. 31cm with holes cut in sides
- Portion of potting mix
- Paper (e.g. newspaper) shredded or torn into strips or old leaves or straw
- Food scraps
- Cardboard (enough to cover inside of pot)
- Lid (large enough to fit over pot e.g. an old plate)

Educator Notes:

Each participant plants out 3 varieties of seedlings into one 26cm pot to take home, or into peat pots if bigger pots are too heavy to carry. Peat pots can be planted directly into a garden bed.

Choose seedlings that are in season and easy to grow plants e.g. lettuce, parsley, chives, silver beet/coloured chard

POTENTIAL RISK FROM POTTING MIX is respiratory infection. All participants using potting mix must wear mask and gloves

Running Sheet

Suggested schedule	Tasks	Equipment
9am	<ul style="list-style-type: none"> ● Venue Set up - 3 or 4 trestle tables and chairs for introduction section. ● Set out materials, seedlings etc ● Set out materials for ground worm farm 	<ul style="list-style-type: none"> ● Materials on materials list ● 4 trestle tables ● Chairs ● Instruction sheets
10am - Open	<ul style="list-style-type: none"> ● Welcome people as they arrive ● Offer Sticky label for name tag 	<ul style="list-style-type: none"> ● name tags/sticky labels
10.10 - Introduction and welcome	<ul style="list-style-type: none"> ● House keeping - Location of toilets, Tea/coffee etc. ● Acknowledgement of Country ● Aims of the Workshop 	<ul style="list-style-type: none"> ● Welcome and Introduction handout
10:20 am - Activity one	<p>Activity one:</p> <ul style="list-style-type: none"> ● Demonstration of how to make an in-garden worm farm ● Caring for our plants ● Addressing obstacles to growing 	<ul style="list-style-type: none"> ● In ground worm farm materials ● In ground worm farm handout ● How to care for plants and addressing barriers to growing handout
11 am - Activity two	<p>Activity two:</p> <ul style="list-style-type: none"> ● Demonstration of how to plant out seedlings 	<ul style="list-style-type: none"> ● Planting demonstration materials ● How to transplant seedlings handout
11.45 - 12 - Close	Wrap up and close	