



## Novato Live Well Network

*From the Garden to the Table and In Between!  
Nurturing the Body, Sustaining the Community.*

[www.NovatoLiveWell.org](http://www.NovatoLiveWell.org) ♦ 415-897-2302

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### SCHOOL GARDEN RESOURCES

#### CALIFORNIA SCHOOL GARDEN NETWORK (CSGN): [www.csgn.org](http://www.csgn.org)

The California School Garden Network sprouted with the goal of facilitating the connection between resource organizations and educators by combining efforts to strengthen contributions and avoid duplications. The Network's mission to create and sustain California school gardens to enhance academic achievement, a healthy lifestyle, environmental stewardship and community and social development. The Network serves as a central organization to distribute school garden resources and support throughout the state.

**FREE How-to Manual:** CSGN has published a free 96 page resource manual: *Gardens for Learning: Creating and Sustaining Your School Garden*. "This is a comprehensive guidebook that provides a strong foundation to support the growing school garden movement. It was developed by a team of experienced garden educators, nutritionists, state officials, and other garden experts. This guidebook is a must-have resource for anyone looking to enhance learning through the use of gardens in schools and other community settings." Downloaded this publication at: [www.csgn.org/page.php?id=34](http://www.csgn.org/page.php?id=34) The "Grants and Fundraising" web page under "Resources" provides a list of grants available to help you start and sustain your school garden.

#### HARVEST OF THE MONTH: [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

Harvest of the Month provides valuable nutrition education resources to students, teachers, families, and communities throughout California. This website provides a seasonal schedule (what to plant and when), an online training corner, Spanish menu slicks and translations of family newsletters. Type in a vegetable or fruit in their search box and download a 4-page pdf with everything about the produce: from history, nutrition content, how the produce grows, historical facts and fun hands-on activities and recipes. This is a program of the *California Department of Public Health, Cancer Prevention and Nutrition Section*.

#### A GARDEN IN EVERY SCHOOL: California Dept. of Education: [www.cde.ca.gov/ls/nu/he/garden.asp](http://www.cde.ca.gov/ls/nu/he/garden.asp)

Download a free PDF of *A Child's Garden of Standards: Linking School Gardens to California Education Standards -- Grades Two Through Six*.

#### CENTER OF ECOLITERACY: [www.ecoliteracy.org](http://www.ecoliteracy.org)

The Center for Ecoliteracy is located in Berkeley California and is dedicated to providing educational resources and funding for sustainable living, which includes school kitchens and gardens. Their programs include "Rethinking School Lunch" [www.ecoliteracy.org/programs/rsl](http://www.ecoliteracy.org/programs/rsl), the "School Lunch Initiative" [www.schoollunchinitiative.org](http://www.schoollunchinitiative.org) produced in collaboration with Alice Water's Chez Panisse Foundation. The whole system approach includes gardens and the environment. The Center also provides a free school garden manual: *A Guide for Creating School Gardens as Outdoor Classrooms* that you can request at [www.ecoliteracy.org/publications](http://www.ecoliteracy.org/publications). Connecting the lunchroom to the school garden is vital in helping children to make better nutritional choices both at school and at home.

#### THE EDIBLE SCHOOL YARD: [www.edibleschoolyard.org](http://www.edibleschoolyard.org)

Chez Panisse Foundation "The Edible Schoolyard", in collaboration with Martin Luther King Junior Middle School, provides urban public school students with a one-acre organic garden and a kitchen classroom. Using food systems as a unifying concept, students learn how to grow, harvest, and prepare nutritious seasonal produce. Experiences in the kitchen and garden foster a better understanding of how the natural world sustains us, and promote the environmental and social well being of our school community. Check out their "How to Start a School Garden" to find additional resources, such as classroom lessons.

#### MASTER GARDENERS: [http://cemar.in.ucdavis.edu/Master\\_Gardener/](http://cemar.in.ucdavis.edu/Master_Gardener/)

The Master Gardeners (MG) provide information, advice, problem solving expertise, and resources for school personnel, students and volunteers involved with the school garden. MG do not coordinate volunteers, do the "grunt" work or do fundraising. The School Garden Coordinator is Susan Pearson. Contact her at (415) 892-2805 or [SchoolGardens@MarinMG.org](mailto:SchoolGardens@MarinMG.org)

#### ENVIRONMENTAL EDUCATION COUNCIL OF MARIN: [www.eecom.net](http://www.eecom.net)

Eecom's Marin Food Systems Project (MFSP) provides action guides for schools [www.eecom.net/mfsp/guide](http://www.eecom.net/mfsp/guide) to serve as a resource to school groups seeking to make food and gardening an integrated component of school education. Eecom also provides a calendar of local events around sustainability and food issues.



## School Garden Program

*Knowledgeable parents and educators have long recognized that a well conceived garden program provides a wealth of educational opportunities.*

### Educational Benefits

A garden has to be designed and laid out, providing a chance to utilize planning and math skills in a group setting. Soil preparation is an opportunity to learn about the importance of soil organic matter, earthworms and general soil ecology. Plant selection and placement require research and more math. As the plants grow, students will have to determine the most efficient way to irrigate and control weeds.

### The Value Of Sharing

When the garden begins to produce, students are rewarded for their hard work in ways that often leave lasting impressions. In some cases, a portion of the garden crop is donated to a local food bank or other worthwhile agency. Some schools use their harvest in their cafeteria. Others encourage students to share their bounty with family and friends. The common thread that runs through these programs is the joy children derive from sharing their harvest with others.

### School Pride

It's known that students involved in any campus project are more likely to have a caring attitude about their school. We know that when students work hard to plan and install a beautiful garden, they develop a sense of pride in their school surroundings that might not otherwise occur.

### Field Trips To Sonoma Compost

Sonoma Compost welcomes classes to our facility for informative field trips. Please plan well in advance for your visit and contact our office at least 60 days in advance for a copy of our Field Trip Guidelines.

## Product Donations

Sonoma Compost Company operates the Sonoma County Organic Recycling Program or the County and local cities. We are pleased to donate compost or mulch to local schools and community organizations in order to further the goals of the Organic Recycling Program. We ask that those receiving donated compost or mulch publicize the use of these recycled materials by such means as a small sign in a school garden or a story in an organizational newsletter.

**To qualify**, the use of donated materials must offer real educational benefits. Materials donated to schools need to be used by students in a program that is part of a school's curriculum. Life Science and School Garden Projects are examples of donation requests that are likely to be granted. Community based programs that educate about the benefits of the Organic Recycling Program, the importance of the decomposition process in Nature's Life Cycle and the value of compost and mulch is sustainable agriculture will also be considered.

***We are sorry that requests for materials to be used for school landscaping cannot be granted.***

**Please review the following procedures when making a donation request:**

1. **All requests for donated material must be in writing**, on a School or Organization's letterhead and sent to Sonoma Compost, 550 Meham Rd. Petaluma, CA 94952. Fax requests should be sent to 707-664-1943. Please be sure to include a phone number.
2. **Please describe the education program related to the compost/mulch use**, how donated materials will be used and how many students will be involved. Donated material's must be applied by students or the end-users who will benefit within a community-based program.
3. **Please indicate the amount** of compost or mulch needed and when.
4. **Delivery:** You can arrange to pick it up yourself or for a fee (Novato \$70-75) we will arrange a delivery. Please call first. *(Sonoma Compost can deliver 10 yard of compost or 15 yards mulch per truck – based on weight. They can also do split load, but would total 8 yards.)*

### **For More Info:**

Sonoma Compost Co:  
550 Meham Rd. Petaluma, CA 94952  
Ph: 707-664-9113 ♦ Fax: 707-664-1943 ♦ [office@sonomacompost.com](mailto:office@sonomacompost.com)  
[www.sonomacompost.com](http://www.sonomacompost.com)

# The Compost Club

The Compost Club is replicating small scale compost systems at schools and businesses, keeping “waste” at its source. Why is this significant? Food and organic waste comprise nearly 50% of every trash can. Organic material in the landfill produces methane. Methane is 21x more deleterious than carbon dioxide in its contribution towards global warming. The US EPA considers landfills to be the #1 human source of methane production. At 20%, Food waste is the #1 source of landfill waste.

**“Across America, Only 3% of Food Waste is currently Recycled.”**

*-Helen Spiegelman, Product Policy Institute*

That’s why we are here– we help schools and business institute a composting routine, and keep it successful. We are the pool service technicians of the compost world. But most importantly, we are just one of many emerging fresh approaches to reduce our global footprint.



*The Growing...*

In 2003, **West Side School Elementary** in Healdsburg California created worm bins and diverted 900 lbs annually from their school lunch food waste. The compost program is run by the RecyCool Club/5<sup>th</sup> Grade Class. Students sell Compost at the Farmers Market. Each year they raise about \$900 to benefit the annual 6th grade trip to Yosemite Institute.



*The Harvesting...!*

## A School Composting Workshop!

A full day workshop for schools ready to build a system and have a parent, teacher or staff volunteer with basic to advanced carpentry skills. You will: Learn about the West Side School Composting Operation, Get a compost system options overview, review bins design plans, and build and take home your own bin(s). Bring your own Tools. Fee: \$50. (covers lunch and wood valued at \$50) Open to all northern California schools.

*Novato Live Well Network brought this workshop to Novato in May 08. We are planning another Fall workshop. For more info. [www.NovatoLiveWell.org/gardens](http://www.NovatoLiveWell.org/gardens). Or call, 415-897-2302, Veronica Valero.*

**The Compost Club: (707) 922-5778 ♦ [www.compostclub.org](http://www.compostclub.org) ♦ [info@compostclub.org](mailto:info@compostclub.org)**

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## Other Resources:



**Our Water Our World ([www.ourwaterourworld.org](http://www.ourwaterourworld.org)):** This website has been developed to assist consumers in managing home and garden pests in a way that helps protect Our Water - Our World. Among other things, this site offers: assorted **fact sheets** on specific pests and methods to manage them without using hazardous materials. **Pocket guide** to managing 10 common pests. An "Ask the Expert" feature that allows you to ask a specific question and receive a personal reply.



**Marin County Stormwater Pollution Prevention Program ([www.mcstoppp.org](http://www.mcstoppp.org)):** Information and resources for schools and teachers: [www.mcstoppp.org/schools.htm](http://www.mcstoppp.org/schools.htm). Under their "Free Resources" link you can download a 48 page PDF guide call: *Growing Gardens from Garbage*. It's a great guide that teaches all about composting, worm bins, mulching and grasscycling. The popular *Composting Across the Curriculum* 90 page guide is also available as a PDF. And, sign up to receive email notifications of workshops/events held throughout the year.

**For Additional School Garden Resources:**

**[www.NovatoLiveWell.org](http://www.NovatoLiveWell.org)**  
and click on the garden page.

## UC Davis Children's Garden Program 2008 Fall Workshops for School Garden Educators

*The UC Davis Children's Garden Program offers training for parents and educators to support school garden programs. All workshops include hands-on activities in the Ecological Garden at the UC Davis Student Farm.*

### **Creating and Sustaining Your School Garden**

**Full-day workshop for school garden teams--Offered two times!**

**SATURDAY, September 6 OR SATURDAY, October 25**

**8:30am – 4:30pm \$125/team (minimum 3 persons)**

This workshop is designed for teams of 3-5 people from schools that are just starting or reviving a garden program. Teams must include at least one teacher and can also include parents, community volunteers, school administrators, or other school personnel. We will cover basic gardening concepts, garden design, building a support network, educational tie-ins and much more.

Participants will:

- Share ideas for designing and using instructional school gardens
- Learn about gardening basics, such as understanding soil types, preparing beds, choosing plants, setting up an irrigation system, and managing weeds and pests
- Understand the importance of teamwork to start and sustain a school garden
- Find out how to get more resources for successful school gardens
- Begin to plan their school garden program

### **The Power of Perennials**

**Half-day workshop (teams not required)**

**SATURDAY, OCTOBER 4, 2008 9:00am-12:00pm \$25/person**

Discover attractive, low-maintenance perennial herbs, trees and California native plants that can become the backbone for your school landscape or garden area. Learn ways they can be used for teaching. Great to combine this workshop with *Where the Wild Things Are*.



### **Where the Wild Things Are: Insects and Other Garden Critters**

**Half-day workshop (teams not required)**

**SATURDAY, OCTOBER 4, 2008 12:30pm – 3:30pm \$25/person**

Search for insects, learn to identify common garden critters and find out which plants can attract butterflies, birds and beneficial bugs to your school garden.

We will explore the role of insects in the garden ecosystem and ideas for using them to teach science and other subjects.

For more information, call 530-752-7655, email Jeri Ohmart, [johmart@ucdavis.edu](mailto:johmart@ucdavis.edu) or check out our website at <http://childrensgarden.ucdavis.edu>

*Our workshop series is supported by the UC Davis College of Agricultural and Environmental Sciences and the California Department of Education, Nutrition Services Division.*

**And save the date.... October 16<sup>th</sup> 4:00-8:00 pm.... more information soon**

**“Garden-Based Nutrition Education for K - Grade 6 Teachers”**

**with Delaine Eastin-- Workshop and Dinner**

**presented by the Center for Nutrition in Schools**

**in partnership with UCD Children's Garden Program**