

ECH 3030 Reflection Questions - After Training #1

Students were to review sections two, three and four of *Creating and Growing Edible Schoolyards: A How to Manual for School Professionals*. They were also to review the recommended vegetable and fruits for edible schoolyards in Minnesota, based off of information covered during the lesson.

1. What is the purpose for creating this garden?
 2. What topics should be taught utilizing the garden?
 3. What plants should be grown?
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Question 1

The purpose of this garden is to teach students about nature and respect for plants and animals. They will learn responsibility by taking care of the garden (watering the plants). Also, having a garden covers many subject areas. For example, in math students could measure how much their sunflowers grow everyday. Another example is for science, students learn the different parts of plants, photosynthesis, and observation. Furthermore, having a garden will incorporate the multiple intelligences of students. The musical students can listen to the different sounds in nature. Also, bodily/kinesthetic students can move their bodies like a plant or animal would. Students will learn about healthy foods and they are more likely to eat the foods that they grow themselves. Gardens can be beneficial to everyone (school and community).

Question 2

All topics should be taught including science, math, art, music, social studies, literacy, etc. Gardens can be used in multiple ways to teach many subjects. Along with academic subjects, students will learn teamwork and responsibility. It takes many people to plan a garden and keep it alive. Students can work in pairs and each observe one plant in the garden and take notes on what the plant looks like, how much it has grown, etc. Also, students will learn responsibility by seeing that to keep the plant alive, it needs water and sunlight. The garden should also be in a location where animals can't eat the plants.

Question 3

Any vegetables and fruits that can survive in a Duluth climate. Also, to keep in mind is when is a good time to grow fruits and vegetables. For example, some vegetables might grow better in the summer and others might grow better in the fall. Since Duluth has a vegetable of the year, the garden should include that vegetable (if possible).

There are many fruits and vegetables to choose from, but it will all depend on the climate and location of the garden. The foods include peppers, beans, onions, lettuce, rhubarb, pumpkin,

eggplant, parsley, etc. Teachers should ask the students what they want to grow in the garden. This way the students will feel part of the planning process.

Question 1

The purpose for creating this garden is to give the community, and more specifically, children the opportunity to experience nature and healthy fruits and veggies. It also gives young children a universal activity that is not dependent on socio-economic status, race, gender, or age. It also gives them skills they can use in adulthood.

Question 2

Any subject can be taught utilizing the garden. Every subject can be modified to fit with the school garden. In math, for instance, children can measure the growth of the plants, measure out a new spot for a certain fruit or veggie; count the number of seeds to plant, etc. In writing, students could go outside to the garden, find a cozy spot, and write about what they see, hear, smell, taste, and touch out in the school garden.

Question 3

Lettuce, tomatoes, corn, pole beans, potatoes, carrots, peas, watermelon, cucumbers, squash, spinach, beets, fruit trees, flowers, etc.

Question 1

The purpose for creating this garden is to get children involved in what they eat. They will have responsibilities throughout the process of growing the garden to allow them to feel like they are doing their job, and are a part of this process. This is also a great way to promote healthy eating in the school, children will be proud they have grown vegetable themselves and therefore will be more likely to eat vegetables.

Question 2

Topics that should be taught include nutrition, math (how many seeds, how many plants per row, etc.), science (plants, nature, how things grow, etc.), team work, and responsibility. This garden will be tied into all parts of the curriculum including reading books about plants, writing stories about the garden, and creating a store for selling vegetables.

Question 3

Beans and potatoes should be planted in one area and carrots and peas in another, for "companion planting."

Question 1

The purpose of creating a school garden is to help students get involved. Students will be able to learn about where food comes from, they will get exercise by going outside and doing hands on things, and they are still learning what they would be in a classroom while maintaining a garden. They will also learn how to make their own food and learn about how healthy food can be when you grow it.

Question 2

Topics that can be taught while utilizing a garden can include: health, plant life (photosynthesis, parts of a plant, needs of a plant), community (giving students different roles in the process of gardening), math topics (measuring the height of plants), teamwork, animals (what animals might eat), seasons (what plants grow in what seasons), history, etc.

Question 3

A combination of foods they are used to eating as well as some that they may have not heard of before. Some common foods could include: broccoli, asparagus, cabbage, corn, cucumber, pumpkins, lettuce, tomatoes, peanuts, strawberries, peas, squash, and watermelon. Some not so common foods could include: muskmelon, turnip, leek, kale, eggplant, chard, and beets.

Personal Ideas for Garden:

1. I think it would be fun to keep the children involved all summer long in maintaining the garden so that they can see the different types of things you can grow and when the best time to grow certain plants are.
 2. I also think that it would be a great idea if they can serve this vegetation in the school cafeteria and also find a way to use the vegetation in other ways, for example: carving the pumpkins they grow around Halloween.
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Question 1

Implementing a school garden can have a positive impact on the students. They will learn about sustainability as well as learning more about the work it takes to plant and grow your own food. By giving them exposure to fresh foods, they will be more likely to try new foods that are actually good for them. Having a school garden gives the students a change to learn more about ecosystems and food chains. It gives the students more opportunities to be outside.

Question 2

Like previously mentioned, sustainability can be a piece of the curriculum, but honestly, all subjects can be integrated into the garden. In addition to the core subjects being integrated into

the garden space, the students can learn more about the cycle of food, and how it gets to the table.

Question 3

Lettuce, tomatoes, pole beans, corn stalks, spinach, beans, beets, climbing plants, watermelon, cucumbers, squash, potatoes, carrots, and peas.

Question 1

As a teacher, it is important to consider the planning and resources needed that go along with having a school garden. It is important that you establish relationships with parents, faculty, school board, ect. explaining the importance of a school garden, and the many benefits it has for children, especially when it comes to teaching them about hard work, healthy eating, and sustainability. It is important to advocate that a school garden can be used to enhance standards-based curriculum. It is also important that you are aware of the different plants that can be grown in the area the garden is in. Remembering that planning starts way before planting. It is important that the garden be separated into sections, allowing pathways for students to work in the garden easily, allowing enough room for a class to work on the garden without stepping on the plants. It would also be helpful as a classroom to compost food waste, so that it could be used in the garden. I think the best way to divide up a garden would be have little mini plots separated by what is going to be grown in them. Have one side of the garden be for fruit, in separate plots, and one side for veggies. I also think it's important to incorporate fruit trees into the garden.

Question 2/3

I think it would be cool if the garden could have a variety of fruits and vegetables, both ones that are common to the students, and ones that are not so common, so we could expose students to new varieties, and maybe they would end up liking them. If possible, I think it's important to include fruits and veggies that are common in different cultures, incorporating a diversity aspect into the garden. Also keeping in mind veggies and fruits that can be used in a lot of ways, (dried, canned) etc. I am surprised at how many veggies and fruits can actually be grown in Minnesota. I would definitely includes fruits and veggies like: beans, peas, tomatoes (for freezing, canning, eating fresh) carrots, asparagus, corn, cucumbers (for both eating and making pickles), broccoli, different types of lettuce, etc. I look forward to working on the garden.

Question 1

The purpose of the garden is to help with the food supply that the school has. It will have fresh veggies that maybe the kids don't get often, and they can be exposed to more healthy options, this goes along with the health of the children in the school. Another reason is so you can

integrate other topics using the garden. They can learn, math, science, health, nutrition, literacy. Pretty much all subjects can be incorporate the garden into it.

Question 2

One thing I thought of, since I taught a lesson about Earth day today, and we talked about compost, we can talk about how the compost works, what the process is, what items can be composted, and then the students and the teachers can talk to the staff in the cafeteria and ask them what items can be composted instead of thrown away, and this can help make our garden grow better. If my school right now had one, and it was nice, i would use it as a way to learn about plants, you can see the real plant and identify the different parts of it, and it is more hands on learning that the children will love it. You can incorporate math into a lesson as well. If they are helping you set up the garden, you can have them measure the rows and put markers, this way they can learn how to use a ruler, or practice how to use it.

Question 3

I think we could plant Bush Blue Lake 274 near the outer edges. There could be a trellises so they can climb up it, Other Veggies that the back of the pamphlet suggest for northern Minnesota are carrots, Vita Sweet 781 would be delicious. I don't really know what the growing rate of any of these plants, If I knew it would be easier to know what grows fast and can be harvested, so then I can suggest other plants to be grown at the same time that are slower or wait til they are harvested then plant more. I guess that is why there are experts to help make a school yard garden a success. In my garden I would grow, bell peppers, potatoes, bean, strawberry's, and other things that you can can, or use in the cafeteria.

Question 1

The purpose for creating this garden is to create a space where students can practice many different skills while growing delicious and nutritious food. The purpose of this garden is to provide real-life experiences to help individuals make connections of how things grow and how building a garden can create a sense of belonging to ones community.

Question 2

Topics that should be taught include science such as life science, earth science, and physical science. Mathematics should be taught as well as history-social science. English language arts can also be taught in the garden. The most important topic that should be taught includes health and nutrition.

Question 3

Things that should be grown include fruits and vegetables like cucumbers, watermelon, squash, corn, beets, carrots, peas, potatoes and some beans. The manual has many pages that recommend different fruits and vegetables to be grown in MN Schoolyards. All of these items take time and special techniques to help them grow.

Question 1

School gardens foster different learning for children. They are able to get dirty and explore and investigate the world around them. It also allows for teachers to incorporate the garden into their classroom and use it to help students connect to the curriculum.

Question 2

Any topic can be taught using the garden, math- perimeter, area, spatial planning. Science- parts of a plant, social studies- different kinds of plants around the world. School gardens can be used with any topic.

Question 3

Seasonal and annual plants should be grown, some exotic plants if they are able to grow in the environment, as well as plants that grow food that the students can try and eat if they like.

Additional Responses:

1. School gardens can be used for teaching many different subjects. Topics to be taught can include plant life cycles, photosynthesis, measuring, observing and recording, and many others. Some things that I would suggest growing in school gardens are different types of beans, cucumber, lettuce, onion, peas, peppers, and tomatoes. I also think that having an area for a few different types of flowers or some bushes that grow flowers would add to the garden.
2. I think I main focal point for the garden is growing foods that children can actually cook with and eat. Using foods that are easy to cook with is important too so even at a young age, children could utilize the crops. I personally think things like tomatoes and carrots would be a good thing for children to grow.