

Time	Topic	Activity	Content	Resources
5	Welcome & Introductions	Present with pictures	<p>1) Welcome go around: who you are, where you are from, what experience gardening you have</p> <p>2) This is what we do at the Bendale Market Garden: use pictures to jog memory—then fill in the gaps with this</p> <ul style="list-style-type: none"> • Canada's first school-based market garden • Students are involved in every step of the process of bringing food from field to table • They plant, grow, and harvest the food on what was once the front and back lawns of the school; they cook the fruits and vegetables in the culinary arts classes; they serve this food to their peers in the cafeteria • We received funding for the market garden from the Ontario Government, through their Community Go Green Fund, which focuses on reducing the impacts of climate change • Hands-on learning connected directly to the Ontario standard curriculum and lessons on reducing the impact on the environment through your food choices • Workshops for students and community members on rain water harvesting, seed saving, local food, preserving, composting, and organic gardening practices. • For instance, last week we did a workshop on preserving the harvest with a cooking class and turned 50 lbs of arugula into a pesto; that same day, with a baking class, we made a beet cake and talked about local sources of sugar; yesterday, we collected all the seeds from our bean plants and talked about farmers rights and food sovereignty with a nutrition class; and next week, we will be working with the plumbing class to design and set up a rain barrel system. 	Pictures of Bendale

7	Introduce the bean activity	Interactive hands-on activity	<p>At different times in the season we are doing different things in the Bendale garden. What would we be doing in (ask to the group):</p> <ul style="list-style-type: none"> • April—planting, prepping beds • July—harvesting, watering, weeding • January—resting, planning, maybe tending to a greenhouse • Now (October)—collecting seeds <p>Why would we collect seeds (ask this to the group)? Some possible answers:</p> <ul style="list-style-type: none"> • So we don't have to buy seeds again • So we can keep this variety of seeds around • So we have control over our own seed source (talk a little about food sovereignty: rather than big companies like Monsanto owning the rights to seeds and making farmers buy seeds every year because of terminator seeds or hybrid seeds, farmers can be self-reliant and not taken advantage of by corporations) <p>So while we talk for the rest of the workshop, we'd like your help shelling the beans so we can use the beans as seed for next season.</p> <p>At the end of the season you can leave some beans on the plants to dry out, we harvested many crates of beans, these are just a fraction of what grew.</p> <ul style="list-style-type: none"> • Beans go in white cloth bag • Pods go in the plastic bag (at end of workshop we will put the pods back in the black crate to be brought to FoodShare for composting) <p>Please do this while we are talking for the rest of the workshop</p> <p>(Could you find a way to give the cloth bag to someone to put the beans on my desk at FoodShare)</p>	<ul style="list-style-type: none"> -Beans -Large plastic bag -Cloth bag
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5	Where can we grow?	Pin the gardener on the map	<p>Where have you seen food growing in and around the city?</p> <p>We are going to pin these little farmer people up on the map where we think food could be grown.</p> <p>Possible places:</p> <ul style="list-style-type: none"> • Rooftops—you can build greenhouses on roofs to use waste heat, can grow directly on the roof by putting down soil or in planter boxes • Near city farm—there are some farms just outside of the city or in the city still • Balcony—you can grow at your house even if you don't have a backyard • Place of worship or school—lots of buildings have space on their front lawn, you can talk to the building owner to ask to use the space • Front lawn, back lawn of house • Median between roads—any and all space • Others 	Map, corkboard, pins, farmer people
5	Why grow food in the city or locally?	Discussion & walk in the veggies activity	<p>Why would we grow food locally or in the city? (wait for answers) Some could be:</p> <ul style="list-style-type: none"> • So we don't have to buy it • To reduce our environmental impact • So we can grow what we want to eat (might not be able to find foods from our culture in the grocery store) <p>Has anyone heard of climate change or global warming? What is it about?</p> <ul style="list-style-type: none"> • Have you ever smelled the fumes from a car? Pretty bad eh? Those polluting gases are causing the climate to change because they insulate the planet and make it hotter <p>A big reason we are growing food at Bendale is to reduce our environmental impact</p> <p>Has anyone heard of the idea of environmental footprint? (wait for answers)</p> <ul style="list-style-type: none"> • In the same what as how we leave footprints in the sand when we walk, our environmental choices leave an impact on the environment • Our lifestyles have a large footprint when it takes 	

			<p>(As you are talking about this hand out the two bags of apples and have the students with the apples from new zealand walk in and count their footsteps (while breathing out like they are sending out gas)</p> <p>Have another student do the same but from a very short distance for the Ontario ones)</p>	
3	Pledge cards	Write out cards	<p>We want you to write out one thing you want to do to reduce your environmental impact through your food choices this could be:</p> <ul style="list-style-type: none"> • Talk to teachers and students about starting a garden at your school • Buy some food from a farmers market rather than grocery store • Start composting in your backyard • Grow veggies on your balcony • Eat less meat • Look for grown in Ontario produce in the store • Set up a rain barrel system to use rain water to water your garden • Preserve vegetables you grew for the winter • Or something completely different 	Pledge cards, pens