

“I CAN GROW A GARDEN” PROJECT

University of Florida – IFAS
Flagler County Extension – Family Nutrition Program



2009 Florida School Garden Competition ENTRY FORM

School BUNNELL ELEMENTARY SCHOOL

Teacher(s) & Grade(s) involved in garden program

RICHARD DUPONT - PRINCIPAL KINDERGARTEN + 1ST GRADE TEACHERS
21ST CENTURY AFTER-SCHOOL PROGRAM - GRADES 3, 4 + 5

Contact Person KATHLEEN FISHER

Time contact person can be reached MONDAY - FRIDAY 8-5

Phone (386) 437-7464 Fax (386) 586-2102

Address (please include city and zip code) BUNNELL ELEMENTARY SCHOOL
305 N. PALMETTO STREET, BUNNELL FL 32110

Email address KFISHER@UFL.EDU

CATEGORY (Please mark only one)

SINGLE CLASS GARDEN (Garden used by one class only)

Number of students in class and grade _____

MULTIPLE CLASS GARDEN (Garden used by more than one class or grade,
but not by the entire school)

Number of students involved in the garden and grades _____

ENTIRE SCHOOL GARDEN (Garden that is used by all grade levels at the
school)

Number of students involved in the garden and grade 605

TYPE of school garden that you use with your students. (Please mark only one)

- Vegetable
 Flower
 Combination vegetable/flower
 Other, please specify _____

Please indicate the number of hours a week, on average; your students spend in the garden. 18

1. Please mark all the activities that your students participate in *prior to gardening*.

- Planning the garden
 Designing the garden
 Other, _____
- Preparing the garden
 Choosing plants

2. Please mark all the activities that your students participate in *while in the garden*.

- Planting
 Observing
 Playing
 Experimenting
 Other, _____
- Watering
 Recording
 Sitting
- Weeding
 Harvesting
 Fertilizing

3. Please indicate the percentage of time, on average, that you used the garden as an instructional tool in your classroom. 50%

4. Please mark the subject area(s) into which you have incorporated school gardening. Check all that apply.

- Math
 History
 Music
 Ethics (responsibility and nurturing)
 Other, please specify _____
- Science
 Health/Nutrition
 Physical Ed.
- Social Studies
 Language Arts
 Environmental Ed.

5. Please indicate the number of years that a school garden has been part of your curriculum. 7

6. Please indicate the types of volunteers that have helped you and your students with the garden.

- Master Gardeners
 University students
 High school students
 Older students at your school
 Other, please specify _____
- Senior citizens
 Garden club members
- Parents
 4-H members
 FFA

7. Please indicate the source(s) of information used to assist in the incorporation of school gardening into your school's curriculum. Check all that apply.

- | | |
|---|--|
| <input checked="" type="checkbox"/> County Extension service | <input checked="" type="checkbox"/> 4-H education materials |
| <input type="checkbox"/> Teacher in-service training | <input type="checkbox"/> Lifelab |
| <input checked="" type="checkbox"/> Personal knowledge | <input checked="" type="checkbox"/> Master Gardener training |
| <input checked="" type="checkbox"/> Educational journals/publications | <input checked="" type="checkbox"/> Friends/volunteers |
| <input checked="" type="checkbox"/> National Gardening Association's Growlab/Growing ideas newsletter | |
| <input type="checkbox"/> Other, please specify _____ | |
| _____ | |
| _____ | |

8. Please indicate the types of educational material(s) used in the classroom to support the use of school gardening in the curriculum.

- | | |
|--|--|
| <input checked="" type="checkbox"/> Library books | <input type="checkbox"/> Computer software |
| <input checked="" type="checkbox"/> Internet | <input type="checkbox"/> Videos |
| <input type="checkbox"/> Filmstrips | <input type="checkbox"/> Personal books |
| <input checked="" type="checkbox"/> Textbooks | <input type="checkbox"/> Experiments |
| <input checked="" type="checkbox"/> Trade books | <input checked="" type="checkbox"/> Gardening magazines and catalogs |
| <input type="checkbox"/> Newspapers | |
| <input type="checkbox"/> Other, please specify _____ | |
| _____ | |
| _____ | |

Please read and sign below

By submitting the same you acknowledge and agree that the University of Florida (and Walt Disney World Co.) may reproduce the same, and all materials may be displayed (in part or in whole) at the 2010 Epcot® International Flower and Garden Festival and for other promotional materials. Such presentation materials (and School Garden packets) will NOT be returned to you (they will become the property of the University of Florida and Walt Disney World Co.) Finally, you acknowledge and agree that should your school be selected as a winner under the competition, then to the extent any of the photographs or materials submitted contain the names of likeness of students, teachers and/or others, you will be required to have adult individuals sign (and the parents/guardians of such students) sign consent/release forms provided by us so that we can display those photographs or materials concerning your winning garden. Such requirement would be a condition of your accepting the award.

I have read and understand the above.

Kathleen Fisher
Signature

Feb. 27, 2009
Date

EDUCATIONAL RELEVANCE

The goal of the garden project is to foster learning through gardening. The larger mission is to encourage an understanding of the interdependency of all life and how nature sustains it. Between the garden, the kitchen and the classroom, a strong understanding of sound ecological principles grows along with an appreciation for the nutritional value of wholesome foods.

The lessons from the garden adventure encompass all areas of learning. Our students begin their garden journey thinking they would plant a few seeds and pull a few weeds. They soon find learning to be fun and challenging. They learn the importance of teamwork and that a garden requires patience. They get a chance to try new foods and to take healthy food home to their family. Garden-based educators are acutely aware that children connect with nature. It allows them the opportunity to make discoveries and solve problems.

Florida-Ag-in-the-Classroom educational materials are used as well as the "Got Dirt" curriculum. Many Sunshine Standards Benchmarks are addressed through the program. Language skills are enhanced by learning new vocabulary. Math and charting skills are emphasized and, of course, there are many Science lessons taught in addition to nutrition, the founding idea for our project.

Good nutrition is an essential element in every aspect of daily life. As program assistants in the University of Florida – IFAS, Flagler County Extension Family Nutrition Program, our job is to go into the community and into the schools to bring the message of the importance of good nutrition. The Family Nutrition Program (FNP) at the University of Florida Cooperative Extension Service, in collaboration with the Florida Department of Children and Families,

The barriers to accessing fresh fruit and vegetables are both financial and cultural. Many children are unaccustomed to eating fruits and vegetables. Through various methods, FNP works to bring new food experiences to them and teach the importance of eating a varied diet.

LEVEL OF INVOLVEMENT

Contributors are Jungle Growth Potting Soil Company, Flagler County Soil and Water Conservation District, Florida Ag-in-the-Classroom, NGA Healthy Sprouts, local Lowe's, Beachside Tile, Home Depot and Walmart and the Flagler County Master Gardeners. The entire school staff, including teachers, support employees and the Twenty-First Century Program Faculty contributes to the garden success. The Flagler County Agriculture Extension Agent, Mark Warren, has agreed to meet with the students to talk about Florida farming. Ruth Micieli, the Flagler County Horticulture Program Assistant and Louise Liester, the Flagler

Water and Environmental Program Coordinator serve as technical advisors for the project.

GARDEN QUALITY

The "I Can Grow a Garden" Project is located on the campus of Bunnell Elementary School. Presently, it consists of forty three 4' x 6' raised garden boxes in which a variety of produce is grown. The crops include corn, squash, beans, tomatoes, potatoes, cucumbers, bananas and citrus. It also contains companion plants such as garlic chives, marigolds and citron scented geraniums for natural pest control. This is the first year that a fall garden will be planted. Along with Florida fall crops, such as cabbage, broccoli, lettuce and strawberries, the garden expansion for the spring will include a Heritage Garden of heirloom vegetables and a Three Sisters Garden, based on the method commonly utilized by early Native Americans.

The project began under the direction of Krista Busey, Family Nutrition Program Assistant, in 2003 in a small garden area. Because of school expansion needs, buildings were constructed on the original site. The garden was moved and has continued to grow. It is our hope to have all students participate actively in the food growing and campus beautification endeavor at Bunnell Elementary School.

The children help with setting up the garden boxes as well growing the plants. They perform all garden tasks including tilling, planting, watering, fertilizing and harvesting. The teachers schedule weekly garden time with their classes. The children are encouraged to make recommendations for what we grow and, when possible, their ideas are incorporated into the garden. For example, a child asked for bananas so we added banana plants. We spoke about pineapples so the top portion of a pineapple was planted and we learned about bromeliads. The garden design allows for much flexibility.

The program recently expanded to incorporate lessons on water conservation with the implementation of rain barrels. The integration of composting into the program will allow for lessons on soil conservation and recycling. A worm farm was newly added.

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Photo/David Wright

On Tuesday, Bunnell Elementary School Third Grader Jay Karty, 9, holds up his winning cabbage. Karty is one of 170 students involved in a garden-based nutrition program at the school. Lowe's Home Improvement Palm Coast Store Manager James Bayer (pictured in the background) helped get the program off the ground by donating materials.

Growing healthy gardens and habits

By DAVID WRIGHT

BUNNELL — In February, the spot was just a small nondescript sliver of land on the southwest side of Bunnell Elementary School. Now, the land is alive with colorful vegetables, flowers and fruits, all planted by students as part of a garden-based education program by the University



was torn down two years ago. This year, Busey and others were able to start the program again.

"This is the best way we know to teach children about nutrition and healthy living," Busey said.

Kathleen Fisher, a family nutrition program assistant for the Flagler County extension who helps run the program for UF, is thrilled at how involved

News-Tribune

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4A Saturday, May 17, 2008

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Jourdan Waas, 8, shows Emily Cleveland, 7, a pepper she picked in the school garden. Emily spent part of her garden time looking at a book about farmer's markets.



GREEN: L

CONTINUED FROM PAGE 1A

Jay's secret for growing a large, leafy cabbage?

"I watered it very good," he said.

Busey said the garden is used for more than just growing yummy treats.

"Not only is this a garden, it's socialization they're getting too," she said. "They learn how to take care of each other. Kids who may not bond in the classroom may bond out here."

While older students tend the large garden, kindergartners have their own small plot where teacher Annette Thompson said she brings the garden into the classroom.

"We talk about each plant and various parts of the plant," she said.

First-grader Zyniah O'Neal, 7, said she doesn't mind digging in the dirt. "It's fun," she said. "We get to pick stuff and we get to eat it."



News-Tribune photos/JACQUE ESTES

Chyna Phillips, 6, shows her teacher Amy Biletto the produce she picked in the Bunnell Elementary school garden.

While planting may be first-grader Zoie Liverman's favorite gardening activity, eating comes a close second, she said. "I like when (plants) get really

big because then you get to pick them," she said.

Students are encouraged to try the fruits and vegetables they grow and discover they like

"They learn how to take care of each other. Kids who may not bond in the classroom may bond out here."

KRISTA BUSEY

Family Nutrition Program extension agent

more of them than previously thought, Busey said.

"A lot of times they will taste things they've never tasted before," she said. "If they're out here in the garden and they taste what they've grown, they'll eat it."

Gardening and sampling fruits and vegetables gets a thumbs up from first-grader David Silva, 8. Just don't ask him to eat a tomato, he said.

"They taste nasty," he said.

gardeners get a taste for working in the soil



News-Tribune photos/JACQUE ESTES

the help of Kathy Fisher at Bunnell Elementary. The students have been growing and tasting their own produce with the assistance of the Flagler County Extension Service.

LITTLE GREEN THUMBS

By **KENYA WOODARD**
STAFF WRITER

BUNNELL — Tucked away in the city is a bountiful garden bursting with juicy squash, fat cabbages, crisp peppers and fragrant flowers — all grown by people under 4 feet tall.

Since March, Bunnell Elementary School students have been working plots of earth behind their school, coaxing an assortment of vegetables, fruits and herbs from the dirt. The pesticide-free garden is a six-year project between the school and University of Florida's Flagler County Extension Service that exposes stu-

dents in kindergarten through third grade to gardening, good nutrition and exercise habits, said Krista Busey, who heads the service's Family Nutrition Program.

This year's bounty from the Bunnell Elementary Nutrition Garden will include zucchini, cucumbers, potatoes, tomatoes, radishes, pole beans and sunflowers, said program assistant Kathy Fisher, whom students call "The Garden Lady."

There's even sugarcane, lemon grass, a banana tree, Key limes and pomegranate, Fischer said.

The program introduces students to gardening basics and teaches them

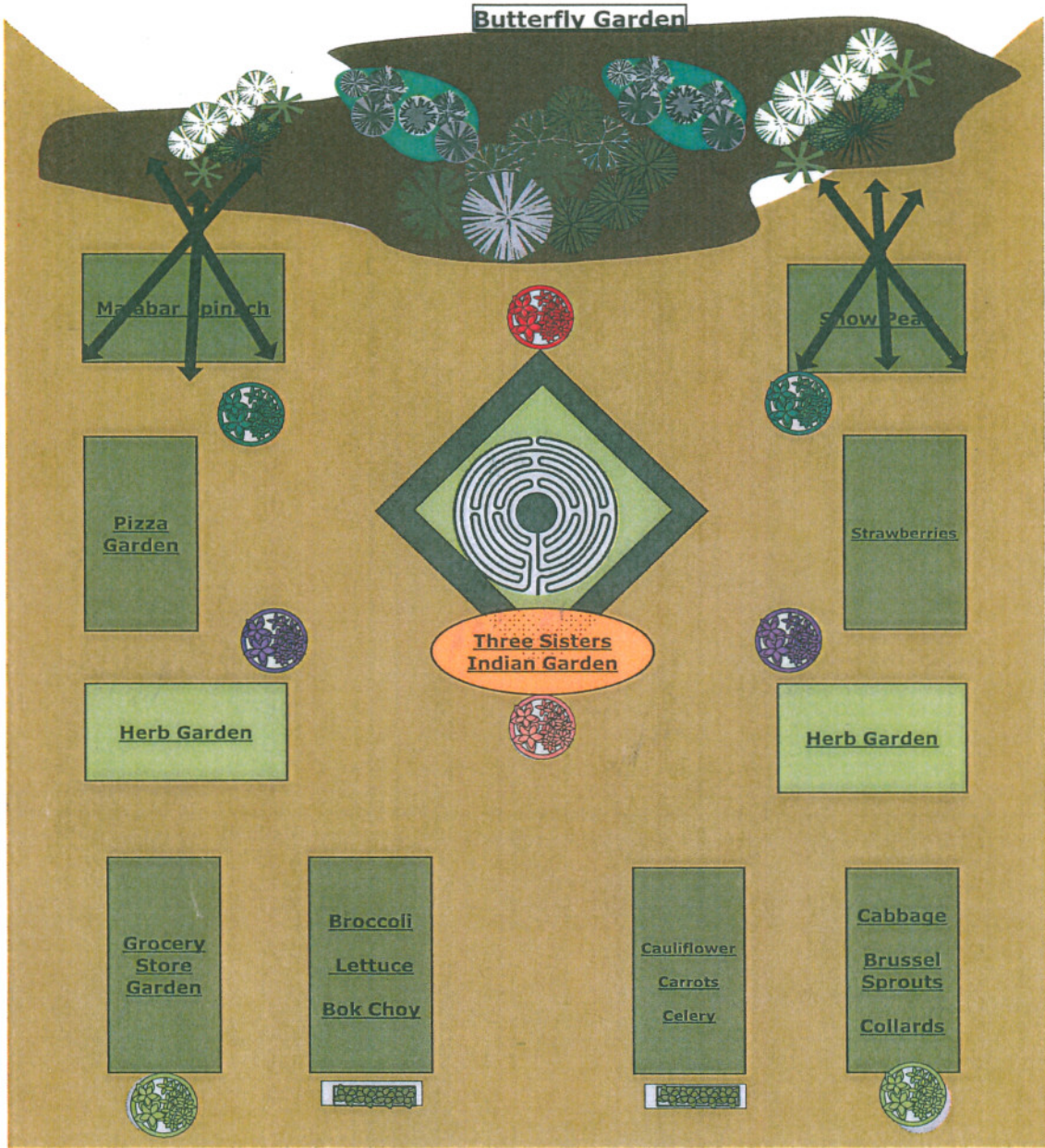
the importance of healthier eating, Busey said. They're also taught how to develop their own green thumbs.

That's a lesson that fourth-grader Jay Karty, 9, took to heart.

Jay and other third-graders competed in a contest sponsored by Bonnie Plant Farm of Union Springs, Ala., that challenged contenders to grow the largest cabbage. Jay's cabbage measured a whopping 32 inches across and he will now go on to compete for a \$1,000 scholarship, Fisher said.

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kenya.woodard@news-jrnl.com



The Bunnell Elementary School Nutrition Garden was developed through the University of Florida – Family Nutrition Program, Flagler County Extension Service.

All great things begin small...



With lots of love and care, the garden begins to thrive...



- The garden mission is to encourage an understanding of the interdependency of all life and how nature sustains it. Between the garden, the kitchen and the classroom, a strong understanding of sound ecological principles grows along with an appreciation for the nutritional value of wholesome foods.

***There are many lessons to learn
along the way.***

LESSON PLANS



Little Green Thumbs



- The children's enthusiasm and love for gardening continues at home, which can lead to healthier eating for the whole family.

The Incredible Bunnell Elementary School Staff

Mr. DuPont, school principal, and the entire school staff, including teachers, support employees and the Twenty-First Century After-school Program Faculty contributed in many ways to the garden success.



Community Spirit

It truly took the support and sponsorship of many community businesses and school staff who helped in many ways to make the garden miracle happen.



A SPECIAL THANK YOU to Lowe's Home Improvement Store and the Jungle Growth Potting Soil Company for their generous contributions and promises of future support.





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