

Please rename yourself with your name  
and the community you live in :)



SCHOOL GARDEN  
MENTORSHIP PROGRAM

# Farm to School BC

## Winterizing Your Garden and Planning

October 18th, 2022



# Recording

This presentation is being recorded and will be uploaded to the Farm to School BC website on the member portal page.



# Territorial Acknowledgement

Marcus and Addie would like to acknowledge that they are presenting today from the traditional, ancestral, unceded territory of the Lekwungen peoples, including the:

- ləkʷəŋən (Songhees)
- Wyomilth (Esquimalt)

What traditional territory are you joining us from today?





## Marcus Lobb

Provincial Manager, Farm to School BC

Marcus has over 12 years of experience working with school garden programs and establishing farm to school projects in elementary and middle schools. He is passionate about sharing his gardening blunders so you don't have to!



## Addie de Candole

Food Literacy Advisor, Farm to School BC  
and Teacher in SD62

Addie is an elementary school teacher and avid market gardener, and has been working with schools for over 7 years. She has seen how much more successful projects are when they are thoughtfully planned in advance of growing.



# About Farm to School BC

HEALTHY,  
LOCAL FOOD



SCHOOL &  
COMMUNITY  
CONNECTEDNESS

HANDS-ON  
LEARNING



# Administrator and Funders



**Public Health**  
Association of BC



Farm to School BC is a program of the

## Public Health Association of BC

and is supported by the Province of British Columbia

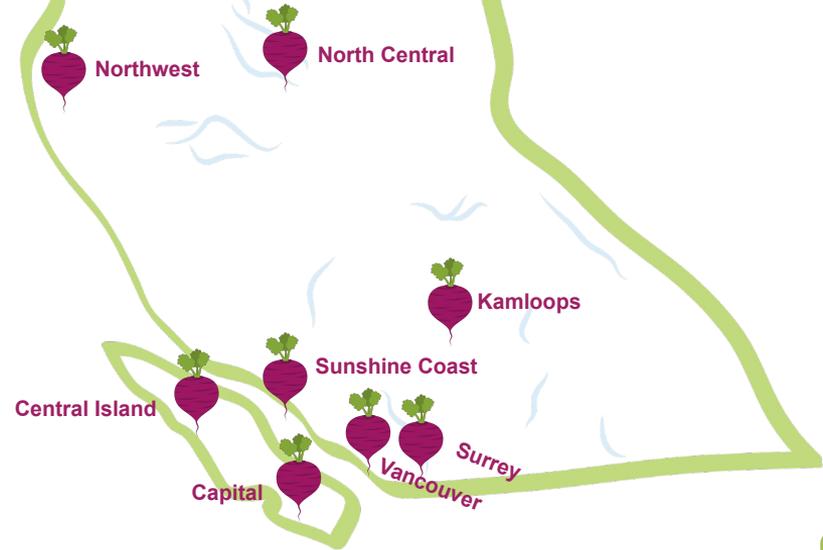


# Hubs' School Districts:

Capital: 61, 62, 63, 64  
Central Island: 68, 69, 70  
Kamloops: 73, 83  
Sunshine Coast: 46 – pilot  
Surrey: 36  
North Central: 28, 57, 91  
Northwest: 54, 82, 52  
Vancouver: 38, 39, 44, 45, 48

## Regional Hubs

- Capital
- Central Island
- Kamloops
- North Central
- Northwest
- Sunshine Coast
- Surrey
- Vancouver



# Our Team



**Marcus Lobb**  
Provincial Manager



**Addie de Candole**  
Food Literacy Coordinator



**Matthew Kemshaw**  
Capital Animator



**Tessa Stiven**  
Central Island Animator



**Meryn Corkery**  
Vancouver Area Animator



**Roanne Whitticase**  
North Central Animator



**Madison Pinder**  
Communications Coordinator



**Claudia Páez**  
Research Coordinator



**Angelina Sharma**  
Surrey Animator



**Sonya Rokosh**  
Kamloops Animator



**Margo Peill**  
Northwest Animator



**Naomi Fleischhut**  
Sunshine Coast Animator

Provincial Team

Regional Community Animators





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# Guest Speaker:



**Natalie Laframboise, RD, MScFN**  
Manager, Office of Nutrition Policy and Promotion

Ministry of Health



# Agenda for Today

1. Teach Food First - Guest Speaker
2. Winterizing your garden
3. Grant reporting and season reflection
4. Fundraising
5. Breakout rooms
6. Closing

*Please feel free to ask questions throughout the presentation! You can raise your hand, or write your question in the chat.*



# SCHOOL GARDEN TIMELINE

FOR THE SCHOOL GARDEN COMMITTEE, STAFF AND STUDENTS

## COMMITTEE BUILDING

- Create the garden committee
- Committee structure
- Garden visioning
- Plan garden build
- Plan perennial crops



## COMMITTEE WORK

- Develop Summer maintenance plan
- Develop harvest plan
- Crop storage plan
- Prepare garden for Winter

Phase 1 / Winter

Phase 2 / Spring

Phase 3 / Summer

Phase 4 / Fall

## GARDEN BUILDING

- Finalize garden design
- Build garden beds
- Buy tools
- Tool storage
- Fencing
- Irrigation



## GROWING IN THE GARDEN

- Students plan annual crops
- Plant seeds indoors under grow lights
- Plant seedlings outside
- Plant seeds outside
- June harvest
- Prepare garden for Summer

## HARVESTING & CLEAN UP

- Students plan annual crops
- Plant seedlings/seeds outside
- Sept-Nov harvest
- Crop storage and preparation
- Cooking
- Prepare garden for Winter



# Check in

In the chat, give us two words about how you are showing up today. How are you feeling?



# teach foodfirst

Presentation by Natalie LaFramboise



# teachfoodfirst

An Educator's Toolkit for Exploring Canada's Food Guide

MINISTRY OF HEALTH  
FARM 2 SCHOOL BC  
OCTOBER 18, 2022



## HOW WAS IT DEVELOPED?



- Teach Food First toolkit was developed by The Province of British Columbia and BC Centre for Disease Control in collaboration with Dietitians from the regional health authorities and the First Nations health authority.
- Teach Food First resources and lessons were pilot tested by BC teachers
- A special thanks to the Indigenous Knowledge Keepers from Vancouver Island in the development of the traditional food lesson plans



teach  
foodfirst



## ABOUT THE TEACH FOOD FIRST TOOLKIT



The Teach Food First toolkit supports K-8 educators with tips, resources and lesson plans for exploring Canada's food guide in the classroom while encouraging positive food experiences.

Resources and lessons developed for this toolkit:

- connect with Canada's food guide and British Columbia Curriculum
- are age-appropriate and grade-specific
- consider equity and cultural inclusivity

[www.teachfoodfirst.ca](http://www.teachfoodfirst.ca)

## PART 1: GUIDING PRINCIPLES FOR EDUCATORS



1

Take a positive and inclusive approach to food and eating



2

Consider the roles adults and children have in feeding and eating



3

Connect to students' lived experiences



## GUIDING PRINCIPLE 2: CONSIDER THE ROLES ADULTS AND CHILDREN HAVE IN EATING AND FEEDING

- Not teaching students to be responsible for the adult roles in feeding, as this can lead to anxiety about food
- Supporting older students to build age-appropriate skills in meal planning while also being sensitive to different home contexts
- Being neutral about foods that parents or caregivers pack for students' lunches and snacks
- Advocating for sufficient time to eat and a positive eating environment.



## PART 2: LESSON & ACTIVITIES

- 10 new Teach Food First lessons
  - 3 Traditional First Nations Foods lessons
- Links to other recommended lessons and activities



### Lesson Plans and Activities for Teaching Canada's Food Guide

Enter preferred category or keywords to start your search

Grade Level  Eating Together  Enter keywords

Show Teach Food First lesson plans only

Eating Together [View all](#) [Viewing 8 lesson plans](#)

#### Eating Together

- Invite students to reflect on the social, emotional and health benefits of eating with others (e.g., where or how might you eat with others? What do you like about eating with others?).
- Support opportunities for students to eat together in the school setting, both with their classmates and educators, if possible, while modeling the enjoyment of eating/eating together supports the development of a positive relationship with food and eating for your students.
- Ensure that food and nutrition education is inclusive of students in families that do not dine out often (e.g., single parent households, household members doing shift work) (To learn more: [Building Principles 3: Connect to students' food experiences](#)).

teach  
foodfirst

#### Creating a Special Event Menu

Encourages students to reflect on food traditions and special occasions that are meaningful to them.

Grade Level: 4-6

[Cooking Together](#) [Eating Together](#) [Eating Together](#) [Eating Together](#)

[Learn More](#)



#### Meals Then and Now

Explores how meals have changed over time or between generations by interviewing their parents and grandparents.

Grade Level: 2, 3, 4, 5 & 6

[Cooking Together](#) [Eating Together](#) [Eating Together](#)

[Learn More](#)



#### Science First Peoples

Explores the story of plants as it relates to First Peoples' traditional knowledge about plants and how to make tea, using local plants.

Grade Level: 4-6

[Cooking Together](#)

[Learn More](#)



#### Stone Soup

Teaches about the importance of community when eating, growing and sharing food and how to prepare a tasty nutritious soup.

Grade Level: 4, 5 & 6

[Cooking Together](#) [Eating Together](#)

[Learn More](#)

## PART 3: FREQUENTLY ASKED QUESTIONS & RESOURCES



Responses to some frequently asked questions from educators that help interpret Canada's food guide.

Is milk still a part of Canada's food guide?



Canada's food guide promotes eating more plant-based foods. Does this mean we shouldn't eat animal-based foods?



What happened to serving sizes and number of servings?



Is Canada's food guide only the plate image?



How does Canada's food guide consider different cultures and food traditions?



Is Canada's food guide affordable for students and their families?



How can I support my students to eat fewer foods that are high in sugar, saturated fat and sodium?



How can I help my students understand food labels?



## PART 3: FREQUENTLY ASKED QUESTIONS & RESOURCES



Q. How do you respond when a student tells you that "My \_\_\_\_\_ (insert grandmother/Dad/friend etc.) says that \_\_\_\_\_ (insert commonly questioned food here e.g. cookies, chocolate bars, meat, gluten, dairy, processed food) are unhealthy and bad for you?"

**Possible response:**

- People eat different foods for lots of reasons (e.g. food cost and what's available, foods they're used to eating, how food tastes, what they like to eat, allergies, family culture and traditions).
- What's important is that we each have different foods available to us that we like and that can give us what we need to grow, learn and play.



# REVISED BC PHE CURRICULUM ELABORATIONS

## **New nutrition elaborations align with:**

- Current Canada's food guide
- Current pedagogy for food and nutrition
- Approaches & lessons in Teach Food First



## OLD ELABORATIONS

### Kindergarten and Grade 1

#### Competency elaborations:

- What types of choices can you make for your health and well-being

#### Content elaborations:

- Different foods provides different health benefits
- Water is the best choice for staying hydrated

### Grade 2

#### Competency elaboration:

- What are some factors that influence your healthy eating choices?



## NEW ELABORATIONS

### Kindergarten and Grade 1

#### Competency elaboration:

- Examples of ways to explore a variety of foods: by colour, texture, shape, size, smell, how and where they grow.

#### Content elaborations:

- Food connects to self, family, history, culture, tradition, nature and community
- Water refreshes us and helps us grow, learn and play

### Grade 2

#### Competency elaboration:

- What are some factors that influence what you like to eat?



# HOW DO I ACCESS THE TEACH FOOD FIRST TOOLKIT?



[teachfoodfirst.ca](https://teachfoodfirst.ca)



teach  
foodfirst

THANK YOU!

Questions?

Contact info:

[Natalie.laframboise@gov.bc.ca](mailto:Natalie.laframboise@gov.bc.ca)



# Garden: Winterizing



# Winterizing your Garden

Tasks for October include:

- Clearing out your plants
- Disposing of debris - on/off site
- Composting in garden - chop up into smaller pieces
- Small, leafy plants - chop and drop



# Cover the soil

### COVER YOUR SOIL!

- You can use leaves, compost, straw, composted manures, green manure, etc.

*With your class:* Do some soil tests, learn more about it, figure out what can be done to improve the soil for next year.

Right after shaking



After 24 hours

leaves & twigs



clay (lightest density)  
silt (medium density)  
sand (heaviest density)



Mulching is the process of adding a layer of material to the surface of your garden soil. Whether you grow fruits and vegetables, flowers or perennial ornamentals, mulching is an important way of protecting and improving your soil. Without mulch, the soil surface is vulnerable to erosion, dehydration, loss of structure and compaction. Typical mulch materials range from leaves to straw to living mulches such as wildflowers and clover.

#### Why Mulch?

Mulching helps protect your soil from environmental factors like rain, wind, sun and human agricultural practices which cause compaction, erosion and nutrient loss. A thick layer of mulch can also help to suppress weeds and raise the soil temperature during the cool shoulder seasons. In nature, soil is almost always covered by either plants, such as in grasslands, or decaying debris, such as on the forest floor. As organic material slowly decomposes, it returns valuable nutrients to the soil.

#### Protection from Rain

Rain (and irrigation) can cause compaction of the soil and leach away valuable nutrients and minerals, especially during the wet winters on the West Coast. A thick layer of mulch slows the rain down and protects the soil from its impact, while still allowing moisture through to keep the soil and your plants alive.

#### Protection from Erosion

Excessive tilling and digging common in conventional agriculture and gardening leaves top soil vulnerable to being blown away by wind. Again, mulch protects the underlying soil, while at the same time releasing nutrients and humic acids that help to repair damage done to from too much tilling and digging.

#### Evaporation Reduction

In the summer, the sun can draw moisture out of the soil at a rate of almost 3cm every day. Mulch acts as a barrier that keeps moisture in the ground.

#### Temperature Control

Mulch also helps to keep your soil cool in the summer, further helping to prevent evaporation. It is an essential tool for winter gardening, where it insulates the soil to prevent the freezing that can kill fragile plant roots.

#### Weed Control

Many common garden weeds need light to germinate. Mulching your soil helps prevent light from penetrating to the soil underneath, thereby limiting weeds' ability to grow. Weeds also have a difficult time penetrating thick layers of mulch, and those that do are generally very easy to pull out because they are loosely rooted.

#### Replenish Nutrients to Plants and Microorganisms

While it slowly decomposes, the nutrients stored within mulch are released for the use of plants and microorganisms. This slow-release fertilizer helps sustain plants in adverse conditions. The increased organic matter being added to the soil also helps improve soil structure.



# Green Manures

Green manures - winter rye, pea, alfalfa, vetch, etc.

Controls weeds, and erosion / depletion of soil, will build nutrients back into soil - nitrogen, etc.

Till back into the soil in early spring.



# Equipment Maintenance and Storage

## Cleaning tools

- Remove all dirt
- Treat your wood with linseed oil
- Sharpen your tools
- Label tools



## Storage

- Place them in a dry location
- Small tools can be stored in bins

## Irrigation

- Remove from garden, and dry out
- Label items if they are specific to layout



# Storing Seeds

- Cool dry location
- Keep in zip lock bags
- Away from light
- Consider taking note on the seeds





# Garlic



## CARE

Difficulty: Easy

**Matures:** 10 months

**Exposure:** Cool season/part shade

**Care:** Plant in the fall to harvest the following July. **Seed Depth:** 2.5 cm **Plant**

**spacing:** 10-15 cm **Row spacing:** 10-15

cm **Thinning:** Not required

**Germinate/Sprout:** approx. 4-8 weeks

How-to Grow Garlic: West Coast Seeds



## GARLIC INFORMATION

**Fun Fact:** Choose garlic that you really like to plant again; when you plant one clove, it grows into another head of garlic, its genetic clone! If you continue to let garlic grow after the summer, it will flower and produces bulbils (tiny cloves).

**Lifecycle:** Annual **Variety:** Softneck or hardneck (produce garlic scapes)

**Growing:** Plant individual, whole cloves of garlic in September/October. Do not peel the paper off the clove, and plant it with the pointed end up.

- Use deeper planting if rains/frost may expose the cloves, and shallower planting if using mulch or planting into heavy soil. The largest cloves will make the largest bulbs.
- You can also plant cloves in March in coastal regions, but it might not have time to develop into an entire head of garlic.

**Harvest:** In July or when the leaves begin to die and dry out

- Cure the bulbs in a single layer in a warm spot for 7 to 10 days

**Pollination:** Self

**Origin:** China

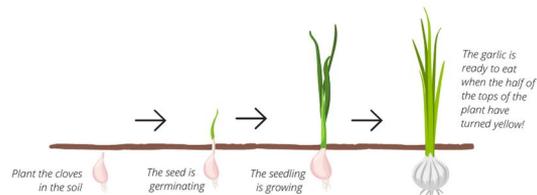


Farm to School BC is a program administered by the Public Health Association of BC and is supported by the Province of British Columbia and the Provincial Health Services Authority.

Public Health Association of BC

## HOW LONG DOES IT TAKE GARLIC TO GROW?

1. Check on the seed package for the **days to maturity**, which tells you that it will take \_\_\_\_\_ days for this plant to be ready to eat!
2. We will plant the seed directly outside in the soil (**direct sow**) on this date: \_\_\_\_\_.



## TIMELINE

Use the information above to highlight the timeline below of when to plant the seed, how long the plant will grow, and when you can eat the crop!

**Blue = Plant the seed / Yellow = Grow / Green = Harvest & Eat**



## HOW FAR APART SHOULD PLANTS BE?

Fill in each measurement below for how far apart the rows should be, how deep to plant the seeds, and how far apart to space the seeds or seedlings.



# Committee: Season Reflection



# Season reflection worksheet

## Committee meeting - reflection

- Garden: What went well?  
What do we need to change?
- Committee: What went well?  
What do we need to change?

*Worksheet on the portal page*



## Season Reflection Outline

**Purpose:** After all of your hard work, it's time to think back and see what worked well, what was challenging, and what you want to think about moving forward. Look back at some of the committee workshops at the beginning of the series for more ideas to incorporate into your reflection. *Please feel free to edit this document to have it work best for you.*

### Garden committee

Who did you want on your committee when you envisioned this project? Who actually ended up there? Were there any barriers that got in the way of people being more involved?

### Inspiration/vision

What drew you to your school garden originally? Did this inspiration act as fuel to keep you motivated throughout the season?

# What do you do until Spring?

- Equipment inventory and maintenance
- Organize volunteers for next year
- Think about Spring fundraisers
- Apply for grants
  - Plan budget for next year
  - Are you expanding the program?
  - What do you need to replace?



# Fundraising



# Farm to School BC - New grants!

Start-up grants: \$3000

Scale-up grants: \$1000

Also, while all schools are encouraged to apply, please note that priority will be given to **rural, remote and First Nations Schools.**





FARM TO SCHOOL BC WEBINAR

## GRANT WRITING WORKSHOP

Join us for a grant writing workshop and introductory session about Farm to School BC!

Learn about our grants, food literacy, building interest at your school, & more!



THURSDAY, OCTOBER 20

3:15 - 4:15 PM

VIA ZOOM - REGISTER BELOW!



FOR MORE INFORMATION & TO REGISTER VISIT:  
[WWW.F2SBCGRANTS.EVENTBRITE.CA](http://WWW.F2SBCGRANTS.EVENTBRITE.CA)

*This program supported by the Province of British Columbia*



# Other grants

WWF Canada - Applications due Oct 21, 2022

Tree Canada - Applications due December 12, 2022

HCTF - Applications open November 1, 2022

TD Friends of the Environment - Applications open January 15, 2023

Canada Post - Applications open March 2023





# Breakout Groups

How are you going to wrap up your season?

Group 1: Garden focus

Group 2: Committee focus (worksheet)



# Share - Check out

In the chat:

What really motivated you to keep going this year?



# Feedback - Survey

We will be sending you all a link to a survey, we would really appreciate feedback on this program. We plan to run it next year as well, and would like to improve it.

Draw prize: 1 hour - Zoom Garden consultation hosted by F2SBC staff!



# Feedback - Focus groups

If you attended many of the sessions and have lots of feedback, we are running two focus groups in November. If you are interested, please email Addie at [foodliteracy@farmtoschoolbc.ca](mailto:foodliteracy@farmtoschoolbc.ca) to sign up for a session.

Participants: Packages of seeds delivered to your school this winter!



# Support



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