

# Garden-Based Education Resources

Available from the California Department of Education

## ***A Child's Garden of Standards: Linking School Gardens to California***

***Education Standards*** is a guide to garden-based education using existing curricula in grades two through six. It links activities selected from several published educational materials to specific academic content standards at each grade level in science, history/social sciences, mathematics, and English language arts. These varied publications, many already widely used and field-tested by teachers statewide, feature effective garden-based learning strategies. Activities featured in this guide were chosen for their strong support of one or more education standards and ease of integration into grade-level curricular activities. *A Child's Garden of Standards* shows how instructional school gardens can make academic content standards come alive for students, encouraging their creativity, problem solving, and sheer love of learning that come from hands-on, experiential learning.

Free download at <http://www.cde.ca.gov/ls/nu/he/documents/childsgarden.pdf>.



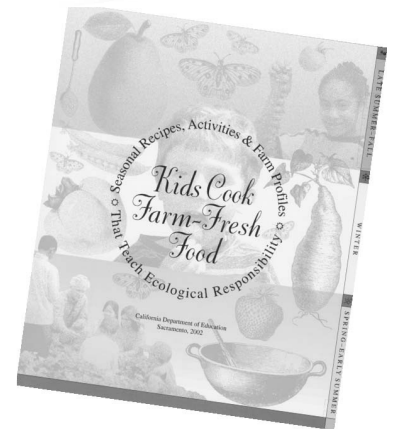
***Fresh Fruit and Vegetable Photo Cards*** is a set of 140 beautiful, color photographs suitable for framing. The front of each fully laminated 8.5" x 9.5" card displays a color photograph of a fruit or vegetable with its name in English and Spanish. On the reverse is a bar graph displaying an analysis of nutrients, suggested serving size, and other useful information.

To order the set of photo cards (\$50 plus tax, shipping, and handling), visit the California Department of Education's 2010 Educational Resource Catalog at <http://www.cde.ca.gov/re/pn/rc/documents/catalog2010.pdf>.



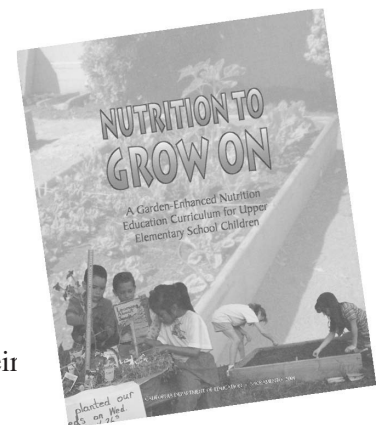
***Kids Cook Farm-Fresh Food*** is an activity guide that links academic content standards to the real world through gardens, nutrition, cooking, recycling, and the environment. Activities engage teachers and students in grades two through seven in exploring fresh, seasonal, locally grown produce through direct experience. Using tested recipes and farm profiles, *Kids Cook Farm-Fresh Food* links agriculture and the culinary arts to reading, mathematics, social sciences, and geography. This guide also links food and nutrition to the concept of sustainable agriculture, which is a commitment to growing and distributing food in an environmentally sound, economically viable, and socially just manner. Alongside instructional school gardening experiences, this guide helps students to develop a deeper understanding of where food comes from, and how farmers bring life from the land, while students apply math, language, and other core skills.

Available for free download at <http://www.cde.ca.gov/ls/nu/he/kidscook.asp>



***Nutrition to Grow On*** is an innovative curriculum for grades four through six that offers teachers a direct link between the garden and nutrition education. Nine lessons are designed to teach children and their families about nutrition by relating each lesson to a garden activity. The curriculum uses the garden to integrate disciplines, including science, mathematics, language arts, history, environmental studies, nutrition and health, while reinforcing some of the California academic content standards. School gardens are wonderful sources of food and beauty and outlets for physical activity; they can also help students discover fresh food and learn to make healthier food choices. *Nutrition to Grow On* taps into these instructional gardens to cultivate the students' talents and skills while enriching their capacities for observation and thinking.

Free download at <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>.



For a free school garden resource packet, e-mail us at [gardengrant@cde.ca.gov](mailto:gardengrant@cde.ca.gov).

## Other School Garden Resources

**Gardens for Learning:** 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. <http://www.csgn.org/page.php?id=36>

**Gardens for Learning Standards Supplement:** The California Foundation for Agriculture in the Classroom has produced a supplement to the *Gardens for Learning* book. This supplement maps the activities mentioned in the book to California State Education Standards for grades K-6. You can download or request a free copy at [www.cfaitc.org/gardensforlearning](http://www.cfaitc.org/gardensforlearning).

**Farming is Food, Fiber, Flowers... And Fun: A Workbook and Resource Guide for Growers of School Gardens:** A workbook created by the California Foundation for Agriculture in the Classroom designed to help you plan a garden project. Browse <http://www.cfaitc.org/> for loads of resources to connect your students to agriculture. <http://www.cfaitc.org/GardenGuide/GardenGuide.php>

**Plant a Seed, Watch it Grow:** Web based guide to starting, caring for, and teaching in a school garden created by the Master Gardener Association of San Diego. <http://www.mastergardenerssandiego.org/plantaseed/index.html>

**Student's Guide to Composting:** *Composting in the Classroom: Scientific Inquiry for High School Students*, by Nancy Trautmann and Marianne Krasny is a comprehensive guide for teachers interested in guiding compost research projects by high school students. <http://compost.css.cornell.edu/CIC.html>

**Fruits and Vegetables for Health:** The comprehensive unit, created by the California Foundation for Agriculture in the Classroom, teaches students about the production, distribution, and nutritional value of California fresh produce. Geography, language arts, mathematics, science, health, and nutrition concepts are incorporated. Aligned to the Content Standards for California Public Schools. <http://www.cfaitc.org/LessonPlans/LessonPlans.php?details=409>

**Healthy Goods From Healthy Soils: A Hands-On Resource For Teachers:** by Patten, Elizabeth and Lyons, Kathy. Tilbury House Publishers, 2003. Simple concepts and fun activities to show children the big picture-how quality soil is the basis of nutritious foods, and how eating a variety of wholesome foods leads to healthy bodies. The program enhances existing curricula through methods that include writing, art, scientific investigation, music, and puppetry. [http://www.tilburyhouse.com/Children%27s%20Frases/child\\_health\\_fr.html](http://www.tilburyhouse.com/Children%27s%20Frases/child_health_fr.html)

**TWIGS: Teams with Intergenerational Support:** U.C. Cooperative Extension, 30 lessons for children, K-6, to help them connect principles of good nutrition with gardening. The materials cross age boundaries, making it easy for teens or seniors to use the materials with children. 1997. [http://cesanmateo.ucdavis.edu/Custom\\_Program850/](http://cesanmateo.ucdavis.edu/Custom_Program850/)

**Sustainable Agriculture Resources and Programs for K-12 Youth:** This 16-page (PDF) guide to sustainable agriculture-oriented educational opportunities for schoolchildren features more than 50 programs and curricula nationwide. Includes direct links, program contract information and ideas for integrating lessons into school programs. <http://www.sare.org/publications/edguide/htm>

**California Farm to School Program:** California Programs that connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting local small farmers. <http://www.cafarmtoschool.org/>

**Creating and Sustaining Your School Garden Workshop Trainer Resources:** Find downloads for all printed materials needed to conduct a Creating and Sustaining Your School Garden Workshop. In addition there are downloads of the Power of School Gardens PowerPoint, a sample evaluation, sample workshop flier, sample agenda, workshop supply list, and a list of all workshop handouts to aid you in creating your workshop. <http://www.csgn.org/page.php?id=75>

**Life Lab Publications: The Growing Classroom: Garden-Based Science New Edition:** 480 pages of science, math and language arts activities that you can do with you students in the garden. Activities are aligned with the California State Science Content Standards. Topics include soil, plants, cycles, ecology, weather, nutrition and food systems. Also include team-building and sensory exploration activities, organic gardening skills and information on how to create and sustain a successful school garden program. \$39.95, order online and view alignment to California State Science Standards at: [www.lifelab.org](http://www.lifelab.org)