

GARDEN RESOURCES PAGE



WHY GARDENS ARE IMPORTANT?

Gardens are important for a variety of reasons. Gardening gets you outside, working with your hands, and teaches you practical skills. Gardening also allows you to have control over what foods you eat and in turn can allow for healthier diets.

Gardening also helps the environment. Growing food locally reduces the amount of energy needed to ship foods to your location. The lack of transportation/shipping prevents many greenhouse gases from being emitted. Additionally, gardening often makes your soils healthier!

There are also social benefits of community gardens, where garden development can form relationships amongst community members from all walks of life. Not to mention that gardening helps relieve stress and boosts self-esteem!

These are just a few of the many benefits that gardens and gardening can offer.

TYPES OF GARDENS

There are many different types of gardens that you can have. It should be noted that these gardens can be both indoors or outdoors. Here are some options that may work well for a school setting:

Vegetable garden:

This garden can range in size and has vegetables as its predominant plant type. There can be numerous kinds of vegetables in the same garden plot.

Here are some links for getting started with a vegetable garden:

<http://www.almanac.com/vegetable-garden-planning-for-beginners>

<http://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/>

Herb garden:

An herb garden grows plants that have culinary or curative uses. Herb gardens are meant to be functional, but can include some ornamental plants.

This link has a database of thousands of herbs to choose from, and also includes a link of common herbs: <http://www.pfaf.org/user/cmspage.aspx?pageid=164>

Here are some links for getting started with an herb garden:

<http://www.tastefulgarden.com/store/pc/Herb-Gardening-for-Beginners-d19.htm>

<http://www.bhg.com/gardening/vegetable/herbs/starting-herbs-from-seed/>

Native plant garden:

A native plant garden grows plants that naturally grow in that location. Native plants gardens help to conserve the local genetic stock that may be disappearing in areas.

Here is a link for getting started with a native plant garden:

http://www.goert.ca/gardeners_restoration/getgrow_native_plants.php

This link includes a list of retailers in Nova Scotia that sell native plants:

https://www.ecologyaction.ca/gowild/goWild_nativePlants.php

Pollinator garden:

A pollinator garden is a garden that is planted predominately with flowers that provide nectar or pollen for a wide range of pollinating insects. Pollinator gardens strengthen the relationship between pollinators and plants.

Here are some links for getting a pollinator garden started:

<http://www.kidsgardening.org/node/11941>

<https://seeds.ca/pollination/pollinator-gardens>

Ornamental garden:

An ornamental garden is predominantly made up of plants that are grown for decorative purposes, aesthetic pleasure, or landscape design projects.

Here are some links for getting started with an ornamental garden:

<http://piedmontmastergardeners.org/article/getting-started-in-ornamental-gardening/>

<http://piedmontmastergardeners.org/article/getting-started-in-ornamental-gardening-part-ii/>

Classroom gardens:

These gardens are specifically grown inside, in a classroom. They can be a range of garden types.

Here are some links for getting started with a classroom garden:

<http://growing-minds.org/documents/steps-to-a-classroom-garden.pdf>

<http://growing-minds.org/steps-to-a-classroom-garden/>

For an overall guide of school gardens, check out these links:

http://novascotia.ca/agri/documents/education/program_schoolgarden-guide.pdf

<http://agardenineveryschool.ca/resources/?platform=hootsuite>

FUNDING IDEAS

If you are in need of funding, there are many grants available to apply for. Feel free to visit the websites of the other support organizations (listed below) for possible grants to apply for.

Additionally, if you are short on funding for your garden, try fundraising for some extra cash.

OTHER SUPPORT ORGANIZATIONS & LINKS

Ecology Action Centre - <https://www.ecologyaction.ca/our-work>

Evergreen - http://www.evergreen.ca/?gclid=CP7C_KmryMsCFQKTaQodFIEB4g

Farm to School - <http://www.farmtocafeteriacanada.ca/farm-to-school/>

GRO1000 - <http://scottsmiraclegro.com/corporate-responsibility/gro1000/>

Health Promoting Schools - <https://nshps.ca/>

Nourish Nova Scotia - <https://nourishns.ca/>

Nova Scotia Department of Agriculture - <http://www.novascotia.ca/agri/>

Nova Scotia Wild Flora Society - <http://www.nswildflora.ca/>

Nutrients for Life - <https://www.nutrientsforlife.org/>

Plant a Row Grow a Row - <http://www.growarow.org/indexENG.htm>

Resources for Thinking - <http://resources4rethinking.ca/en/resource/food-for-thought-elementarymiddle>

Shubenacadie Provincial Wildlife Park - <https://wildlifepark.novascotia.ca/>