Elizabeth Downs Primary School

How to make your Groovy Garden Grow!

An *eat well be active* - Primary Schools project school

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One of the projects to complement the *eat well be active* Primary Project is the Stephanie Alexander Kitchen Garden Project. Both projects have a focus on healthy eating. Below is the story of how one school garden has grown with such support. Elizabeth Downs Primary School has seen nothing but positive benefits for its students and community with its venture into the Stephanie Alexander Kitchen Garden Project. The old saying ‘It takes a village to raise a child’ is certainly accurate when thinking about the bringing together of all who helped establish this wonderful program at the school.

Organisations such as The Rotary Club of Playford, Bunnings, The Lions Club of Elizabeth, The Smith Family, Minter Ellison, school staff, parents, students and volunteers from the community have helped establish a garden and kitchen where students spend time each week planting, nurturing, harvesting, preparing, cooking and eating a wonderful array of food. Skills of the past, lost by busy and complex lives are coming back to life for these lucky students. The students in the school community are learning about:

- seasonal eating - preserving, freezing and making jams with food for use later in the year
- sustainability – nothing is wasted scraps are divvied up between the worms, chooks and compost
- propagating seeds – not only do we harvest fruit, vegetables and eggs but seeds as well
The garden is also a wonderful resource for many curriculum areas such as literacy, maths, science and art, with the students being able to connect classroom learning with hands on activities in a beautiful outside environment full of nature’s aromatic smells and colours. Some students have been so excited by the program they have started their own gardens at home!

I’m sure we will see the health benefits of this program in the near future with students being more knowledgeable about food and gardens and more confident to make healthier choices about fresh good food.

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*eat well be active* - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.