



# Welcome To Food Families!





# Gardening Elective Module



## So...?

- What is one Food Families concept you have implemented in the past week?



# Agenda

- Icebreaker – to make you smile!
- Benefits Of Gardening
- Types Of Gardening
- Planning, Preparing, Planting, And Maintaining Your Garden
- Container Gardening 101
- Plant Your Own
- Community Resources



# Vegetable Garden

- Put our chairs in a circle as close together as possible
- Include one extra (empty) chair
- Choose a vegetable
- Follow the facilitator's instructions
- I bet you can't help but smile!



# Benefits Of Growing Your Own Food

- Who has already grown their own food? What type of food was it?
- Describe your overall experience with gardening.
- What are the benefits of gardening?



# Benefits Of Growing Your Own Food

- Saving money by lowering your grocery bill
- Higher quality produce
- Healthy eating
- Helps saves the planet



# Benefits Of Growing Your Own Food

- Exercise
- Fun and good for our mental health
- Pride and sense of accomplishment
- Education and learning for the entire family



# Types Of Vegetable Gardens

- Mittlieder Method
- Square Foot Gardening
- Keyhole Gardening
- Aquaponics
- Window Farms
- Straw Bale Gardening
- Straight-From-The-Soil-Bag Gardening
- Lasagna Gardening
- Ruth Stout “No-Work” Garden



# Basic Vegetable Gardens

- Traditional Gardening
- Raised-Bed Gardening
- Container Gardening



# Vegetable Gardening 101

1. Planning

1. Preparing

1. Planting

1. Maintaining



# Container Gardening – What You Need To Know

- Has anyone done container gardening before?
- What type of container did you use?
- What did you grow?
- Where did you keep your container?
- What was the level of success?
- What tips do you have for us?



# Start Your Own Container Garden





# Community Resources

- What community gardening resources are you aware of or have you accessed?
- <https://www.london.ca/communitygardens>



# What is your next step with gardening?