



Growing Healthy Gardens



Groundwork Somerville offers year-round garden-based education for kindergarteners through 8th graders, focusing on reaching youth as they begin to make their own choices about food and explore their environment. Groundwork Somerville programming provides groups of students at all Somerville public elementary and middle schools the opportunity to plan, plant, tend, and harvest from their own garden. We have recently expanded beyond the Somerville Public Schools, building educational gardens at the lower Prospect Hill Academy, in Everett, and in Malden.

2012-2013 Accomplishments: *Served 6-8 schools each season and about 400 students over the whole year. Provided opportunities for 25 weekly volunteers to lead seasonal garden clubs, and many other opportunities for one-time volunteers to get involved. Ran garden build days at the Kennedy & Healey schools, a Planting Day at East Somerville Community School (with over 230 students), and workshops at all three Somerville Public Libraries. In addition, five students from the Healey School, along with our Executive Director, were invited to help the First Lady plant and harvest from the White House Garden in the spring of 2013.*

Our programs include:

- After-school garden, nature, cooking clubs
- Raising seedlings for gardens in classrooms
- Running special events with students such as planting days, workshops on composting, and lunchtime and recess in the garden
- Community garden builds and cleanups
- Kids' activities at the Somerville Community Growing Center, Art Beat, and local events
- Garden Youth Crew: Six-week summer program for middle school students
- Children's library workshops on gardening, nature, science, and literature



GARDENS MISSION:

Participants in the Groundwork Somerville's school gardens will increase their understanding of:

- **GARDENS AND PLANTS** ~ Basic skills to be able to grow organic fruits and vegetables in an urban garden or containers ~ Different parts of plants, and each plant's needs and characteristics
- **NUTRITION** ~ How certain foods nourish our bodies ~ The tools to begin to make healthy food choices in their own lives
- **ECOLOGY** ~ Inter-relationship among living things and the cycles in nature ~ Our food system and how food comes to our table ~ Impact our choices make on ourselves and the environment