

School Kitchen Garden Resources

School kitchen gardens provide many benefits for students and school communities. Students are exposed to a range of vegetables, fruits and plants and learn how to grow and care for them. This can encourage healthier eating habits as students may be more willing to try vegetables they have grown and are familiar with. School gardens also foster social connection and team work, and support emotional and mental health. They are beneficial to physical health and can positively influence academic achievement in students.

School gardens can be linked to:-

- Student learning e.g science, recycling waste, measuring (maths), writing, cooking, reading, art and other Key Learning Areas
- Crunch&Sip – veg, fruit and water break
- Canteen
- Learning about bush tucker and First Nations cultures
- Fundraising for the school

The below list is not exhaustive but includes some resources that may be useful for your school garden. Please email corinne.martin@health.nsw.gov.au if you would like to add any other useful resources you have come across.

Veg Garden Resources

[How to make a veggie garden: Cancer Council NSW](#)

[Kids Gardening – Starting a school garden program](#)

[How to start a school Garden: Your complete guide](#)

[Starting a school garden – Live Life Well@School – Northern Sydney LHD](#)

[Bunnings: How to start a vegetable garden](#)

The [Sustainable Play](#) - Preschool website has some fantastic information about composting with younger kids.

[How To - Gardening Australia \(abc.net.au\)](#)



Eureka Public School garden

[ABC - How to eat from your vegetable patch all year](#)

Facebook pages

[Local gardening guru from ABC Radio Phil Dudman](#)

[Gardening Australia's Costa Georgiadis](#)

[Farm my school](#)

Curriculum and classroom resources

[Kitchen gardens – NSW department of education](#)

[Food Gardens - Sustainable Schools NSW](#)

[Australian Mushroom Growers Association](#)

[Kitchen-Garden-Teacher-Resource.pdf \(nsw.gov.au\)](#)

[Garden-Kitchen-Recipe-Book.pdf \(nsw.gov.au\)](#)

[Victorian Schools Garden Program](#)

[Fresh for kids teaching resources](#)

[Deadly Ed – bushtucker gardens](#)

[Teachers | Crunch&Sip® \(crunchandsip.com.au\)](#)

[AgPatch:growing literacy](#) K-8 – Department Primary Industries

[NNSWLHD Health Promotion Recipes](#)

Seasonal food guides/ Companion planting

[Seasonal food guide Australia](#)

[Seed sowing chart](#)

[Yates vegetable companion planting](#)

[Green Life Soil: Understanding Companion Planting](#)



Eureka Public School garden

Grants/ Funding Sources

[Kitchen Garden Foundation Grants](#) - Stephanie Alexander

[Junior Landcare Grants](#)

[Life Education's Growing Good Gardens Grants](#)

[Roots and Shoots Foundation mini grants – Jane Goodall](#)

[School infrastructure NSW](#) – sustainable schools grants

[Coles & Planet Ark Sustainable Schools Competition \(\\$5000 grants\)](#)

[Pro veg international](#) – education focus, plant based diets

[Australian Mushroom Growers](#) – free mushroom kits

[Bunnings give up to \\$100 of garden seedlings, equipment to schools](#)

[Northern Rivers community Foundation](#)

Books

Hannah Moloney (Gardening Australia) [The Good Life - How to Grow a better world](#)

Hannah Moloney – [Good Life Growing](#)

Brooke Davis – Your wild imagination

The ABC book of seasons – Helen Martin, Judith Simpson, Cheryl Orsini

Bush food for children of the Northern Rivers – Federal Community Childrens Centre

Organic vegetable gardening, organic fruit growing, 2 classics in one – Annette McFarlane

[Seed to Seed Food Gardens in schools](#) by June Fanton and Jo Immig

[Companion Planting in Australia - A.B.C. Maps \(abcmaps.com.au\)](#)

