

Garden 2 Plate: 2015



“I WANT TO LEARN HOW TO KEEP A PLANT SUSTAINED AND ALIVE FOR WHENEVER I GROW ONE”
-YOUTH PARTICIPANT

THIS SUMMER 2015 SAW A GROUP OF 9 YOUTH, MOST FROM THE BRITANNIA SCHOOL STREETFRONT ALTERNATIVE PROGRAM, PARTICIPATE IN A FUN AND ENJOYABLE SUMMER GARDEN 2 PLATE PROGRAM DESIGNED TO OFFER THE YOUTH AN INTRODUCTION TO FOOD GROWING AND HEALTHY EATING.

THIS ONCE A WEEK PROGRAM PROVIDED HANDS-ON GARDENING DURING THE MORNING AND COOKING DURING THE AFTERNOON UNDER THE SUPERVISION OF A PROFESSIONAL CHEF WITH PREPARATION OF FOOD USING HARVESTED VEGGIES FROM THE BRITANNIA SCHOOL GARDEN. EACH LUNCH INCLUDED A WONDERFUL MIXED SALAD PICKED FRESH FROM THE GARDEN.

THE YOUTH ALSO VISITED THE UBC TU'WUSHT ABORIGINAL GARDEN AND THE FRESH ROOTS DAVID THOMPSON SCHOOL MARKET GARDEN EXPLORING DIFFERENT URBAN AGRICULTURE INITIATIVES IN VANCOUVER.

FOR THE YOUTH, PROBABLY THE MOST ENJOYABLE PART OF THE PROGRAM WAS HANGING WITH THEIR FRIENDS. BUT PLAYING IN THE GARDEN, GETTING SOME EXERCISE, THEIR HANDS DIRTY AND EATING TASTY FOOD WAS NOT SUCH A BAD WAY TO SPEND A SUMMER THURSDAY.

Garden 2 Plate: What did you learn?



“WHAT PLANTS ARE EDIBLE”

“I LEARNED HOW TO SHOVEL COMPOST. I ALSO LEARNED THAT BONES AND PLASTIC DON'T COMPOST WELL”

“HOW TO PULL GARLIC”

“HOW TO USE A DRILL”

“THAT YOU SOAK THE PLANTS WITH WATER UNTIL THE ROOTS ARE SOAKED”

“I LEARNED WHAT GARLIC LOOKS LIKE BEFORE YOU PULL IT”

“HOW TO BUILD A MASON BEE HOME”

“I LEARNED ABOUT COMPOST AND THAT IT SMELLS”

“VEGGIES GROW WELL IN COMPOSTED SOIL”

“THAT YOU CAN GROW HEALTHY FOOD IN THE CITY”

“I LEARNED HOW TO DIG”

Garden 2 Plate: What did you like most about being in the garden?



"I REALLY LIKED BEING IN THE GARDEN BECAUSE I GOT TO LEARN ABOUT PLANTS, WHAT THEY ARE CALLED IF THEY ARE EDIBLE AND HOW THEY GROW"

"I LIKED COOKING BECAUSE I GOT TO LEARN DIFFERENT TECHNIQUES OF HOW TO PREPARE FOOD AND HOW TO COOK IT"

"WHAT I LIKED ABOUT THE GARDEN WAS THE WORK. WHEN I GET HOME I AM BORED WITH NOTHING TO DO BUT PLAY VIDEO GAMES OR SLEEP"

"I LOVED THE FREE FOOD AND THE COOKING"

"IT WAS NOT TOO BORING AND IT GAVE ME SOMETHING TO DO. ALSO WE GOT TO EAT HEALTHY FOOD"

"I LIKED THE SHOVELING AND TURNING OVER THE COMPOST. I ALSO ENJOYED THE FOOD WE ATE"

"EATING HEALTHY FOOD"



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A huge thank you to chef Anna Bell whose imaginative cuisine and camp stove skills resulted in some very tasty lunches.

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