



MI Farm to ECE Webinar Series:

Childhood Gardens for Experiential Learning

Kristin Salem

Adventures Learning Center



MICHIGAN STATE
UNIVERSITY

Center for
Regional Food Systems

ADVENTURES LEARNING CENTER



PLANTING THE IDEA

- **Team meetings**
- **Garden Goals**
 - Introduce the natural world
 - Provide a source of food
 - Teach personal and social responsibilities
 - Garden skills and lessons



SEEDING THE GARDEN



- Garden boxes as a starting point
- Coordination between classes

- Resources relied on:
 - MI Farm to School
 - Edible School Gardens
 - Rodales Organic Life
 - MSU Extension
 - Pinterest for ideas



ROLE OF THE GARDEN

- Develops community
- Creates sense of calmness
- Builds responsibility for children
- Builds relationships
- Provides sensory elements of the natural environment



PROGRAMMATIC ORGANIZATION

- Harvest of the Month as a centering activity
 - What the components are
 - How you choose products to feature
 - Any examples of what your “Harvest of the Month” looks like?

Harvest
OF THE
Month
Greens



MICHIGAN PRODUCE AVAILABILITY

CROP	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	FIELD FRESH			EXTENDED SEASON				STORAGE				
Asparagus												
Asian Greens (Mizuna, Pae Choi, Tatsoi, etc.)												
Asparagus												
Beans, Fresh (Green or Wax)												
Edamame (Green Soybeans)												
Berri												
Broccoli												
Broccoli Sprouts												
Cabbage												
Carrots												
Cauliflower (Int. Romanesco)												
Celery												
Chard and Beet Greens												
Corn												
Cucumbers												
Eggplant												
Garlic												
Greens (Beet, Collard, Mustard, Turnip)												
Kale												
Kohlrabi												
Lettuce (Leaf, Iceberg, Romaine, Bibb, Etc.)												
Lentils												
Mushrooms, Fresh												
Onions, Spring												
Onions, Mature												
Parsnips												
Peas, Snap & Shelling												
Peppers, Hot & Sweet												
Potatoes												
Pumpkins												
Rutabagas												
Turnips												
Salad Greens (Mesclun, Baby Greens, Etc.)												



CLASSROOM INTEGRATION

- **Math:** Seeds (counting, sorting, different shapes), Sprouting (measuring sprouts, documentation, graphing)
- **Science:** Soil, worms, lots of discovery table use, being the growing process inside, “Smelling” garden (which all items can be tasted too!), dissecting vegetables and fruits
- **Art:** painting with vegetables, painting with soil, using gardening tools to paint, lots of finger painting and printing to make vegetables and fruit pictures
- **Books & Reading:** The Tiny Seed Eric Carle, Growing Vegetable Soup Lois Ehlert, Planting a Rainbow Lois Ehlert, The Little Gardener Jan Gerardi, Eating the Alphabet, Lois Elhert.
- **Cooking:** Each week lesson plans include a cooking activity ; items from the garden are being used for snack time
- **Home Area/Dress up Area:** gardening gloves, hats, gardening tools, baskets, overalls, boots, play vegetables and fruits
- **Moving and Grooving:** Garden Yoga for Kids

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

IMPACTS

- Children
- Programming
- Families



KEYS TO SUCCESS



UPCOMING WEBINARS

mifarmtoschool.msu.edu

- **March 29 – Seasonal Menu Planning**
 - Becky Kwasteniet – Baxter Child Development Center
- **April 19 – Farm to ECE Taste Tests**
 - Shaira Daya – Farmington Community Schools Early Childhood Programs
- **May 10 – Culturally Relevant Farm to ECE Programs**
- **May 31 – Farm to ECE Lesson Plans**
- **June 14 – Engaging Parents in Farm to ECE**
 - Angela Lugo-Thomas – Keep Growing Detroit

<http://foodsystems.msu.edu/events/farm-to-early-child-care-mini-webinar-series>



QUESTIONS?

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