

Gardening with Children



Introductions

- **Kathryn MacKenzie**- Is the former Greening Coordinator for the Spence Neighbourhood Association. She coordinated the SNA Kids Community Garden at 435-437 Furby Street for 6 years (among other duties). She is currently an organic farmer and a certified Prairie Horticulturist available for workshops.
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Composting



- Composting is **RECYCLING** of organic matter
- **NO** fats, bread, or animal parts
- Always add “Browns” on top of your “Greens”
- Success=**AIR, BROWNS, GREENS** and **WATER**
- 1m 3 is a good size-why?

Finished Compost



- Finished Compost is also called Black Gold- it should be black and have an earthy smell.
- Sift this through a wide screen to produce your own potting soil.

Soil



- What is good garden soil made of? Air, organic matter, humus or compost, and soil.
- Ordering soil for your garden-4 way mix=40% black soil, 40% compost, 10% sand and 10% peat.
- Winnipeg soils and other common problems
- Solutions for scary soil- Sunflowers, planting in containers, raised beds etc

Container/Theme Gardening



- What is a container garden?
- Why would I want to plant a container garden?
- Types of containers and where to find them.
- What grows well in containers.

Sensory Plants

- Sensory plants make a garden with colours, smells, and the fresh tastes or textures.
- Easy plants that kids like to smell, admire or taste are: violets, lambs ear, chamomile, cactus, borage, nasturtium.
- Herbs that smell and taste good: mint, lemon balm, lavender, rosemary, lemon verbena, basils, chives.



Fun in the Garden



- Ladybug Release Party
- Hanging out/green therapy
- Novelty plants
- Fun with flowers
- Challenging Chores
- Treasure Hunt
- Guerilla Gardening

Seed Starting Basics



- What does a plant need to live?
- **Sun, soil, water, warmth, food**
- **Seeds-fresh, pick northern plants or learn how to take care of southern ones**
- **Soil-we talked about that already!**
- **Water-rain water vs. tap water, how do you water, how often, how can you tell if a plant needs water?.**
- **Light vs.. Sun-location, location, why and where? Starting seeds under lights and knowing your plants.**

Free Resources!

- The world of gardening does not have to be complicated or expensive!
- Pots=buckets, old shoes, cracked tea pots etc
- Soil=make your own compost, buy large bags of potting soil and mix it with the compost
- Save seeds from one year to the next
- Water=collect rainwater, use dish washing water or tea to water plants
- Networking with gardeners=seed swaps, perennial plant splitting, advice, volunteers-gardeners love to share!