

Certified Healthy Oklahoma

Creating a Culture of Health Together

Family and Community Involvement

Do You Want to Start a Youth/School Garden?

Community gardens are shared spaces of land that are taken care of by a group of people. Community gardens are built for many reasons. Gardens build and empower communities, decrease the carbon footprint, break down ethnic and racial barriers, and promote education. Other benefits of gardening include: green space, better food security, improved fruit and vegetable consumption and physical activity, among many others. Gardening is a great opportunity to educate youth and families about the relationship between food, its origins, nutrition, and health. To connect children (and adults) to the natural world as a place of wonder, exploration and resource for their personal growth, and reinforce and teach work ethic, cooperative learning and team building skills. It can also expand interest and public awareness of urban gardening and gardening with children, intergenerational relationships, plant propagation techniques, and adoption of healthy behaviors, attitudes and knowledge by children.

Benefits of a Youth/School Garden

- Close communities
- Education
- Green space
- Access to fruits and vegetables
- Physical activity

Things to Think About

- What is the purpose of the garden?
- Who will it benefit?
- Where will it be located?
- What is it going to be called?
- What committees should be formed (e.g. funding, construction, children's gardening, entertainment, art, scavenging)?
- What is the target date for the initial construction? Are we going to have a Big Event Day or built in phases by small groups?
- Does it need a lease? Does it need insurance?
- What sponsors can be found?
- Fencing? Water Systems? Composting Areas? Public Areas?

Other Planning Considerations

- What kind of beds will we use (e.g. raised or traditional)?
- Do we have a water source?
- Soil tests
- Common area care
- Areas for entertainment and activities
- Greenhouse or season extension systems
- Rules (organic or not)

Activity:

Design your own school/community garden as a class and see what you can come up with!



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