

Getting started: the essentials

What you will need:

- **Enthusiasm** - No gardening experience needed. Just a willingness to learn and have fun!
- **A growing space** – from a windowsill to a whole school farm. Whatever the size of your space - you can grow anywhere.
- **Community** – willing staff, students and volunteers - ready to learn together.
- **Access to nature** – make the most of nature's key ingredients - water and the sun!

What we can help you with:

- **FREE Learning resources** – expert growing advice and learning resources from London's school food growing experts.
- **Equipment** – seeds, edible plants, tools, compost and containers. Learn to re-use and recycle, win prizes, fundraise and access gardening freebies.

Planning your food growing activities

Food Growing Schools: London brings together the very best of London's food growing expertise, information and support, with the ambition to inspire and equip every school in London to grow their own food. **Visit the Garden Organic website for FREE learning resource**, which includes fantastic resources such as those listed below:

www.gardenorganic.org.uk/schools

- Setting up a square foot garden (A59)
- Creating a term time harvest plan (A35)
- Making potting mixes (A38)
- Making a paper pot (A19)
- Making a window sill light reflector (A13)
- Growing on a windowsill (B4.7 - Bronze FFLP Award Booklet B4)
- Making a heated propagator (A57)
- Sowing seeds (A18)
- Planting in containers (A11)



Thomasina Miers (former Master Chef winner) on Grow Your Own Picnic Day at Phoenix High School Farm. Photo: Eleonore De Bonneval/Garden Organic