

Sustainable gardening practices:
Learn about the importance of sustainable gardening practices

Objective:

Youth will gain an understanding of the importance of their school garden project, in helping to stop climate change. They will reflect on different gardening practices they are doing and why these help the climate.

Time: 30 minutes

Materials:

Flip chart and markers
Garden

Instructions:

- Go hang out in the garden.
- Talk about how growing a garden is already making a big difference in helping to stop climate change! And each gardening practice has its own story and helps in its own way, to stop climate change.
- Ask the students to think about how gardening is improving the environment. Allow them to first think generally, in broad terms. Brainstorm a list together. Then refine down and reflect more specifically on different things you are doing in the garden. For each gardening practice, talk about how it benefits the garden and how it helps to stop climate change:

For example,

Gardening practice: Mulching

Benefit to garden: Mulching is a great way to reduce water usage in the garden. It is also a great way to reduce the number of weeds.

Helps stop climate change: Through mulching, the garden needs less water and pesticides. Climate change has made droughts more common, which makes water less available. Also, avoiding pesticides is good because they are made in factories and use a lot of resources and create a lot of climate pollution. They also kill many beneficial insects.

Another example,

Gardening practice: Composting

Benefit to garden: Composting is often called “Black Gold” because it adds a rich source of beneficial nutrients to the soil. It’s full of rich organic matter that helps to build up the soil and make it a place where plants can grow and thrive! It’s recycling nature back into the garden.

Helps stop climate change: Composting is a great way to reduce the amount of garbage we throw out. The garbage we throw out has to get trucked hundreds of miles away (which creates air pollution) and then is buried (which creates water pollution). Composting also helps to sequester carbon from the air (which is one of the biggest contributors to climate change).

*You can continue this activity by asking the students for examples of more gardening practices, such as collecting rainwater, not tilling the soil very much, growing food crops, planting trees, etc.