

Nature-Based Creativity Workshops

GREEN LIFE DESIGN PTY LTD

Green Life Design is the parent company of Edible Kids' Gardens and Pigweed - together offering Australia-wide landscape design; horticultural advice; garden and house interior ideas and inspirations; Permaculture systems design; nature-based educational toys and workshops; café and restaurant fit-outs; corporate green styling; sensory, edible and beautiful landscape construction; and garden maintain services.



About Edible Kids' Gardens

Edible Kids' Gardens (EKG) offers design, construction and educational workshops to families, schools, child care centres, preschools, and in the broader community. Based in Marrickville and started in 2008, EKG specialises in creating unique outdoor spaces and inspiring creative activities which engage the senses and stimulate the imagination in a safe, fun and inclusive way. www.ediblekidsgardens.com.au /ediblekidsgardens

About Pigweed

Pigweed is a collaborative partnership between Edible Kids' Gardens and Gardens By Salt- an artistic fusion and public face of our design and horticultural services. The Pigweed's shop opens in Marrickville West on the 1st October 2015. We stock plants, planters and nature-based play items. We will showcase small-space garden ideas and sell edible/sensory/useful plants and bespoke/repurposed/rustic items, as well as provide a physical space to run educational workshops and landscape consultation. You can find us at 253 Wardell Rd, Marrickville - 1 minute walk from Dulwich Hill train/light rail stations. www.pigweed.com.au /pigweedstore



Overview of workshops

EKG offers a range of hands-on, curriculum-targeted workshops and creativity-based activities for schools, childcare centres, preschools and for public fairs and eco-events. We provide experienced and professional trainers who make the learning experience fun and memorable.



Kids getting their hands dirty at a composting workshop at Taste of Sydney

All-Ages Gardening Workshops and Presentations

We offer the following range of workshops and informational presentations tailored to your event, community group, or organisation:

- *Soil life & composting* (Make a hot compost!)
- *Propagation: Raising seedlings & taking cuttings* (Make your own seed raising mix)
- *Companion planting & crop rotation* (Build a herb garden)
- *Growing veggies: Choosing plants & dealing with pests and diseases*
- *Growing fruit in Sydney 1: Bananas, apples, stone fruits, berries, native fruit*
- *Growing fruit in Sydney 2: Unusual exotic trees* (such as the Chocolate Pudding fruit!)
- *Urban Permaculture garden design* (Introduction to Permaculture)
- *Using upcycled materials to create a fun, tactile, adventuresome garden*
- *Designing a child-friendly garden which grows with your children's needs*
- *Awakening your senses: Designing gardens for a diversity of sensory needs such as autistic spectrum disorders*

School-Aged Gardening Workshops

Our schools gardening programme based on the school term provides unique learning opportunities and allows students to apply their academic knowledge directly in the world around them. Getting involved in gardening helps builds students' self-confidence and introduces them to healthy eating and the importance of nutrition. A typical introductory 8-week comprises the following:

- *Plant botany* - Learn the four main parts of plants
- *Planting a garden bed* - Learn how to plant out a bed to the conditions of your garden
- *Let's get dirty: investigating soils* - Learn the different types of soils, detect moist soils
- *Worm farms and compost* - Prepare and build our worm farm and compost bins
- *Biodiversity and bugs: good, bad and ugly* - Creating habitat to increase biodiversity
- *Mulch, mulch, everywhere* - Learn what mulch is and how we use it in the garden.
- *Food for plants* - Learn how to correctly choose and apply the right foods for our plants
- *Harvest Party* - Recap keys ideas. Prepare for next season. Harvest and party time



Kids planting and mulching at Croydon Public School

Early Childhood Gardening Workshops

Our ‘*Edible Gardening is Fun!*’ early childhood program is specifically tailored to the child care centre and preschool context. The sessions are designed to support Learning outcomes of the NQF *Belonging, Being and Becoming* and can be further customised depending according to the needs and priorities of each centre.

Sessions include:

- *Plants that we eat* - sensory activities with edible plant parts
- *Foods that we plant* - planting seedlings to eat, flowers and fruits for birds and insect
- *Soil* - getting dirty, tactile exploration, discovering what living in soil
- *Making living soil* - worm farms/ compost
- *Recycling* - plant pots, water containers, sorting waste
- *Water* - where does it come from, where does it go
- *Needs of living things* - air, food, water, shelter - Caring for people, plants, insects, animals
- *Making habitat, protecting the planet*



Stick habitats in the veggie garden - Lane Cove Out-of-School-Hours

Creativity Workshops

Catering to the imaginative and creative mind, we offer the following DIY take-home craft workshops of 1 ½ to 2 hour duration:

Fairies & Trolls Garden workshop:

A fun, creative workshop where we make a magical miniature garden for fairies and trolls to inhabit! From an assortment of natural materials you will take home your very own garden to water, grow and treasure. Plants used in this workshop are generally hardy indoor-type ferns, mosses and succulents rather than edible plants.



Various ideas for the Fairies and Trolls Garden

Medieval Bravery & Magic workshop* :

Live the legends of old! - Decorate your very own hand-crafted sword, shield and magic wand and inhabit the world of knights and magicians, of honour and mystery. Swords made from recycled hardwoods. Bring a design to paint onto your shield.

*Please wield responsibly!



About the team

Steve Webb is a Landscape Architect (UNSW) and experienced Permaculture gardener. Managing director of Green Life Design, he runs Edible Kids' Gardens a Sydney-based landscape design and construction service which aims to create inspiring, sustainable gardens to be enjoyed by the whole family. He specialises in therapeutic and sensory gardens, and integrates his knowledge from his background in psychology (B. Soc. Sc. (Psychology) (Hons)) and counselling (Grad. Dip. Counselling).

As a parent and Permaculture gardener, Steve is conscious of the quality of the food we consume and the integrity of the food systems we are part of. His passion is for children growing up in urban environments to be connected to the food they consume - how their fruit and veggies grow; how soils, air, water, food, animals and waste are so intimately linked; and how each of us has a role to play in contributing to and shaping these systems.

Antonina Fieni is a qualified primary school teacher with 28 years of teaching experience. Her passion for teaching revolves around story and environmental science. Inviting children to explore their world outside the classroom where every experience and every story matters. . Antonina is passionate about engaging children to wonder and investigate, to problem solve and think critically using real life problems and stories as they learn through their natural, cultural and physical world. She has 8 years of establishing gardens in schools and preschools, teaching children the basics of where good food comes from and allowing them to explore their world in a true authentic learning style.

Jo Salt, a qualified Horticulturalist and the visionary of Pigweed, brings an emphasis on texture and form, enhancing the aesthetic dimension of garden design and workshop. Her keen eye for detail ensures that horticultural integrity adds to the experiential enjoyment of workshops.

Madison Roland-Evans, is currently studying of Horticulture at Ryde TAFE, having completed a Bachelor of Arts majoring in Spanish. Madison is passionate about engaging kids with the wonders of nature and encouraging the message of sustainability in the coming generation.



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Background information: Green space design philosophy

Green Life Design takes a holistic approach to the design of home, preschool, school and community gardens and interiors, as spaces which can be beautiful, productive and fun all at the same time:



*Preschoolers explore the dry stone creek and natural logs at Beaumaris St ELC, Enfield, NSW
(Design & construction by Edible Kids Gardens, 2014)*

Background information: Benefits of nature-based learning environments

Preschools, schools and homes where children can access natural elements such as forests, frog ponds, productive gardens and sensory plantings have been shown to enhance the **emotional and intellectual development**, **social integration** and **motivation to learn** of their students. A diverse range of open-ended spaces encourages **greater inclusiveness** and fosters more **non-competitive forms of play** when compared with conventional play equipment or rule-bound sports. Areas such as productive vegetable gardens and fruit tree orchards stimulate interest and involvement from parents and the broader community. Quieter, soothing gardens for sitting and observing are particularly important for children on the autism spectrum, who use the natural environment to self-regulate their nervous systems.



*New spaces and textures to explore at Janet Mundy Kindergarten,
Black Rock, VIC
(Design & construction by Edible Kids Gardens, 2014)*