

The Garden Club

It's an opportunity for the students to get outside and learn to grow healthy, organic foods and flowers. The students and staff maintain twelve 8 x 4 beds in addition to flower beds in the back of the school. We also help out in the spring planting flowers to dress up the front of the high school, auditorium and stadium.

Students meet in the winter months to sample different vegetables and discuss their nutritional benefits. Inside planting starts in March and outside planting begins after the first frost. Students are involved with planting, watering, weeding, harvesting and collecting seeds. They are learning the complete process from seed to plate. In addition they are learning a variety of vegetables, how to cook them and how healthy they are. The kitchen served up Kale salad recently made with vegetables from the garden.

We would like to bring back composting to teach students with a living demonstration of how our food is grown and how the waste is used to create healthy soil to grow the next season's crops without the use of chemical fertilizers, herbicides or pesticides—making the food they eat safer and healthier. Composting would also include the school kitchen and staff as part of the team.

Advisors: Trish Sullivan and Liz Vail