

## Encouraging the little green fingers of the future

Vegetable growing and allotment going might have once been the sole pursuit of adults, but times have changed thanks to one charity's educational project...

Resurgence Magazine, February 2009

We hope you enjoy this little scrapbook about how we've grown over the years. Your support means a lot to us, because we can't carry on without it. Will you help us keep growing?



Garden organic for Schools is a powerful way to encourage healthier eating habits. Planting seeds, nurturing them and enjoying the results gets kids interested in gardening and makes them more eager to eat fresh, wholesome, home-grown food. It gets them outdoors too.

We planted some sweetcorn and it was great to watch how it grew... we ate it on the cob - it was delicious

William, 11



From plant biology to food history, gardening teaches children lessons in all areas of the curriculum. It really helps change young lives - as you can see from some of the photos and drawings sent in from schools all over the country.

You can teach almost anything you want through gardening

Gail Roberts, Teacher,  
Llandogo Primary School



No-one wants a future where children have no interest or idea where food comes from, refuse to play outside and rely on a characterless, unhealthy and processed diet. With your help, and the hard work of the UK's schools, we can create a nation of healthy, happy, organically reared children!



Garden organic works with schools to promote organic gardening and healthy eating. Schools receive practical growing advice, seeds, inspirational curriculum-based resources, fun activity sheets and quarterly newsletters.

Through gardening, we can help teach children the benefits of a healthy diet and exercise, so they can grow up healthy and happy. Please help us grow our vital work in schools throughout the UK by making a donation today. Thank you.

So many children haven't got a clue about where the vegetables on their plates come from. For example, some don't associate potatoes with the chips they eat - when you dig them up from the ground their reaction can be incredible.

Julie Linney  
Assistant, Town Junior School, Sutton Coldfield



**Please donate today:**  
call **02476 308 210**  
or visit  
**www.gardenorganic.org.uk/schools09**  
Registered Charity No. 298104 Garden Organic is the working name of the Henry Doubleday Research Association.