

Grow Your Own!

This can be delivered in a hall or out on an allotment.

The instructions below enable all the children to participate in the activities. The presentation can also be adapted to be run by one person on more of a “Talk and show” basis. If this is done, it is important to let the children get their hands dirty by handling compost and worms and planting seeds or runners. This however is more difficult to control if only being run by one person.

Aim	To Educate Young People on how to: <ol style="list-style-type: none"> 1. Make Compost 2. Reduce Waste 3. Grow their own vegetables or fruit. 4. To have some fun!
You will need:	<ul style="list-style-type: none"> • At least 4 adult volunteers. • youth group/ brownies/ cubs etc • small container of creepy crawlies and worms • container of compostable rubbish – vegetable peelings, plain cardboard etc • Tray of vegetables • A bag compost, plant post and holders, (broken crocks if growing strawberries) • Large tarpaulin • A box of home made compost. • Bean seeds, bean plants (takes a bit of forward planning) or strawberry runners. • A game showing what can and cannot go into a compost bin • A watch and whistle. • Camera
Optional:	1 sheet of A4, advertising your group, what you do and also giving a summary of the evening and instructions as to what should be done with the plant/ seed that the child takes home.
Method:	<p>Contacting Your Target Organisation</p> <ol style="list-style-type: none"> 1. Contact the Youth Group leader, either by phone, e mail or letter. Use headed paper or headed e mail and ensure that you present yourselves as an established group. 2. Plan the session with the youth group including health & safety and child protection procedures. 3. Put adverts in the local library advertising your availability to run presentations.

Planning the Presentation	<p>Find out how much time has been allocated to your presentation by the Youth leader and when that time occurs in the running order of the evening</p> <ol style="list-style-type: none"> 1. Do a time and people plan of exactly <ol style="list-style-type: none"> a. What are the aims of the evening and what is the structure of the event. I.e. whole group or in teams b. Which volunteer is going to present which topic c. What is the volunteer going to be saying d. What materials do you need and who will be responsible for ensuring that they reach the venue e. What do you want the children to take home.
Presentation Plan:	<ul style="list-style-type: none"> • Introduce the organisation and what Friends of the Earth does • Quick explanation of what they can expect from the session. • Split the children into groups to complete the activities. If possible ensure that there is a youth leader per group • Start the groups rotating around an Friends of the Earth volunteer and activity in each corner of the room, so <ol style="list-style-type: none"> a. In corner 1: 6 children will be planting strawberries having first discussed how plants obtain nutrients and how they will keep the plant alive. Mention pest control natural v pesticides (which we don't do). b. In corner 2: 6 children will be identifying vegetables, guessing how they grow, (underground, on bushes etc) c. In corner 3: 6 children will be looking at and touching a small compost bin, a small wormery, homemade compost and any worms/ creepy crawlies we have taken along d. This leaves the last group with the compost game where different food items, cooked and uncooked are discussed and separated into compostable and not compostable. • Children wash hands (health and safety requirements) • Reassemble total group and hand out page of A4 giving info on Friends of the Earth, the purpose of the presentation and growing instructions for the plant/ seed to be taken home. (Remember audience is now the parent).
	<p>Clear away as quickly as possible. Remember, no leader will appreciate your running over as they will have their own notices to complete before parents arrive.</p>
Finally	<p>Following the event, send feedback sheet to the organiser asking for feedback of the evening. We usually use the format: What did we do well, what could we improve on?</p>
Things to remember:	<ol style="list-style-type: none"> 1. Check that everyone knows where, when and how to get there. Leave plenty of time to set up. 2. Present the plan. Don't deviate unless you are confident and every one agrees. Ensure one of your party is timekeeping and moves the proceedings on as planned. (you can use the whistle) 3. Take photographs only with permission