

## November 2016 PAC Garden Committee Update

**What is the Garden Committee and how you can help?** The Garden Committee is focused on supporting the evolving Garden Program at Forest Grove Elementary through fundraising (Salsa Sales), grant writing and meeting regularly to discuss ideas and upcoming school garden projects. Our main goal this year is to also finish the school's Labyrinth by adding some reflection stones to the corners, adding a plaque to the large boulder and engraving the boulder with words of Virtues. [Sprouting Chefs](#) is the non profit community partner organization that oversees the program by facilitating the Garden Club, Seed Classes, Cooking Classes and After School Cooking Classes. Parents, teachers and other community members are invited to join the committee to have a voice in the direction of the program. By having these areas of support the garden and green spaces around the school are planted (Seed Classes where the whole school participates), maintained and sustained (Garden Club), and the children of the school get to learn how to cook and eat what they grew (After School Cooking Classes). Did you know that because of all these various activities we do with our school garden that Forest Grove is seen as the model program for school gardens in the District? It's true! Many schools in Burnaby are now looking to us for guidance and support. In fact, we had our first ever District Garden Symposium in the Spring of 2014 to bring 9 different schools together to talk about resource sharing and the various goals each of the schools have. We will be having another School Garden Symposium in 2017.

If you would like to become a part of this committee; you have a passion for positive change, are able to help research for grants or help write them, you love to garden and want to be a part of the Garden Club or have interest in helping our next District Garden Symposium, please contact us: Barb from Sprouting Chefs [barb@sproutingchefs.com](mailto:barb@sproutingchefs.com) or Al Post, Principal [al.post@sd41.bc.ca](mailto:al.post@sd41.bc.ca)



A big THANK YOU to everyone who supported the project to finish the Labyrinth through our fundraiser at Whole Foods in late September. Our efforts raised just over \$3,000 towards finishing this project which we hope will happen by mid Spring 2017.



# Garden Club – Sept/Oct/Nov

Thank you to all who have registered once again and for the first time to our Garden Club. It's so great to continue to see familiar faces along those who are joining us for the first time. Welcome and Welcome Back!

Thank you to our wonderful sponsor for Garden Club. The **McGrane Pearson Endowment Fund via the Vancouver Foundation** yet again have donated funds for the facilitation and continuation of Garden Club 2016/2017 allowing this to be a **Free After School Activity** for our school community.

We have had a varied amount of activities for the Fall Season including: touring the garden spaces, Putting the Garden to Bed, Planting Spring Bulbs in the Front Garden, and doing a Web of Connectivity at the Labyrinth. From saving seeds, harvesting a variety of foods and learning how natures connects us all, the kids have been so great at learning all these valuable lessons through the After-School Garden Club.





## Salsa Making and Sales

A big thank you to those Garden Club kids who helped not only grow the tomatillos for the tomatillo salsa over the past few months, but also helped make the salsa after school. We raised approximately \$300 towards our garden program to purchase new garden gloves and spring bulbs for the front garden. Thank you to everyone in the school community for your valuable support!



## After School Cooking Classes

Fall Cooking Classes have now wrapped up and the kids have learned a ton! From basic soups to the various ways we can use local seasonal ingredients in a variety of recipes including Thai Coconut Soup with Squash, Gnocchi Pasta with Sage, Sausage and Squash, Apple Kholrabi Salad, students from ages 7 to 12 had a ton of fun. Winter classes will be available starting in January. If you would like to register your child for the Winter Sessions which will begin January 10<sup>th</sup> to Feb 9<sup>th</sup>, or need any other information, please contact Ms. Barb via email at [barb@sproutingchefs.com](mailto:barb@sproutingchefs.com)

