

Spring Forest Grove School Garden Update

By: Barb Koyanagi (McMahon)

May 2021 marks 10 years since the school garden was built!



The Spring 2021 season has thankfully, been much more active than 2020 with students helping Ms. Barb plant out the garden both via the Seed to Table Program during class time as well as the cohort group of Ms. Sheng and Ms. Lin's class as opposed to last year during the Covid lockdown, when the garden was planted by Ms. Barb by herself. What has been extra special this year is having the help of former alumni student, Ms. Casey Lo, join Barb and the Garden Club to mentor and volunteer.

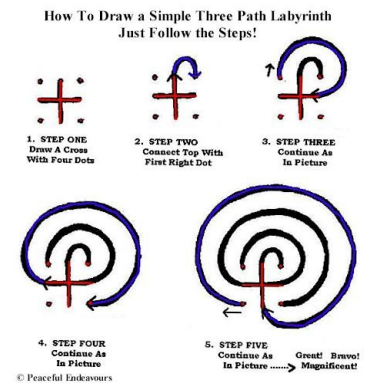


Several crops of food have been planted including: Asian veggies (pac choi and gai lan), parsley, garlic, arugula (TONS of it!), carrots saved from seeds harvested in the fall, bush, pole and runner beans, peas, and a crop of wildflowers and sunflowers in the side plot.

Due to funding provided by both the **PAC and TD Friends of the Environment**, Ms. Barb will return in early June to continue the Seed to Table Program with opportunities for students to learn how to successfully harvest crops and learn the nutritional benefits of both the food and herbs growing in the garden.

A note regarding the Labyrinth: students in the Garden Club wish to pass on that the rocks lining the labyrinth need to stay where they are. We have had to re line the set pattern of the labyrinth a few times this past year including once in the summer. If you look on the big rock, you will see the engraved pattern of the labyrinth as it should be. This pattern is like patterns in our brains and when we walk the paths in the grass, we are better able to self regulate, calm our nervous systems down, focus, and problem solve.

Please note, the labyrinth should not look like a spiral or as circles inside of each other but as the pattern you see here to the right.



During our last Garden Club, the current students of this year's garden club, thanked and honored Casey Lo, who has been volunteering her time, for being one of the students who built the structure as the place for the students to find their peace, become calmer, and feel better about themselves. Two other students were mentioned to the current Garden Club as the ones who came up with the idea in the first place during Garden Club in 2012. Anna Chady, who is currently in Gr. 12, was the student who said names should not be on the big rock as it belongs to everyone. Her and her sister, Rosie, mentioned the idea of the labyrinth as they both were familiar with the one, they use at a local church. As we were leaving the labyrinth on Friday May 14, Ms. Rosie Chady, now in Gr. 10, came out of the garden trails just in time for the current group of students to thank her as well 😊



Special note: if you have noticed anything missing from the garden or something not quite looking right, please let Ms. Barb know. There have been a few holes dug out in areas of the soil that we are not sure were man made or dug by a mole. We are harvesting the kale and asparagus on a regular basis which are going directly home to the students of Garden Club however.