

GARDENER'S TOOLBOX



Have you always wanted to plant a garden at camp, but don't know where to start?

Are you under the impression that you absolutely need a green space to plant a garden?

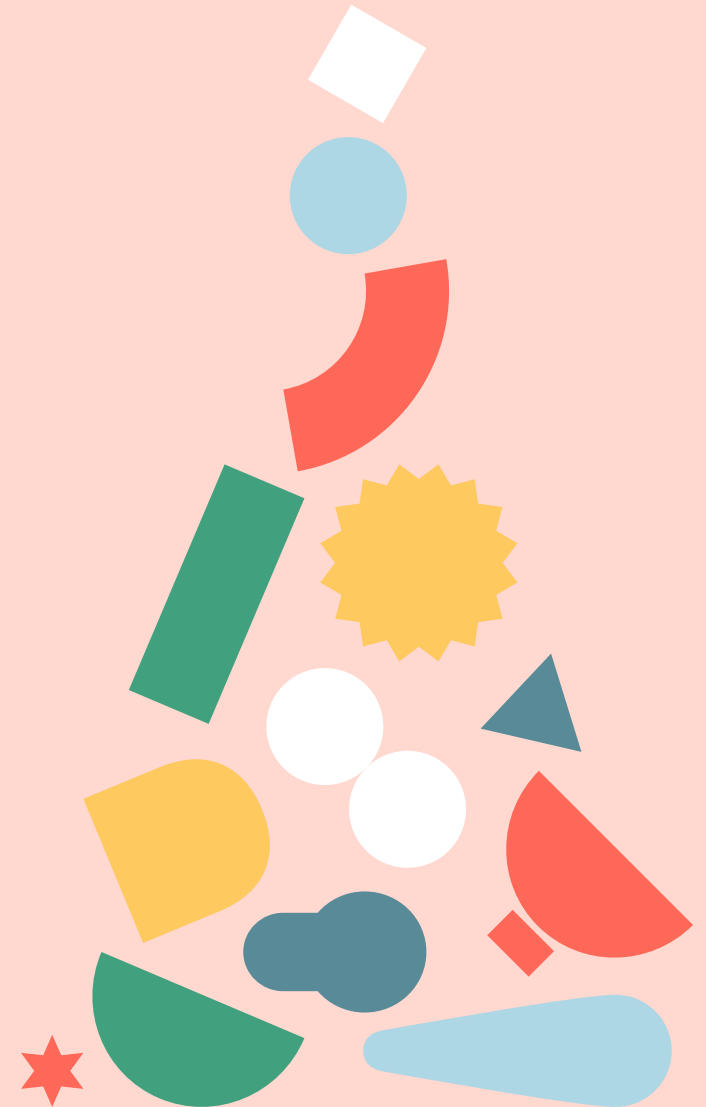
The following toolbox will help you establish a garden that's adapted to your camp. You'll find answers to your questions in the various factsheets.

WHY A GARDEN AT CAMP?











- So campers can better understand their food's journey from the garden to the table.
- To increase fruit and vegetable consumption among campers.
- To pique the campers' interest in eating healthy and local.

BETTER STILL, GARDENING AT CAMP IS FUN!

Gardening offers a gold mine of creative and fun-filled activities for you and your campers!



En route to the garden: What you'll find in this guide

-  Types of gardens
-  10 steps to a successful garden
-  A community garden with personality
-  An original collective garden
-  What we can grow... and eat!
-  Gardening tasks
-  Expert gardening tips
 -  Liven up your garden
 -  Savour your garden
 -  Active in the garden



for the manager



for the counselors



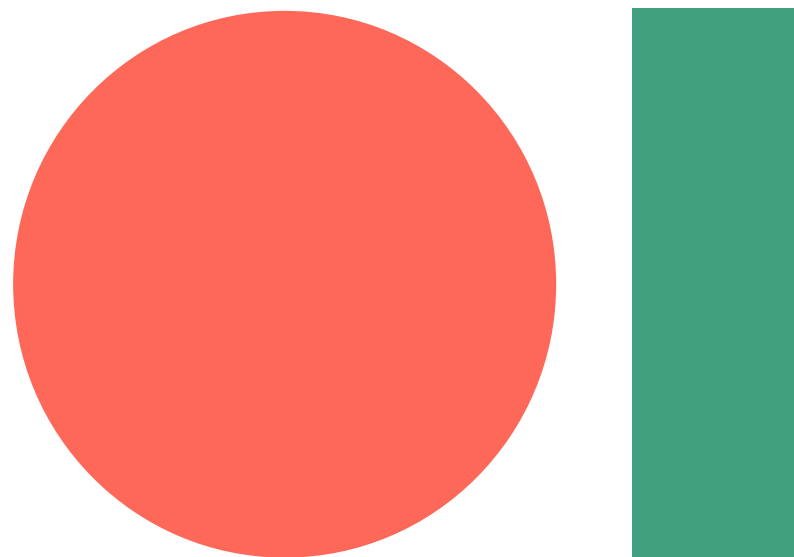
tip





TYPES OF GARDENS





Community or collective?

We suggest two types of gardens you can establish at camp



Community Garden

DESCRIPTION

- One garden box or a small plot of earth per camper.
- Each camper carries out all the steps, from planting to harvest.

ADVANTAGES

- Easier to select seeds, given the reduced space.
- Allows greater compliance with hygiene standards.
- Each camper can choose what they plant and harvest based on their stay at camp.

CHALLENGES

- The campers must be able to complete all the gardening steps.
- Space is limited, so the choice of seeds is more limited, too.
- If tools are used, there must be enough to go around.



Collective Garden

DESCRIPTION

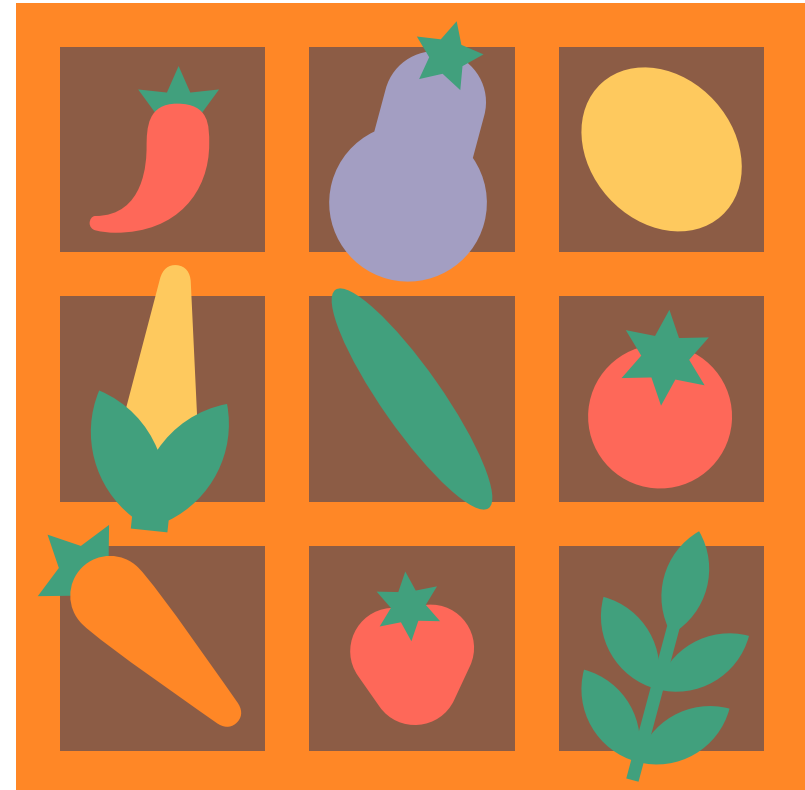
- One large garden for all the campers in the same group or camp.
- Tasks and harvests shared between the groups, depending on the level of difficulty.

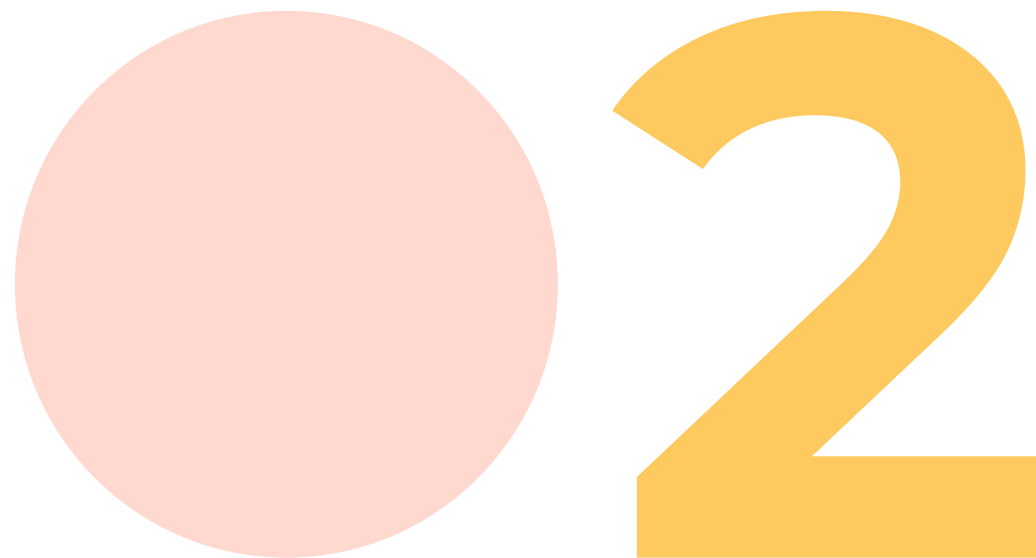
ADVANTAGES

- Shared maintenance and responsibilities.
- Social ties and team spirit encouraged.
- Option of having plants that occupy more space.
- Common harvest ideal for short camp stays.

CHALLENGES

- Requires better time and task management on the part of groups.
- May require partnerships with schools and other organizations to start the seedlings before camp starts or complete the harvest after camp ends.





Potential garden options

Several garden options are possible: rooftop garden, in-ground garden, raised garden bed, potted garden, etc.

On this factsheet, we propose two types of gardens: potted and raised. Both are practical and easy to create, and they can be set up practically anywhere outdoors.

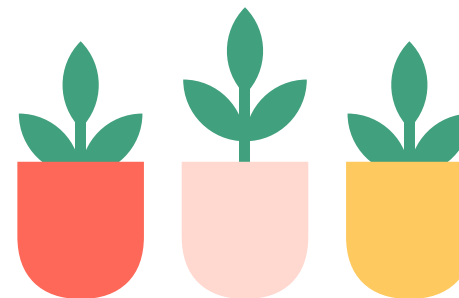
Psst! This toolbox can still help you with any type of garden.





Raised garden bed

- Above ground.
- On legs or directly on the ground.
- Lets you have light and aerated soil, which promotes root development and drainage.
- Offers good protection against small animals and weeds.



Potted garden

- Easy to establish.
- Requires very few materials.
- Several variations are possible: Smart Pots, plastic pots, planted directly inside a bag of earth, etc.
- Ideal for small spaces.
- Good protection against animals, other invaders and weeds.



WHY NOT CONSIDER A COLLABORATIVE GARDEN?

All you need to do is team up with other people in your community to maintain the garden and make sure the seedlings grow. Think about contacting local schools, seniors' homes, campers' families, municipal horticulture crews, youth centres, daycare centres (CPE), community centres, and so on.





10 STEPS
TO A
SUCCESSFUL
GARDEN



Plan your garden

1

FIND A PLACE TO SET UP YOUR GARDEN

The more accessible it is, the more your campers will want to visit it! Also consider sunlight as well as wind force and direction, based on the plants you choose to grow.

2

DETERMINE THE TYPE OF GARDEN YOU WANT TO BUILD

Collective or community? Want to exercise both options? Anything is possible! Please view the factsheet entitled **Types of gardens**.

3

ESTABLISH A BUDGET

Costs can vary, depending on the type of garden and the materials that are required. Remember to account for the cost of seeds, plants and additional materials if you carry out projects set out in the factsheet entitled **Expert gardening tips**.

4

FORGE PARTNERSHIPS

Partnerships can allow you to push back the limits of your project and ensure that your garden thrives. For inspiration, view the factsheet entitled **Types of gardens**.

5

OFFER YOUR TEAM OF COUNSELORS TIMELY AND HANDS-ON GARDENING TRAINING

You can call upon a local gardener to help out; chances are they'll be thrilled to share their passion for gardening with you!

Several counselors have no gardening experience. They need to learn the basics before you let them work in the garden with campers.

Make the most of the training to build your garden with your counselors, and even prepare the seedlings!

6

ESTABLISH A LIST OF TASKS TO CARRY OUT

Who will be in charge of watering the garden? The counselors? The campers? The volunteers? The parents? It's up to you!

7

PREPARE A SCHEDULE

When to seed? When to harvest? When to water? When to weed? To help you prepare your schedule, please view the factsheet entitled **What we can grow... and eat!**



Create your garden

8

BUILD YOUR GARDEN

Take the time to build your garden with the camp team or its partners. This is a good opportunity to work as a team!

Looking to put someone in charge of the garden? Issue a shout-out to your counselors. Perhaps one of them studies in a related field or is passionate about gardening and wants to get involved. You can also use the camp communications to ask the campers' parents if they're willing to volunteer some time in support of the effort. You might be surprised!

9

A

BRING YOUR GARDEN TO LIFE

Create a weekly gardening schedule for camp groups. Consider sharing tasks equally. Let your campers know where the meeting point is and make sure they know what they've come to do in the garden.

B

SUGGEST THAT THE COUNSELORS HOLD ACTIVITIES

in the garden, to give the campers a chance to have fun while learning! Check out the factsheet entitled *Live up your garden* for inspiration.

A group should spend a maximum of half a day in the garden to avoid heatstroke and stay motivated.

Evaluate your garden

10

OVER THE COURSE OF THE SUMMER, NOTE THE SUCCESSES AND THE AREAS IN NEED OF IMPROVEMENT

This will allow you to keep a record that you can refer to next summer.

PSST!

Get the counselors and the campers involved! After all, they're the ones who spent the summer getting their hands dirty!

Make sure you comply with hygiene and cleaning standards. If you don't have materials for each camper, disinfect the materials between each use. Set up a water station and a hand-washing and disinfection station near the garden.





A COMMUNITY
GARDEN
WITH
PERSONALITY



Materials to create your community garden

Bags of soil
One per camper

One fork

One pair of scissors

Compost of your choice

Seeds of your choice

View the factsheet entitled [What we can grow... and eat!](#) for inspiration.

Shovels and garden hoses Optional



You can purchase materials for sand boxes at an affordable cost.



Build your garden

- 1** Determine where you want to set up your garden, preferably in full sun and sheltered from the wind. Any flat surface will do!
- 2** Make sure there is enough room for the number of bags you plan to use.
- 3** Place the bag along the width of the surface.
- 4** Use the fork prongs to poke several dozen holes in the bag for water drainage.
- 5** Flip the bag around so that the drainage holes are facing the ground.
- 6** Use the scissors to cut out the top of the bag and uncover the earth. You can cut out almost everything to make a large garden, or make several holes, each corresponding to one plant.
- 7** Using your hands, mix the compost with your soil (one part compost for three parts earth).
- 8** Seed your vegetables or herbs observing the recommended spacing. Check out the factsheet entitled [What we can grow... and eat!](#)
- 9** Water thoroughly! See the factsheet entitled [What we can grow... and eat!](#) to find out the recommended watering frequency.



Use wooded sticks to identify each camper's bag. You can even hold a decorating activity!





AN ORIGINAL
COLLECTIVE
GARDEN



Materials to create your collective garden

8 wooden boards for outdoor use

You can recycle materials such as wooden pallets (4 ft. x 6 in. x 1 in.)

Four small wooden posts

For the corners (1 ft.* x 2 in. x 2 in.)

32* wood screws

Measuring about 3 in. in length

Landscape fabric

Available in garden centres (4.5 in. x 4.5 in.)

Drill

Screwdriver

Wall stapler

Shovels and garden hoses Optional

Bags of garden soil Enough to fill the box, about 10

Compost

One part compost to three parts soil, about three bags.

Seeds or plants of your choice

Check out the factsheet entitled [What we can grow... and eat!](#) for inspiration.

Make sure you buy wood for outdoor use.



AN ORIGINAL COLLECTIVE GARDEN

The number of boards and screws and the height of the posts depend on the desired height of the garden. Long-root vegetables or vegetables that grow underground require a deeper garden, so add a board!



Build your garden

1 Determine where you want to put your garden, preferably in full sun and sheltered from the wind. Any flat surface will do.

3 Install the landscape fabric at the back of the garden box and staple its sides to the edges so that it doesn't move. This will help keep the soil inside the box.

5 Devise a plan for your garden with the foods you want to grow

7 Water thoroughly.

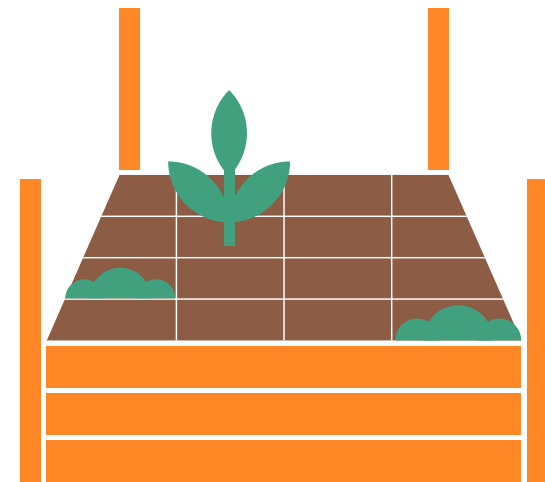
2 Screw the boards into the four posts, making sure the corners are perpendicular. Trick: Pre-pierce the holes to avoid breaking screws.

4 Fill the box with the soil and compost mixture.

6 Plant your vegetables and herbs, observing the recommended space between the plants.

PSST!

See the next page for an idea that's out of the ordinary!



Don't forget to decorate your garden! Use paint or craft materials to personalize each box.



My flavourful garden

Don't know what to grow? We've got an idea that's sure to help: create theme sections in the garden, with each section featuring the ingredients required to prepare fresh and delicious recipes!

SALSA/ BRUSCHETTA GARDEN

- Tomatoes
- Basil
- Coriander
- Green onions

DIP GARDEN

- Green onions
- Garlic
- Basil
- Coriander
- Dill

PESTO GARDEN

- Basil
- Parsley
- Spinach

TABBOULEH GARDEN

- Parsley
- Mint
- Tomatoes

FLAVOURED WATER GARDEN

- Mint
- Cucumber
- Rosemary
- Basil
- Coriander



Check out the factsheet entitled [Savour your garden](#) for associated recipes.



WHAT CAN BE
GROWN...
AND
EATEN



The following table presents a list of foods you can grow in your garden, along with information that will help you care for it!

PSST!

The recommended dates are intended to help make your garden a success. They can vary at your camp, depending on your garden's hardiness zone.



WHAT CAN BE GROWN... AND EATEN!





| PLANT | LIGHT | PLANTING DATE | DAYS BEFORE HARVEST | TIPS FROM THE GARDEN GNOME |
|-------------------|---------------|-------------------------|---------------------|------------------------------------------------------------------------------------------------------------------|
| Basil | Full sun | June | 0 | Purchase a box and separate the plants before planting them. |
| Chives | Partial shade | End of May / early June | 0 | Purchase a box and separate the plants before planting the chives. A hardy perennial that grows back every year. |
| Parsley | Partial shade | End of May/ early June | 0 | Purchase a seedling flat and separate the plants before planting them. |
| Coriander | Partial shade | May to September | 30 | |
| Radish | Partial shade | End of April /May | 30 | Seed until July to have radishes at the end of summer. |
| Cabbage | Full sun | May | 30-50 | |
| Lettuce | Partial shade | End of May/ June/July | 35-55 | Seed until July to have lettuce until the end summer. |
| Nasturtium | Partial shade | End of May/ early June | 45 | Edible flower that promotes biodiversity. |
| Beans | Full sun | June | 50-65 | Choose dwarf varieties to avoid having to stake them. |

WHAT CAN BE GROWN... AND EATEN!





| PLANT | LIGHT | PLANTING DATE | DAYS BEFORE HARVEST | TIPS FROM THE GARDEN GNOME |
|----------------------|---------------|------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cucumber | Full sun | Mid-June | 55 | Seedlings can be started indoors as early as May, or they can be bought. |
| Tomato | Full sun | Mid-June | 55-90 | Purchase a plant or start your seedlings in March/ April. |
| Green mint | Partial shade | End of May/early June | 60-80 | Grow in a pot to prevent mint from encroaching on the rest of the garden: Mint is invasive, and it comes back year after year. Mint plants can also be purchased from garden centres. |
| Carot | Full sun | End of May/early June | 65 | Choose clay seed bombs if planting for a shorter harvest season. |
| Pepper | Full sun | Mid-June | 65-80 | Start the seedlings in March or purchase a plant. The pepper is always green at the start and changes colour as it ripens. |
| Brocoli | Full sun | End of May/early June | 75 | Start the seedlings indoors in mid-April. |
| Ground cherry | Full sun | Early June | 75 | Start the seedlings indoors in March/April. |
| Sunflower | Full sun | End of May/early June | 75-90 | Edible flower that promotes biodiversity. |
| Chamomile | Partial shade | End of May /early June | 55 | Edible flower that promotes biodiversity. |

WHAT CAN BE GROWN... AND EATEN!



Seedling calendar

Take a look at these complete calendars explaining when to plant and when to harvest seeds, depending on the hardiness zone

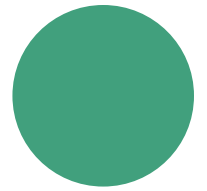
westcoastseeds.com/pages/regional-planting-charts

Hardiness denotes the “capacity of plants to survive the cold and winter conditions.” Areas within a single zone feature similar conditions, and a list of plants that can grow in each zone was created. Find your zone

westcoastseeds.com/pages/regional-planting-charts

Print a blank calendar and let the campers calculate the harvest date for each seedling. Then post the calendar so you don't forget about it.

Did you start your garden later in the summer? Visit local garden centres or farm producers in your region. They sometimes offer unsold vegetable plants at bargain prices!





GARDEN TASKS



List of tasks that campers can carry out in the garden.

| TASK | WHAT NEEDS TO BE DONE? |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Greenhouse seedlings | Plant the seeds indoors to start the germination. This is the time to collaborate with other organizations (e.g. schools, community centres, youth centres), given that the task is carried out before the start of camp. Consider collaborating with spring break camps. |
| In-ground seedlings | Plant the seeds in the garden, prepare the soil, remove the weeds, provide the required space based on the type of plants, and demonstrate the use of gardening tools. |
| Planting | Plant the plants in the ground. |
| Maintaining | Water, weed and prune the plants (reducing them to promote better growth), and spread mulch along the garden paths. |
| Fertilizing | Use fertilizer to promote plant growth. Think of favouring natural fertilizers. |
| Staking | Attach tomato plants to stakes so that they can grow upwards. |
| Monitoring | Examine the plants for harmful pest insects or disease. |
| Levelling and raking | Level the earth so that the garden can be reused next summer. |
| Preserving seeds | Keep the plant seeds and let them dry so you can use them to grow seedlings next spring. |
| Cleaning the garden | Uproot plants that are no longer productive. |
| Harvesting | Harvest the vegetables from the garden. |



Call upon a local gardening expert to lend you a hand and show you the best techniques to use when caring for a garden.



EXPERT GARDENING TIPS





Companion planting



Companion planting refers to the practice of putting plants that get along beside each other: They become neighbours and help one another grow.

EXAMPLES OF COMPANION PLANTS

- Carrots and onions/beans
- Plants requiring partial shade with tall plants that create shade for them (e.g. lettuce and tomatoes)
- Cucumber and basil
- Cabbage and radishes
- Corn, beans and squash (the three sisters technique from Aboriginal culture)





In order to help your plants along, build an insect hotel (for beetles, earwigs) beside the garden.

Fill several containers with various materials found in nature, and you've got yourself a hotel! Ask your campers to help you build it.



1

Straw or mixed wood

2

Hollow bamboo stalks

3

Overturned flower pots filled with hay

4

Small wooden boards piled together behind woodblocks

5

Pierced logs

6

Small plant marrow stems (e.g. blackberry, rose plant, elderberry)

7

Hollow bricks

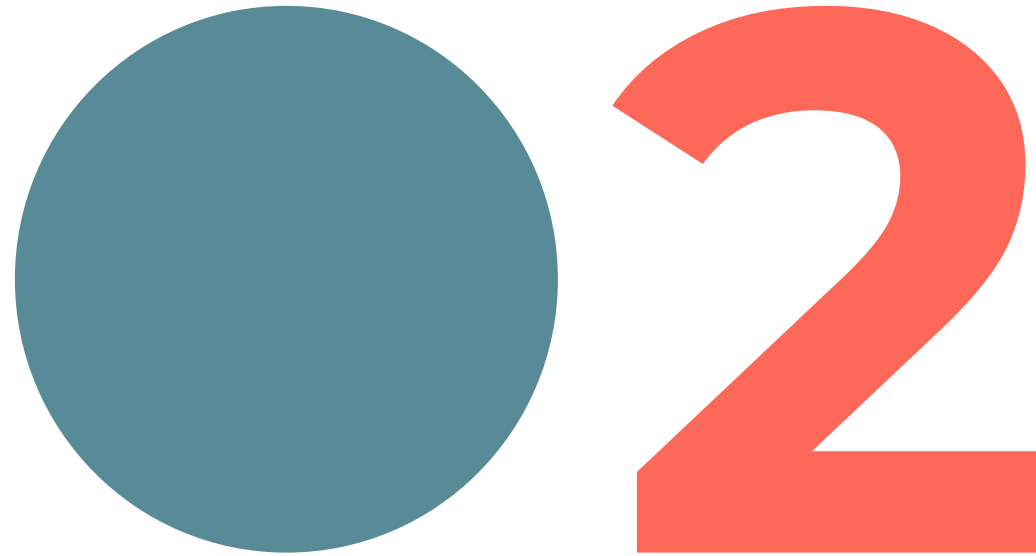
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Small boards closely arranged to create shelter

REMEMBER

Many insects are friends of gardens, including bees that pollinate tomato flowers and spiders that chase away harmful insects.





Undesirables



Are nature's creatures creeping into your garden and pilfering vegetables before you can harvest them? There are several amusing tricks you can use to deter them.

- Build and install a whirligig.
- Place owl statues around your garden.
- Build cabins for swallows and bats, which hunt harmful insects.
- Build a scarecrow.

Let the oldest one build it, and ask the youngest to invent their own story!





Collect rainwater

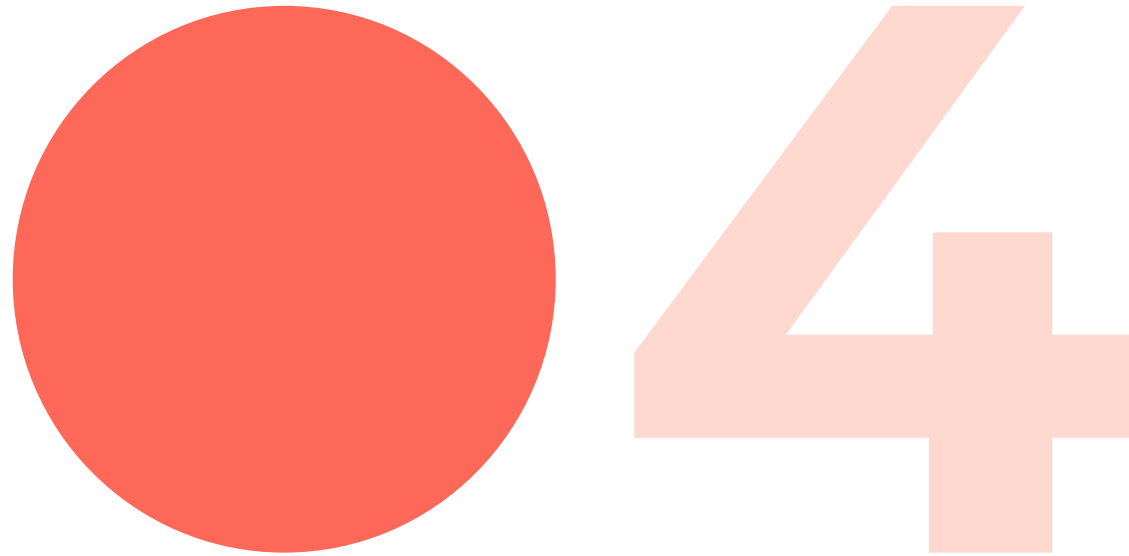


Your plants will be thirsty, and you must water them all summer long! You can collect rainwater in order to water your garden.

Rainwater barrels for garden use are widely available.

Make sure your barrel has a cover with a hole on top so that water can be collected while preventing mosquitoes from laying their eggs.





Compost



Don't know where to put garden waste, such as weeds? Consider creating compost.

- 1** Find a large wooden or plastic bin with a cover, and place it near the garden (some municipalities provide compost bins).
- 2** Make a nest at the bottom of the bin using twigs, small branches, straw, plant stems, at over a height of about 6 cm. This will allow your compost to breathe and promote water drainage.
- 3** Some food waste from the garden can go in the compost; this also lets you reduce the amount of waste that's generated at camp!
- 4** Ideally, place dead leaves, branches, and other dry materials between layers of table waste, fruits and vegetables, in order to promote the creation of compost.
- 5** It takes time for food waste to be transformed into compost. Find out if your municipality offers curbside compost pickup. Some municipalities also provide compost free of charge. If not, make sure it is properly stored for the winter. Empty your bin on the ground, in a sheltered place, and cover the compost with a plastic tarp to protect it during the winter. This will let your compost mature so that you can use it the following spring and summer! In the spring, the process of creating compost in your bin begins all over again!



ATTENTION!

You cannot compost meat and fish, dairy products, bones or fat.

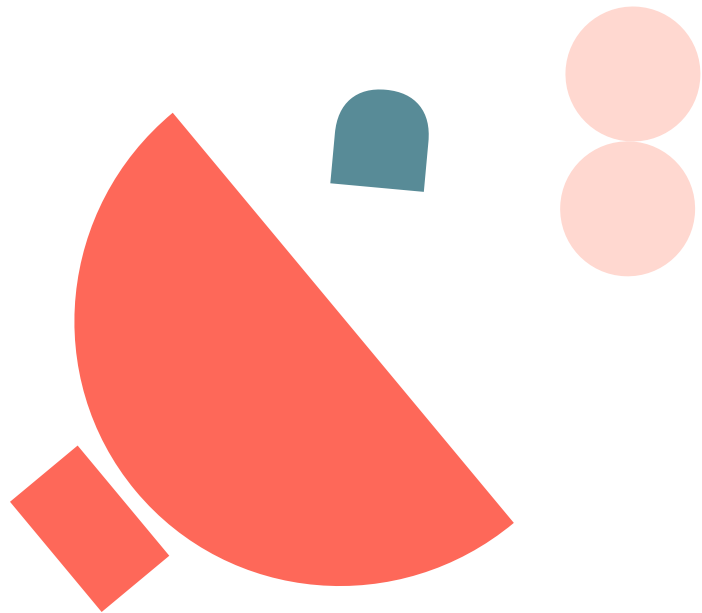




LIVEN UP
YOUR
GARDEN



The following is a list of ideas for adapting your garden activities based on the age group of your campers.



You'll get everyone motivated – yourself included! – and discover the garden in all its forms, and you'll have fun doing it!



5-6

AWAKEN YOUR CURIOSITY IN THE GARDEN USING ALL FIVE SENSES!

Organize a hunt for colours, taste food items, observe birds and insects, or create a personalized garden scent. Psst! Did you know that when you gently rub herbs, you release their smell?

FAVOUR A GARDEN IN BAGS

It's simple, and all the gardens can be identical, which makes it easier to supervise.

DEVELOP THEIR HAND-EYE COORDINATION

Choose seeds that are easy to handle, or ask the campers to dig with their hands. And you don't need materials!

FAVOUR SHORTER PERIODS IN THE GARDEN

To keep your campers engaged and interested.

SPARK THEIR IMAGINATION, TELL A STORY, SING SONGS, OR IMITATE A PLANT GROWING.

It'll get their attention, and it's entertaining!

PRESENT A CRAFTS WORKSHOP

To create identification cards for the various plants in the garden.

HOLD TASTINGS IN THE GARDEN WITH THE CAMPERS

There's no better way to learn about the source of foods!



7-8

ENCOURAGE EXPERIMENTATION

The campers can weed, plant and water, just like the older kids! All you need to do is keep the activity fun and quick.

EMPHASIZE DISCOVERY

Hold a search for insects in the garden. Use the opportunity to explain to the campers how certain insects can benefit plants.

DEVELOP THEIR KNOWLEDGE ABOUT THE ORIGINS OF GARDENING

Help the campers discover aboriginal tales and legends related to the earth in which we grow our gardens!

See the activity entitled **“I Have a Green Thumb”** on the Power Up portal for quick and observable results as early as the first week.



LIVEN UP YOUR GARDEN



9-12

MOTIVATE THE CAMPERS TO COME TO THE GARDEN THROUGH EXPERIMENTATION

For example, have them measure the growth of a plant (e.g. giant sunflower) each week to determine its peak growth period during the summer. You can also have them calculate the harvest date based on the seedling planting date.

HOLD QUESTIONNAIRE GAMES

To test the campers' knowledge about different types of plants.

GIVE SMALL INTERACTIVE PRESENTATIONS

On the most complex themes, such as companion planting or composting.

DRAW ON THEIR SKILLS TO CARRY OUT MORE DELICATE TASKS

Potting plants, staking climbing plants, etc.

USE THE PRODUCE YOU HARVEST TO MAKE FOOD!

Explore the factsheet entitled Savour your Garden for simple and pleasant recipes you can prepare with your campers.



13+

ORGANIZE COMPETITIONS BETWEEN THE CAMPERS

For example, ask them to guess the date when the first tomato ripens, and the winner gets to eat it!

CHALLENGE YOUR CAMPERS

For example to prepare a dessert using mint from the garden.

FOSTER A SENSE OF BELONGING AND AUTONOMY

Include the campers in activities involving the decoration of raised garden boxes or have them help you build various elements meant to improve the garden. For inspiration, see the factsheet entitled Expert gardening tips.

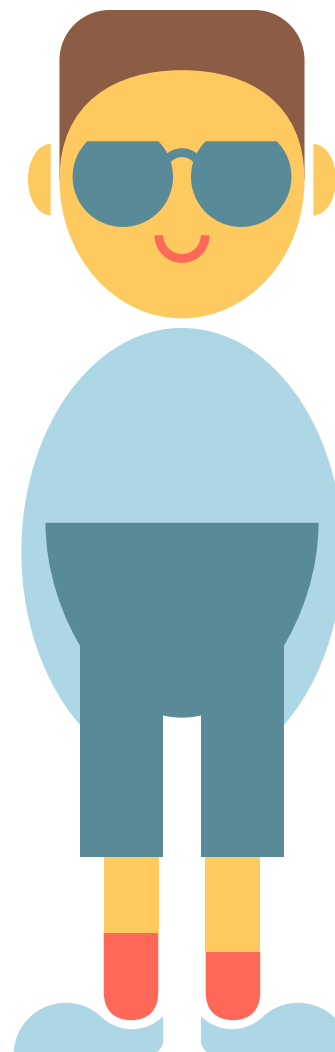
PAIR THE CAMPERS WITH GROUPS OF YOUNGER KIDS AND LET THEM LEAD THEIR OWN ACTIVITIES IN THE GARDEN!

This will help them build confidence and develop leadership abilities. They could even become garden guides!

ORGANIZE A MINI-MARKET AT CAMP AND ASK YOUR CAMPERS TO RUN IT.

You'll see that they love being given responsibilities!

Regardless of age, campers love picking fruits and vegetables themselves. Why not seize the opportunity to visit other farms near the camp and explore different foods.



LIVEN UP YOUR GARDEN





SAVOUR YOUR GARDEN





Flavoured water

A great trick for increasing water consumption at camp: Give it some flavour! Better still, the flavours can come directly from your garden.

Some original combinations you'll definitely want to consider:

- Blueberry + rosemary
- Strawberry + basil
- Cucumber + mint

Use your imagination to create new combinations with your campers. They can add some to their water bottles every day and discover new flavours.



Nut-free pesto

A nut-free pesto recipe that's sure to be a big hit at camp!

Ingredients from your garden:

- Basil
- Spinach





Bruschetta

Ingredients from your garden :

- Tomatoes
- Basil
- Chives

Salsa

Ingredients from your garden :

- Coriander
- Tomatoes
- Chives

Tabbouleh

Ingredients from your garden :

- Parsley
- Mint
- Tomatoes

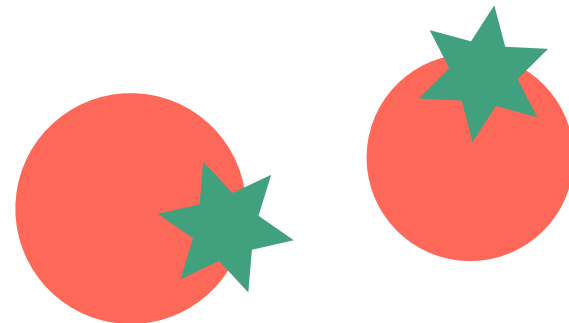
You can make the recipe without chicken, for a delicious side dish.

Other ideas

Greek salad

Vegetable brochettes

Garden salad in a mason jar





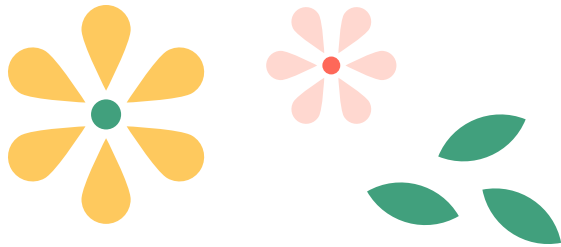
ACTIVE IN THE GARDEN



Did you know that gardening is a form of exercise? Planting, watering, weeding, getting your body moving... Gardening can offer benefits to your campers in terms of endurance, flexibility and strength. It can even benefit the muscles and bones!

The following ideas are intended to ensure that your campers' gardening experience leaves them feeling motivated, active and dynamic!





SMELL-BASED YOGA

Take a moment in the garden to breathe deeply and identify the smells you notice floating in the air. Get your campers to identify them.

EN ROUTE TO THE GARDEN: THEME-BASED MOVEMENT

Suggest that your campers use different routes to get to the garden.

The campers can become explorers, tracking the progress of the plants in the garden, or spies on a mission against undesirables devouring their tomatoes.

DEVELOPMENT OF MOTOR SKILLS

A trip to the garden can help your campers develop a host of motor skills:

- Balancing in one leg like a whirligig.
- Throwing a gardening glove into the air and catching it.
- Running around the garden.
- Jumping over objects on the ground.
- Moving from side to side, rolling, crawling, hopping or galloping to get to the garden.
- Crawling like an earthworm and getting the other campers to guess the mime.
- Dodging the bees foraging the flowers on the tomato plants.
- Softly kicking small pebbles lying on the ground near the plants.
- Striking a nail with a hammer to build the compost container.

RACES AROUND THE GARDEN TO INCREASE INTERACTION

Create a storm of odours by holding a race around the garden.

Challenge the campers to run and pair a carton showing the photograph of a food item with the same plant in the garden.

Organize a mime race on the theme of gardening. Will you be able to guess the mime performed by the garden gnome?



PSST!

You can even initiate a return to calm in the garden. What a soothing and inspiring environment in which your campers can talk about their experiences during one of your activities.



ACKNOWLEDGEMENTS

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- Les Choux Gras
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- Montréal Botanical Garden / Espace pour la vie, Youth Gardens program
- Food For All NB
- Vie culturelle et communautaire de Granby
- Ecosource
- Commission de la santé et des services sociaux des Premières Nations du Québec et du Labrador

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