



GROW A GARDEN AND NOURISH YOUR CURIOSITY!

ARE YOU PLANNING TO GROW A GARDEN AT CAMP THIS SUMMER?
WE CHALLENGE YOU TO USE YOUR CREATIVITY AND MAKE
GARDENING AS FUN AS YOU CAN.

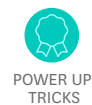
SUMMER 2020



HOW DOES THIS SHEET WORK?

We've selected tricks and tips to make it easier for you to adapt the gardening activities on your summer program.

THERE ARE SIX THEMES TO DISCOVER





ORGANIZE YOUR ENVIRONMENT

At camp, the clearer the visual cues are, the more that the campers will know where to position themselves.

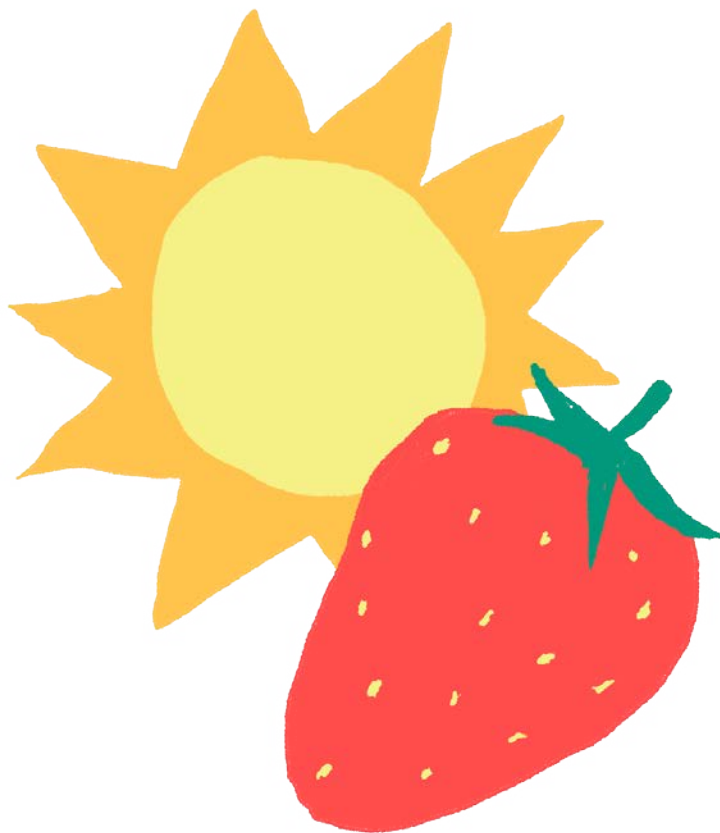
Configure the garden space so that each camper can have their small plot or their own workspace.

Use coloured posters to identify each camper's plot or space.

Mark the ground and consider using arrows to indicate the direction to follow when walking in the garden.

Ex. Use grass paint, pickets with arrows, etc.

Consider encouraging active transportation to get to the garden.



A BREATH OF FRESH AIR

This is the time to explore your environment and optimize the potential of everything around you.

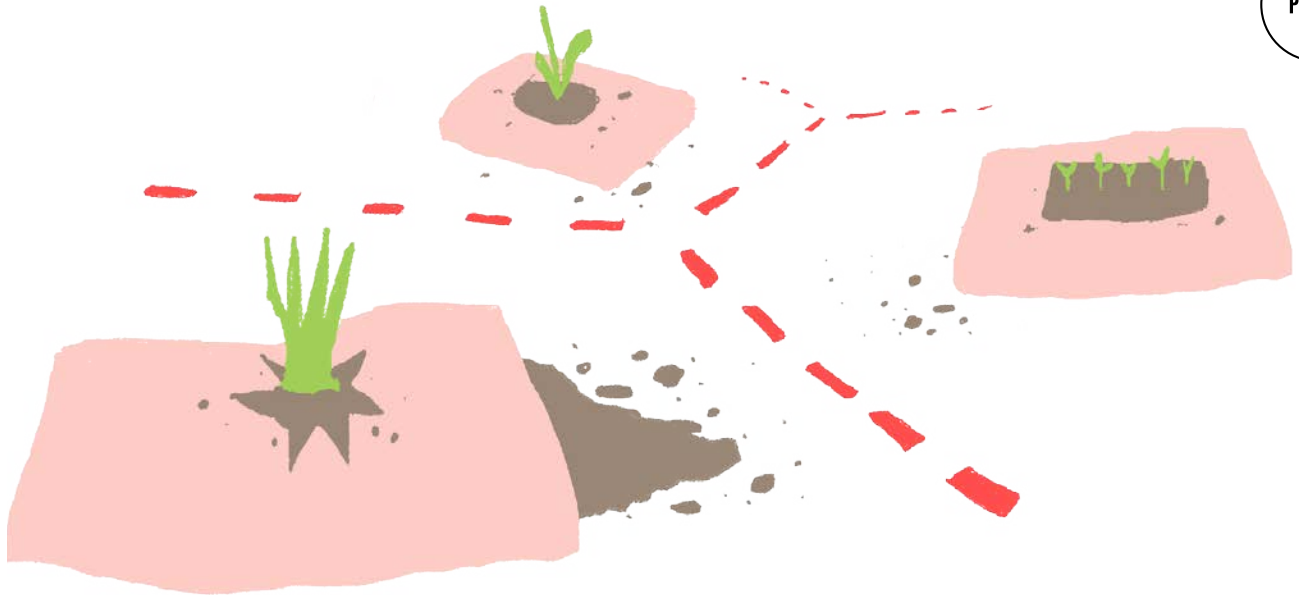
Observe the terrain; the smallest grassy space can become a colourful garden.

Rethink asphalt spaces; consider placing raised beds or potted plants in those spaces.

Both shade and sunlight are the allies of plants. Determine which plants are best suited to your garden.

Raspberries, strawberries and tomatoes are a few examples of plants that love sun.

The following plants love shade: arugula, nappa cabbage, spinach, coriander, lettuce, potatoes, radishes, turnips, mint, parsley, rosemary and basil.



IN INDIVIDUAL MODE

In order to avoid physical contact, favour activities that require little or no material, or material that can be used individually.

Ensure that the two-metre distance between each person is observed.

Ex. Consider using hoops, pool noodles or posters created by the campers themselves.

Use separate containers and ask the campers to decorate them as they see fit. Each camper can have his or her own bag of earth for planting vegetables, fruits or herbs.

Stick to a schedule to limit the number of people or groups in the garden at the same time.

Post a printed copy of the garden schedule at the entrance so that it is easy to consult.

Consider assigning tasks in such a way that each camper has a specific responsibility. In doing so, you will encourage the campers to be independent, promote the acquisition of knowledge, and instill a sense of pride in the campers.

Observe them to determine if certain tasks need to be adjusted to make them more interesting and, above all, give them as much freedom as possible (choosing tasks and adjusting them, choosing plots, etc.) The campers will be more inclined to buy in if they have a task that is theirs alone.

Examples of potential garden tasks: weeding, watering, harvesting

Make sure the campers don't share tools during the activity. Each camper should have his or her own gloves and gardening tools.

CHALLENGE



Consider presenting an individual challenge with a collective outcome.

- 1 Ex. Each camper pulls out 10 weeds and thus contributes to weeding the garden.
- 2 Ex. Organize a "search and find" using smells and vision. For example, find the most colourful plant or the greenest lime in the garden. What herbs smell like black licorice? (Thai basil)



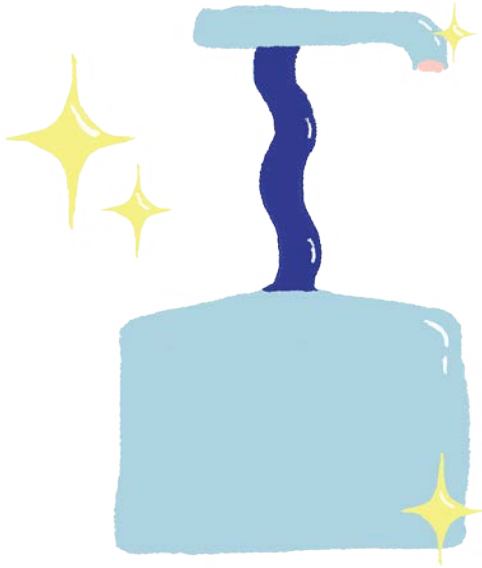
ONE CAMPER



ONE PAIR OF GLOVES



ONE GARDENING TOOL



WASH WASH WASH

Put up posters showing the proper procedure for washing gardening tools.

- 1 Using water and soap, remove the earth and garden residue from the tools and dry them with a clean towel.
- 2 Wipe the tool handles with a disinfectant solution or soak them directly in the disinfectant solution.
- 3 Air-dry the tools.

WASH-O-THON

Make hand - and tool - washing fun and instructive.

At the entrance to the garden, create a space for hand-washing with water and soap or hand sanitizer (ex. Purell).

Make sure there are posters reminding the campers about the proper hand-washing technique.

Refer to the tool entitled **Hand-washing is awesome.**

Comical idea: During the day, play a trick on your campers! Reverse the steps to see if they continue to look at the poster, or remove it.

Ask the campers to wash their hands each time they enter and exit the garden.

Make sure that hygiene guidelines are observed at all times.

Wear gardening gloves (and not latex gloves) to keep your hands clean.

Attention, wearing gardening gloves is not a substitute for hand-washing before and after the activity.



If more than one group uses the garden on a given day, make sure that a counselor disinfects the tools between groups.

Provide the necessary products:

Cleaner : soap

Disinfectant : phenol-based product (Lysol solution of 20%), bleach preparation (20ml bleach per 1 L of water).



POWER UP TRICKS

Grow drought-resistant species that don't require much watering.

Ex. Lavender and thyme

Plants often need a little help: Consider using a natural fertilizer.

Ex. Spent coffee, wood ash, egg shells, banana peel cut into pieces

Consider using natural means to repel undesired insects from your garden:

Ex. Spent coffee

Check the weather forecast and only water the plants when they need it!

Make sure that the garden is close to a water source to simplify watering as well as hand- and tool washing.

Put down mulch in the garden to reduce watering frequency.

Are you motivated? Are you a budding gardener at heart? Offer to check in on the garden on a regular basis to make sure it's doing well!



Want to present an activity that lets your campers quickly taste success? Consider growing seedlings.

Refer to the [I have a green thumb activity](#), you'll see that it's simple!

Fruit trees can also be an interesting source of discovery for your campers, depending on the space available at camp.

Favour food plants that produce early in the summer so that the campers can harvest them

Ex. Strawberries, lettuce, herbs, radishes



Observe the presence of unwelcome visitors?

To discourage groundhogs, skunks or other small mammals from snacking on the fruits of your labour, install a plastic owl or pinwheels close to the garden.

Favour food plants that produce early in the summer so that the campers can harvest them

Ex. Strawberries, lettuce, herbs, radishes

For timely results, purchase plants that are ready to plant, such as tomatoes and ground cherries.

Consider making compost with your campers.

Compost nourishes plants and protects them against certain harmful insects or diseases.



WITH YOUR HANDS

The best gardening tool: your hands!

Encourage your campers to use their fingers to plant: it's more fun that way, and it requires fewer materials. And since their hands are bound to get dirty, the campers will be more inclined to wash them.





STEP UP YOUR GAME IN THE GARDEN

1 Get active!

Organize a treasure hunt near the garden!

In proximity to various plants, set up clues leading to the treasure. Make sure that the campers enter the garden one at a time and bring information back to the entire group.

Set up courses

Create special movements and active challenges at each station in the garden. Ex. Jump like a rabbit to reach the carrots, slither like a worm to make it to the cucumber, etc.

Create sun and rain dances.

Do relaxation exercises or yoga near the garden.



Refer to the **Counselors in action** sheet for examples of mobile applications and tools related to yoga.

2 Discover!

Teach your campers to recognize insects and animals that are useful in the garden.

Ex. Bees, earth worms, lady bugs, frogs and toads are important allies for a healthy garden.

Challenge the campers to a guessing game on fruits and vegetables.

To get you started, please refer to the **Energy quiz**.

Ask your campers to find fruits and vegetables that are similar in colour to an object.

Ex. Can you find a fruit that grows in the garden and that's the same colour as this water bottle?

Identify edible flowers with your campers, learn to recognize them, and taste them.

Have your campers discover the following edible flowers: borage, nasturtium, mallow, clove pink and daylily.

Stage a singing competition on the theme of fruits and vegetables.

There are so many, but how many do you know? This type of activity can make waiting times more dynamic, for example during hand-washing and in moments of transition, etc.





3 Be ingenious!

Get two recyclable plastic containers of different sizes (ex. paint containers); puncture the smallest one, and fill the second with water. Place the punctured container on top and grow plants inside of it: you've just created a water reservoir!

Invite each camper to decorate a plastic bottle as they see fit, make holes in the bottle, fill it with water and place it in the ground. The water will slowly flow out.

Get the campers to ask their grandparents or parents to share their best gardening tricks and tips.

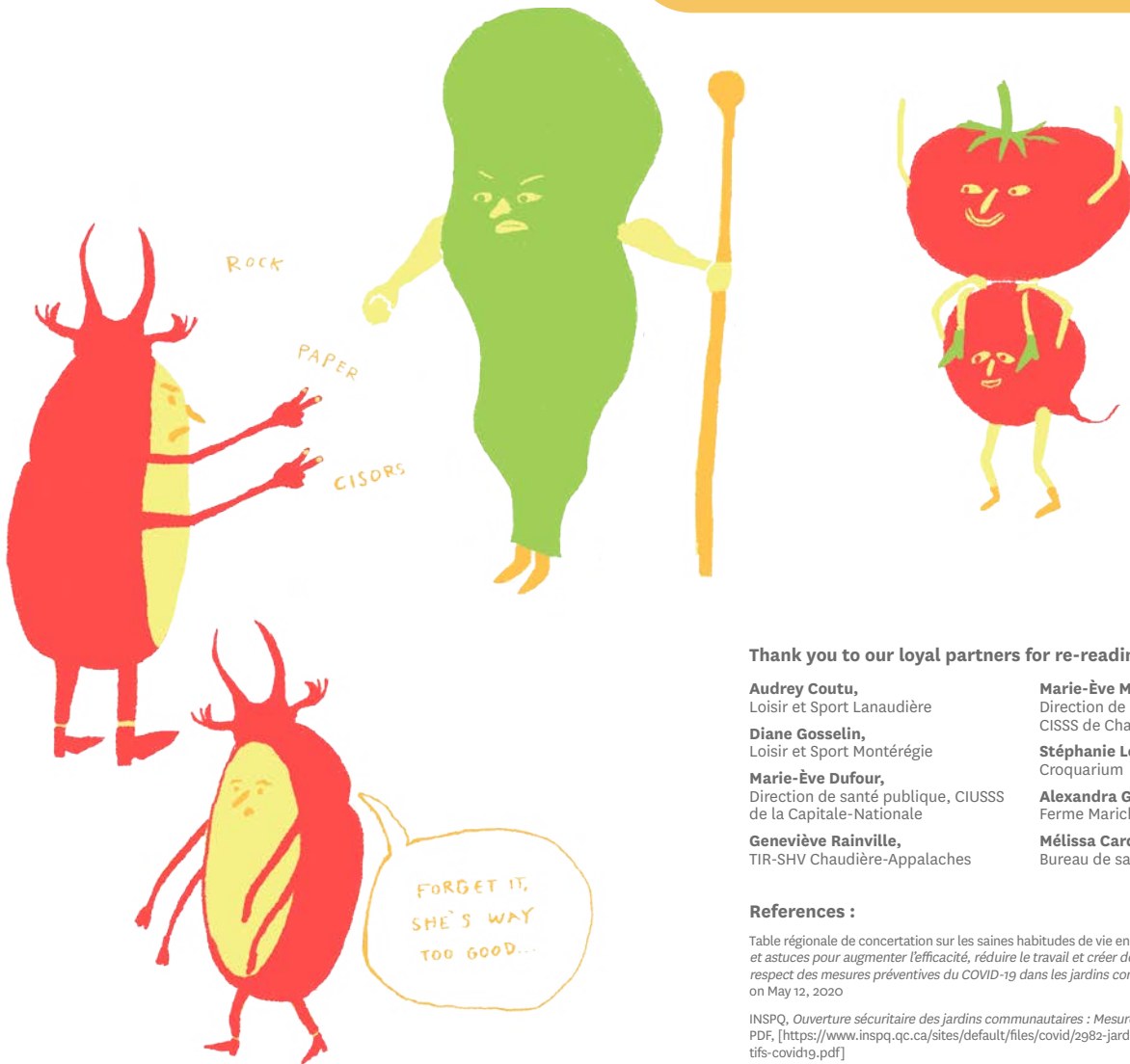
They'll be proud to share family stories with the other campers in the group.



IN GOOD COMPANY

Show examples of companion planting (plants that get along)..

- 1 Cucumber plants love lettuce plants, but don't like mint.
- 2 Lettuce plants protect radishes and tomatoes from being devoured by scarab beetles.
- 3 Onions and carrots help each other fight against pests.



Thank you to our loyal partners for re-reading this tool:

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