

Ideas for your healthy garden



Yates® and Life Ed 'Growing Good Gardens Grants' are on again for 2022!

Here are some ideas to help get you thinking about what type of garden you could start at your school or community group, as part of the 'Growing Good Gardens Grants':



GARDEN TYPE - Herb, vegetable and/or fruit garden

Start a raised vegie patch

It's easy to grow healthy vegies in raised garden beds, including delicious cherry tomatoes, crisp cucumbers, mouth-watering sweet corn and tender peas and beans. There are lots of vegies that can be eaten raw, straight from the vegie patch, making them ideal for school gardens. Here's what you would need to start a raised vegie patch:

- A raised garden bed kit or timber sleepers to join together to make a bed.
- Bulk or bagged garden soil mix.
- Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser to improve the garden soil mix before planting.
- A range of in-season Yates vegetable seeds to sow.
- A bale of sugar cane mulch or lucerne straw to spread around the plants to conserve moisture.
- Yates® Thrive® fertiliser and a watering can.

Grow a pizza garden

Pizza is a delicious and fun food and there's an easy way for kids to grow some healthy pizza toppings in their very own 'pizza garden'. Bite sized tasty cherry tomatoes, sliced in half, are perfect pizza toppings, as is fragrant basil, colourful capsicum and tender baby leaf spinach or silverbeet. A pizza garden can even be made in a large circle and the different vegie and herb toppings grown in wedge shapes, just like a pizza. Here's what you would need to start a pizza garden:

- Timber sleepers or bricks to form the outside circle of the garden.
- Bulk or bagged garden soil mix.
- Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser to improve the garden soil mix before planting.
- A range of in-season 'pizza topping' Yates® vegies and herb seeds to sow.
- A bale of sugar cane mulch or lucerne straw to spread around the plants to conserve moisture.
- Yates® Thrive® fertiliser and a watering can.

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Create a bee & butterfly garden

It's wonderful to watch butterflies fluttering around the garden and great for kids to understand the lifecycle of a caterpillar turning into a butterfly. Butterflies love visiting flowers that are rich in sugary nectar and are particularly fond of brightly coloured flowers. Bees are other important garden visitors, that help pollinate many types of vegies and fruit that we love to eat.

Lots of bee and butterfly attracting plants can be grown in a sunny garden and also in pots, and kids can observe their behaviour as part of STEM based activities. Here's what you could do to start a bee & butterfly garden:

- Choose a spot in a garden that receives at least 6 hours of sunshine a day.
- Mix some Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser into the soil.
- Plant a range of bee and butterfly attracting plants that are suitable for your area, including butterfly bush (Buddleja), lavender, daisies and Australian native plants such as bottlebrush and grevillea. You can also sow packets of 'Yates® Butterfly Field Beneficial Insect Mix' and 'Yates® Bee Pasture Pollen & Nectar Mix' seed to attract lots of bees and butterflies.
- Yates® Thrive® Flower & Fruit Soluble Fertiliser and a watering can.

Grow a 'Crunch & Sip®' garden

Many schools have a designated time during the day where kids focus on eating a fresh fruit or vegetable snack. A great way to encourage kids to enjoy healthy snacks is to get them involved in growing them. There are lots of 'Crunch & Sip®' foods that can be grown in a school garden, including strawberries, blueberries, mandarins, snow peas, beans, cherry tomatoes, cucumbers and baby carrots. Here's what you can do to start a healthy snack garden:

- Choose a spot in a garden that receives at least 6 hours of sunshine a day. Alternatively, lots of fruit and vegies can be grown in pots positioned in a sunny spot in the playground.
- Mix some Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser into the soil or fill pots with a good quality potting mix such as Yates® Premium Potting Mix.
- Plant a range of kid-friendly fruit and vegetables that can be eaten raw or with minimal preparation.
- Yates® Thrive® fertiliser and a watering can.

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GARDEN TYPE - Native bush tucker garden

Start a bush tucker garden

Australia is fortunate to have a wide variety of edible native plants that produce delicious fruit or leaves. Growing these bush tucker plants in a school garden not only allows kids to taste new and exciting foods, but also learn about Aboriginal history and culture. Bush tucker plants include finger limes, midyim berries, native mulberry, lilly pilly, Davidson's plum and sea celery. To start a bush tucker garden, you would need:

- A spot in a garden that receives at least 6 hours of sunshine a day. Some plants, such as sea celery and lilly pilly will also tolerate a shadier position. Plant labels will give you an indication of the amount of sunshine required.
- Mix some Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser into the soil.
- Plant a range of bush tucker plants that can be harvested from at different times of the year. This helps to keep kids interested in the bush tucker garden.
- Yates® Dynamic Lifter® Organic Liquid Concentrate Soil Improver & Plant Fertiliser and a watering can.

Grow a citrus orchard

Australia is fortunate to have a wide variety of edible native plants that produce delicious fruit or leaves. Growing these bush tucker plants in a school garden not only allows kids to taste new and exciting foods, but also learn about Aboriginal history and culture. Bush tucker plants include finger limes, midyim berries, native mulberry, lilly pilly, Davidson's plum and sea celery. To start a bush tucker garden, you would need:

- A spot in a garden that receives at least 6 hours of sunshine a day. Some plants, such as sea celery and lilly pilly will also tolerate a shadier position. Plant labels will give you an indication of the amount of sunshine required.
- Mix some Yates® Dynamic Lifter® Soil Improver & Plant Fertiliser into the soil.
- Plant a range of bush tucker plants that can be harvested from at different times of the year. This helps to keep kids interested in the bush tucker garden.
- Yates® Dynamic Lifter® Organic Liquid Concentrate Soil Improver & Plant Fertiliser and a watering can.

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GARDEN TYPE - Indoor class room plants

Create a green classroom

Indoor plants can also help improve air quality and reduce negative moods, so there are multiple benefits in having a collection of indoor plants in classrooms. You can even give the plants names, which is a really fun idea and gives kids a greater connection to their leafy classmates.

There are lots of hardy and low maintenance indoor plants that make ideal classroom green 'helpers', including:

- Peace lilies
- Philodendron
- Devil's Ivy

Indoor plant care tips:

- Self-watering pots are ideal for classrooms. They have a water reservoir in their base, which stores water for plants to draw on over several days. This helps to reduce the number of waterings required, eliminates spills from water-filled pot saucers and helps take out the guess work of how much water to apply – just keep the water reservoir topped up.
- Indoor plants will perform much better if they are fed regularly. A super simple way to economically feed multiple indoor plants is with Yates® Thrive® Plant Food Spikes for Plants & Ferns. There are no liquids, mixing or measuring: just insert a spike into the potting mix so it's out of sight. It will feed plants for up to 2 months.
- Position plants in a brightly lit spot, but out of direct sunlight (apart from succulents like aloe vera and jade plant, which can tolerate some direct light).
- Don't place indoor plants next to or underneath air conditioning units, heaters or fans, as their leaves can be damaged.
- Remove any brown or dead leaves regularly, which will help keep the plant looking tidy.