



School Garden Resources

School food gardens and growing spaces teach essential skills for students' success and well-being.

This digital resource list was created for educators, parents, and garden enthusiasts to help support youth-centered gardens and outdoor learning sites. Topics include curriculum and education, practical garden knowledge, funding, and more!

Our Learning Hub

Visit the Nourish Learning Hub for even more school garden resources! Use the search filters shown below to find a specific resource.

Search the Learning Hub

Resource Filters

Resource Category

Grow Eat Learn

Language

Audience

Resource Author

Resource Type

[Visit the Nourish Learning Hub](#)



Curriculum & Education

Explore these free resources designed to help facilitate garden exploration for youth, offering many cool activities and lesson plans for various age groups.

Grow Eat Learn Garden Lessons

Our own 8-part lesson series covering seeding, maintenance, harvesting and putting the garden to bed designed to meet many NS Curriculum Outcomes.

The Edible School Yard Project Lessons

Example curriculum PDFs: *Root Investigations* (grades 3-5/6-8); *Seed Parts and Sprouting Starts* (grades P-2/ 3-5/ 6-8).

Food is Science

Resources to support recently mandated Food Systems Curriculum in Ontario.

Plants to Plate Activity Guide

A food education program for kids created by NS environmental organization Ecology Action Centre.

Pictou County Forest School- Lesson Plans

Science & physical education connected set of three grade specific, curriculum linked lessons for teachers to choose from.

Plant the Seed

A lesson plan to identify seed parts and learn about the development and growth of a seed.

Exploring Food Safety in the Garden

A guide for planting, growing and harvesting fresh produce to reduce health risks.

NS Department of Agriculture Curriculum and Class Programs

Examples: *A Pollinator's Habitat and its Connection to Agriculture* (Gr. 4 science outcomes); *All Kinds of Apples* (P-3); *Digging Deeper- Soil* (7-8).

Grow Your Own Microgreens

Grow, Eat, Learn resource facilitating easy in-class or home growing activity.

Three Sisters Garden Lesson Plan (Squash, Beans and Corn)

Grade level: P-2; 3-5. This lesson looks at the symbiotic relationships between plants, as well as Indigenous growing practices.

A Culturally Responsive Hydroponics Curriculum Framework

Cross Curricular Lesson Series that supports students to learn about hydroponics through their own culture, heritage, and local geographical conditions.



School Garden Resources

Practical Garden Supports

Explore a variety of practical tools and resources that will help enrich your understanding of gardening practices and guide you to a successful garden!

Choosing a Location for a School Garden

Check out these essential considerations for deciding where to create a new school garden.

Mel's Mix Method

High yield soil mixture method when you want good productivity out of a small growing space.

The Caja Indoor Growing Box Method

Large self-watering container method that may be ideal for your learning space.

Seed Time

A free garden planner app that is really useful if you are interested in succession planting- growing multiple crops in the same space between early spring and late fall or working with a greenhouse. It creates a useful growing calendar based on the growing conditions specific to your area.

Nova Scotia School Garden Resource Guide

This document was created through a partnership with Dr. Arthur Hines School in Summerville (West Hants), the Dalhousie Faculty of Agriculture and Active Living- West Hants Municipality. It's a very comprehensive guide to thinking through the logistics of school gardening. It also contains a long list of curriculum connections to provincial learning outcomes (P-12).

Dalhousie Garden Box Series

Really useful info sheets on important topics that offer many practical tips as well as some science behind successful plant care. Click on one of the topics below to learn more.

[Soil Science Basics](#) [Fact Sheet](#) [Season Extension and Frost Protection](#) [Plant Nutrition](#)
[Composting](#) [Crop Rotation](#) [Seed Sowing Outdoors](#) [Starting Seeds Indoors](#)

Find a Native Plant Nursery

An interactive map that shows stores and nurseries across Canada that specialize in native plants. Includes places like Wildflower Farm, an online native seed store in Ontario featuring design tips.

Community Garden Accessibility Toolkit

A resource created by community gardens in Victoria BC in partnership with BC Public Health. A video from GrowABLE on how to use this toolkit can be found [here](#).

Community Garden Accessibility Guidelines and Building Code

Created by the city of Vancouver, this document outlines accessibility requirements for plots, paths, water access and seating.

Pest Identification Guide

Useful information to identify pests and prevent plant damage.

What is Hydroponics and How Does It Work?

8-minute video exploring hydroponics. Click here to see a 1-minute educational animation.



School Garden Resources

Funding

Discover diverse grants tailored to fund various growing projects, with many recurring annually, making them ideal targets to sustain operations or investment in the upcoming growing year.

Grow Eat Learn 2025 Garden Grants

Up to \$500 to support a NS school growing project- from vegetable garden to food forest. Available immediately. Grants will be allocated in the order of application completion (approx. 30 minutes to complete). Coming early May 2025.

Whole Kids Foundation- Garden Grant Program

Up to \$3000. Schools and non-profit organizations can turn outdoor spaces into powerful hands-on learning gardens that connect kids with food, spark their curiosity and support classroom curriculum. Applications open in February and close in March.

TD Friends of the Environment Foundation Grant

From \$1000 to \$10 000. Community Gardens are eligible if they focus on at least one environmental issue. Application period is ongoing, application deadline dates are Jan. 15th and July 15th.

Medavie Healthy Living Funding

The aim of this funding is to strengthen community food systems. Must be an organization. Can support expansion or re-designs of community gardens. Applications ongoing

Farm to Cafeteria Canada Funding List

Click on 'Funding' heading at top of page. Includes a list of 10 grants (some already mentioned here) as well as resources on fundraising for your growing project. This resource list more generally is very thorough and compliments this resource guide.

Nova Scotia Health Wellness Funds

Open until April 30th supporting community-based projects. Includes separate streams for Health Promoting Schools and Community Gardens.

List of Community Garden Funding Sources for Nova Scotia 2024-2025

This google doc was created by Barton Cutten from the New Agrarians Society. He shared it with us to share with you. It is quite extensive and offers a lot of detail about the different grants.

Howl Micro-grant Program

Grant provides youth with small, one-time microgrants of up to \$5000 to carry out innovative youth-led community projects. Ongoing, next application due July 31, 2025.

Greening Canada's School Grounds: Community Tree Grants

This Tree Canada program funds many elements of planting and maintaining trees on school grounds. Grants up to \$10 000. Applications open from October to early December.



School Garden Resources

Further Reading

Consider adding one of these into your library, covering topics such as school gardening, responding to climate change, social justice, and accessible gardening methods.

[Food Sovereignty in Canada: Creating Just and Sustainable Food Systems](#) (2011)
Edited by Annette Aurélie Desmarais, Nettie Wiebe and Hannah Wittman

[The Community Food Forest Handbook](#) (2018)
By Catherine Bukowski and John Munsell

[Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools and Plants](#) (1994)
By Janeen Adil

[The Year Round Vegetable Gardener](#) (2011)
By Nikki Jabbour

[The School Garden Curriculum: An Integrated K-8 Guide for Discovering Science, Ecology, and Whole-Systems Thinking](#) (2019)
By Christopher Kachi Rae

[School Garden Support Organization Network's Webinar Library](#)
This organization has hosted an amazing range of recorded webinars on all things school gardens.

[The Essential Guide to Forest School and Nature Pedagogy](#) (2021)
By Martina Robb and John Cree

[The Community Gardening Handbook: The Guide to Organizing, Planting, and Caring for a Community Garden](#) (2017)
By Ben Raskin

[School Food, Equity and Social Justice: Critical Reflections and Perspectives](#) (2022)
Edited by Dorte Ruge, Irene Torres and Darren Powell

[Outdoor Science Lab for Kids: 52 Family-friendly Experiments for the Yard, Garden, Playground, and Park](#) (2016)
By Liz Lee Heinecke

[Gardening Lab for Kids: 52 Fun Experiments to Learn, Grow, Harvest, Make, Play and Enjoy your Garden](#) (2014)
By Renata Fossen Brown

[Hydroponics for Beginners: A Step-by-Step Guide to Growing Plants Without Soil](#) (2023)
By Michelle Oliver

