

# Growing Green Education



There is nothing more “Green” than gardening, yet not everyone has a green thumb. Kern Green’s Sustainable School and Community Garden Education programs teach children and individuals in Kern County how to organize, plan, design and sustain their own school and community gardens. Gardens are a key resource to obesity prevention and healthy lifestyles education; they create hands on learning environment in an open-air classroom setting

## **School Gardens**

School gardens are growing green generations for the future. There has never been a better time that to plant the seeds of sustainability in the hearts and minds of our young. School gardens introduce children to a positive outdoor environment where they can experience

working with a “Garden Community” and understanding the importance of the relationship between the environment and how it directly relates to the quality of food and healthy green living.

## **Community Gardens**

Community Gardens are sprouting up everywhere and there is no better place to grow with your community. Community gardens create a safe, diverse, positive, beautiful, outdoor learning environment and make the perfect gathering place for gardening and nutritional education, physical fitness, arts and music activities, fundraising and special events.



*Seeds of Inspiration Community Garden*

***Kern Green’s professional team of green educators include; experts in community organizing, planning, gardening and nutrition.***

***Our educators will give you the training, community resources and Informational materials needed to Start and sustain your own school or community garden.***

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Community ~ Education ~ Sustainability



*Anyone Can Volunteer!*



*The "Little Seedlings" School Garden*

**KERN GREEN**  
Building A More Sustainable Future.

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## Creating and Sustaining School Gardens

Kern Green's "train the trainer" Creating and Sustaining your School Garden is a certified training program created by UC Davis Children's Gardening Program and Life Lab [www.csgn.org](http://www.csgn.org).

This "train the trainer" workshop educates school staff, teachers, parents, and volunteers how to organize a team, fundraise, plan and build a school garden. Our team provides the training materials and teaches how to engage students to participate in the gardens through academic lessons, environmental stewardship and nutritional education.

## Growing Healthy Communities

Kern Green's Community Building and Organizational Development through community gardening is a two day workshop created by the American Community Garden Association [www.communitygarden.org](http://www.communitygarden.org).

Participants learn proven strategies that community organizers use to develop strong leadership skills. This skill when applied to developing and sustaining community gardens encourages active participation by community members of all ages. As a "train the trainers" session, attendees learn the principles and practices of growing a healthy community, and how to pass these skills on to others by conducting their own workshops. The curriculum offers ways to engage the power of local and diverse community members to improve the quality of life with in their community.