

# THE GARDEN TIMES

Fall 2002



## LIFE LAB Science Program



*Life Lab Science Program  
is committed to  
garden-based learning  
that promotes stewardship  
of the environment  
to ensure  
a sustainable future.*



MONTEREY BAY SCIENCE  
PROJECT/ LASERS

THE GARDEN CLASSROOM  
RESOURCE CONSERVATION  
PROGRAM



### ***It has been just one short year...***

*since we planted the first fifteen sunflowers in the new Life Lab Garden Classroom. At the time the flowers looked very lonely, providing the only color within the hardscape as we prepared neighboring garden beds. Those sunflowers wouldn't look so lonely today; they have been joined by wonderful sights, sounds, smells, tastes and textures as the garden has blossomed.*

In the past year, thousands of visitors have learned, laughed, eaten and created in the Garden Classroom. Toddlers have collected eggs and educators have learned how to build compost piles. Over 1,500 school children visited during the spring field trip season and hundreds of family members celebrated our Grand Opening on June 1st. We kicked off the American Horticultural Society's annual Youth Garden Symposium with a workshop for garden educators from around the nation. We hosted garden-based science workshops and weekend family events throughout the year. The Garden Classroom also provided learning opportunities for pre-service teachers, University students, Agroecology apprentices, visiting teachers, scientists, and farmers.

We have worked hard to create a site full of discovery. The observational beehive has been a great success. Watching the worker girls bring in pollen from nearby flowers and store honey is a great way to learn just how busy bees can be. Our pond and waterfalls provide habitat for many species of thirsty birds that visit our wildlife garden, along with snakes, squirrels, rabbits, frogs and many beneficial insects. The Rot Zone has billions of micro-inhabitants working around the clock in over ten types of composting bins turning greens and browns into soul food for the soil. Our happy hens have been a hit with just about every visitor and their eggs have created tasty meals for us to enjoy. Summer campers baked their own bread and this fall's field trip classes will be grinding corn into flour and pressing tortillas in the Garden Kitchen. With all this and more to explore we installed a human sundial to keep everyone on "garden time."

Of course we have planted more sunflowers this season and they are happily surrounded by other plants, from papyrus to pitcher plants and cantaloupe to cactus. Please come by anytime for a visit or sign up for an upcoming program and see what we have created in this exciting, short year.



**INSIDE... TRASH DIET • FARM-TO-FORK FALL FIELD TRIP PROGRAM •  
WHAT'S CLUCKIN'? • FIELDS-TO-MARKET-TO-YOU—A GROCERY STORE  
EXPLORATION • LIFE LAB EVENTS CALENDAR**

*The Mission of the Life Lab Science Program is to be the leading developer and provider of garden-centered educational programs connecting science to all areas of learning.*

### LIFE LAB STAFF

**Lily Armstrong**

*UCSC Community Studies Intern*

**Jane Delgado**

*Executive Director*

**Nina Finn**

*Administrative Assistant*

**John Fisher**

*Garden Coordinator*

**Annie Foral**

*UCSC Community Studies Intern*

**Sonia P. Jaramillo**

*Staff Developer, MBSP/ LASERS*

**Orli Loewenberg**

*RCP School Site Coordinator*

**Susan Melican**

*Assistant Garden Coordinator*

**Karen Nordstrom**

*Staff Developer, MBSP/ LASERS*

**Erika Perloff**

*Education Director, Garden Classroom*

**Megan Phillips**

*Project Manager, MBSP/ LASERS*

**Steven Schuray**

*Office Manager/ Bookkeeper*

**Joyce Swenor**

*Project Director, MBSP/ LASERS*

**Gail Thomson**

*Project Director, Garden Classroom*

**Adam Yablonski**

*Garden Classroom Apprentice*



# TRASH DIET

*How to shed those unwanted garbage pounds...*

Twenty-two Santa Cruz County public schools are on a trash diet. As participants in the Resource Conservation Program, a collaboration between Life Lab Science Program, Ecology Action and the Santa Cruz County Office of Education, these schools have been working hard to lose those unsightly garbage pounds. In the 2001-2002 school year, 597 tons were shed.

**SINCE THE PROGRAM'S INCEPTION FIVE YEARS AGO, PARTICIPATING SCHOOLS HAVE DIVERTED 1679.5 TONS OF GARBAGE FROM THE LANDFILL, SAVING THEIR SCHOOL DISTRICTS \$110,549.**

What's their secret? Establishing a strict regimen of reducing, reusing, recycling and composting. These schools are educating students and staff about the importance of conserving resources, while training them to be stewards of the environment. In addition, they're doing what it takes to slim down the amount that they throw away.

Some examples include: using both sides of the paper, packing "no waste" lunches, stopping the delivery of junk mail, recycling printer ink cartridges, replacing disposable cardboard lunch trays with durable plastic trays, feeding left-over food scraps to the worms, and of course, diligently recycling paper and containers.

We are eager to weigh in again at the end of the 2002-2003 school year, watching the schools' "waste size" continue to diminish.

## A HEALTHY SNACK IDEA— LUNCHBOX CUCUMBER CHAIN



CUT A CUCUMBER INTO 2" LONG CYLINDERS. • REMOVE THE CORE WITH A PAIRING KNIFE. •



## FARM-TO-FORK

FALL 2002 FIELD TRIPS

This fall local elementary school students will be learning to make the important connections between farms and the food on their dinner tables in the Garden Classroom, on the UCSC Farm. Students will harvest & sample the six plant parts, participate in apple investigations & tastings and grind grain corn into tasty tortillas. To learn more, please visit our new website at [www.lifelab.org](http://www.lifelab.org).

*HIGHLIGHTS OF THE NEW LIFE LAB WEBSITE INCLUDE PHOTOS OF THE GARDEN CLASSROOM AND DETAILED DESCRIPTIONS OF OUR PROFESSIONAL DEVELOPMENT OPPORTUNITIES & EDUCATIONAL RESOURCES.*

## WHAT'S CLUCKIN'?

The Rot Zone in the Garden Classroom wouldn't be complete without our six clucking hens. Chickens not only help us decrease our food waste, they also provide us with eggs and nitrogen-rich manure that helps speed up the decomposition process in our compost piles.

Visiting children and adults are dazzled by Marge, Sweetpea, Buttercup, Olive, Ernestine & Faylene's beautiful and unusual feathers, musical clucking and friendly natures. Come visit our famous chickens and see what all the clucking is about!



OTHER RING. • LINK THE RINGS TOGETHER TO FORM A CHAIN. • PACKAGE IN A REUSABLE CONTAINER. SLICE IT INTO 1/2" RINGS. • MAKE A SLIT IN EVERY

# FIELDS-TO-MARKET-TO-YOU

## A GROCERY STORE EXPLORATION



*Sitting at the breakfast table, do you ever wonder what went into your package of cornflakes? Who grew the corn? What farming practices did they use? How many miles did it travel from field to market to you?*

During Fields-to-Market-to-You—a grocery store exploration—4<sup>th</sup> and 5<sup>th</sup> grade students in Santa Cruz will learn to ask these important questions. Starting in October, a New Leaf Community Market educator will visit participating classes to explore the life cycle of a product—investigating food transportation, packaging, and processing. Classroom visits will be followed by a fieldtrip to a local New Leaf Community Market where students will continue to investigate the many steps food goes through from the fields to the consumer and how our choices in the supermarket affect the environment, our community and our health.

Field-to-Market-to-You is part of a Central Coast community-based effort to integrate nutrition and foodsystems education with school gardens, school cafeterias, local farms and community markets. The program is a collaboration between Life Lab Science Program, New Leaf Community Markets, The Center for Agroecology and Sustainable Food Systems and Community Alliance with Family Farmers.

*To learn more about this exciting new program please contact the Life Lab Science Program at (831) 459-2001.*



[www.wastefreelunch.org](http://www.wastefreelunch.org)

Here's a website that's packed with good information for parents and teachers interested in reducing school waste and improving child nutrition. The site offers great ideas for getting children to try new foods, help create nutritious lunches and package food in ways that are friendly to the environment. Also helpful is a whole section on changing wastemaking behavior at schools. The authors have included ideas for educating the school community to reduce waste as well as useful forms and planning guides. This website is a great resource and companion to the Resource Conservation Program's new guide *Away With School Waste*, available through Life Lab Science Program.

## THANKS TO OUR CURRENT LIFE LAB SUPPORTERS

The David and Lucile Packard Foundation • The Richard and Rhoda Goldman Fund • UCSC Center for Agroecology and Sustainable Food Systems • Santa Cruz County Board of Supervisors • Walter S. Johnson Foundation • The Gabilan Foundation • The Clarence E. Heller Charitable Foundation • The S. H. Cowell Foundation • California Science Project • The CPEC Eisenhower Professional Development State Grant Program • California Professional Development Institutes Program • True North Foundation • Chez Panisse Foundation • Earthbound Farms • New Leaf Community Markets

## EDUCATIONAL RESOURCES

### Getting Started

A Guide for Creating School Gardens as Outdoor Classrooms

### The Growing Classroom

Garden-Based Science Activity Guide

### Life Lab Science

Grades K-5 Garden-Based Science Curricula

### Popcorn • Maize

Grades 1-5 and 6-8 Sustainable Agriculture Curricula

### Create from Waste

K-7 activity guide to community-based ecology & waste reduction

### Away with Waste

A teachers guide to starting a school waste reduction, recycling & composting program

### Singing In Our Garden

Banana Slug String Band C.D.

## WORKSHOPS

### Digging In

Designing and creating effective school gardens

### Cultivate, Germinate, Teach

An Introduction to Garden-Based Science

### Complete Garden Science

An Introduction to K-5 Life Lab Science Curricula

## MBSP/LASERS

### INSTITUTES

#### Summer School Academy

Science Teaching for Academic Growth in English

Supporting Science for English Language Learners

#### Pre-Intern Academy

Professional development for teachers to promote literacy and language acquisition through standards-based science education.

Life Lab Science Program also offers customized workshops, consulting and coaching. Please contact us for more information.

RESERVATIONS ARE REQUIRED FOR ALL LIFE LAB WORKSHOPS AND CLASSES. RESERVE YOUR SPACE BY CALLING (831) 459-2001.

### Cooking Fun in the Garden for Kids

**Sunday, Sept. 8, 12–3 P.M. • Garden Classroom**

Come learn about & taste the six plant parts, bake apples in our solar oven & a garden veggie pizza in our cob oven. Learn about the value of growing & eating healthy foods. For children ages 7–10.

\$5 members, \$10 non-members. *Workshop runs concurrently with the Friends of the UCSC Farm and Garden adult class, "Preparing the Winter Garden."*

### Garden Coordinator Network Day

**Tuesday, Sept. 24, 4–6 P.M. • Garden Classroom**

An informal gathering of Santa Cruz school garden educators & volunteers to share resources and ideas for effective school garden management. Come visit the Garden Classroom to glean ideas for your garden. Soup, salad & bread provided. Bring seeds to swap & a dessert to share, if you wish.

*RSVP by September 20. FREE!*

### Herbs in the Garden

**Saturday, Oct. 5, 10 A.M.–12 P.M. • Garden Classroom**

Come harvest & create your own herbal tea, bake lemon verbena cookies and make lavender bouquets while you learn about cooking and healing herbs in the Garden Classroom. For children ages 7–10.

\$5 members, \$10 non-members

### Cultivate, Germinate, Teach:

**An Introduction to Garden-Based Science**

**October 10–11 • Garden Classroom, UCSC Farm**

Learn basic gardening skills and garden-based activities for effective school gardens. In this two-day workshop connections to the California Science Standards will be highlighted. Participants will receive a copy of the Life Lab *Growing Classroom*. College credit available.

Register by September 27. \$300

### Family Bird Day

**Saturday, Feb. 1, 10 A.M.–12 P.M. • Garden Classroom**

Come share the day with the birds! Families will participate in avian activities & take a bird walk on the farm. Dress warmly & bring your binoculars!

\$5 members, \$10 nonmembers

### 6th Annual Monterey Bay Science Program/

**LASERS Regional Conference**

**March 8, 2003 • Location T.B.A.**

Over 40 sessions & dynamic keynote speaker focusing on garden-based science and language acquisition. For more information please contact Megan at (831) 459-5395.

### Cultivate, Germinate, Teach:

**An Introduction to Garden-Based Science**

**March 22–23 • Garden Classroom, UCSC Farm**

Please see description above. Register by March 8.

## Life Lab Science Program

1156 High Street

Santa Cruz, CA 95064

Phone: (831) 459-2001

www.lifelab.org

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Permit # 462  
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WATCH LEARNING

COME TO LIFE

IN THE GARDEN!

