

# Little Sprouts

KITCHEN GARDEN



Government of  
South Australia



Botanic Gardens of  
SOUTH AUSTRALIA

# INTRODUCTION

Welcome the Botanic Gardens of South Australia's brand new Kitchen Garden!

We look forward to welcoming you and your children to our wonderful garden and surrounding environment.

An educational visit to the garden provides a perfect opportunity for children to learn through direct, hands on experience. They are able to immerse themselves in the kitchen garden environment through participation in a range of activities which utilise play, a sense of wonder and imagination, inquiry and the use of all senses.

Activities are developmentally appropriate, aligned to national curriculum requirements and best of all fun and engaging.

For any queries or matters relating to the kitchen gardens early years visiting program, please contact Kitchen Garden Program Coordinator:

**Aaron Harrison**  
e aaron.harrison@sa.gov.au  
p 08 8222 9399  
m 0437 004 495



## BEFORE THE VISIT

### Safety

Please discuss with your children the different types of gardening tools. They may like to draw these or discuss what they do. Most importantly, what are the safety considerations for these tools? For example, no running with tools, and holding the sharp end down.

Safety also means wearing gloves and washing hands after touching plants, soil or animals and bugs.

Also, please advise our staff upon booking if anyone in your group has allergies we need to be aware of.

### What to tell children prior to your visit

Please speak with the children about their visit. Some useful points of discussion are:

- Gardens are peaceful places for people to relax and enjoy
- Walking slowly and talking quietly ensures everybody and everything will enjoy the gardens
- Plants are fragile - touch them gently
- Flowers, leaves, bark, seeds, etc growing on plants or lying on the ground are there for all to enjoy. When you have finished with plant material found on the ground always return it to the garden
- Keeping to the paths and not walking on beds or borders avoids damaging plants.

### Activities

Consider how you can prepare the children prior to their visit. Suggestions include:

- Making a Class Book – “In my garden” – where the children can share elements of their garden at home or the garden at school/ kindergarten/childcare
- Bring a treasure and make a class floor collage of treasure found in the garden – leaves, bark, seeds, sticks, fruit, vegetable etc
- Where does your lunch come from? Discuss this with the children – they will be amazed that nearly everything that they eat has origins in plants (even chocolate!)
- Read a book about gardening (popular favorites like the Very Hungry Caterpillar or Jack and the Bean Stalk or maybe a book about Worms such as Diary of a Worm by Doreen Cronin)
- Brainstorm what plants you may expect to see in the garden. Is this the same for all of the year? What meals do you think you can make from some of these?



# AT THE VISIT

## Arrival

Give yourself plenty of time to arrive – due to its close proximity to the city there can be a lot of traffic around Adelaide Botanic Garden. Arriving early also allows the children a chance to have a snack and a toilet break before the excursion officially starts. Please note that toilets can be located directly next to the Little Sprouts Kitchen Garden.

## Bus and car parking

Students and teachers can be dropped off in the bus drop off in front of Goodman Building, on Hackney Road. Groups can also be dropped off at the bus zone on Plane Tree Drive, between the Garden and the Adelaide Zoo. Please note that this is a slightly longer walk to the kitchen garden. They must not be dropped off at the Conservatory or Friends gates as this is dangerous and will incur a fine.

Bus parking is available at the nearby Torrens Parade Ground. To make a booking (preferably a week in advance) contact the Building Manager: 8203 9854 or 0403 253 203.

There is a car park to the north of the Goodman Building and also several car spaces adjacent to Botanic Park.

For specific enquiries relating to car and bus parking at the Botanic Gardens, please call 8222 9365.

## Meeting Point

Official meeting point is at the Front Gates of the Kitchen Garden, next to the Goodman Building on Hackney Road. Please refer to the attached map which shows bus drop off point (Map reference H27).

## Adult help

Bring enough adults to ensure student safety. To ensure the best

quality experience for the children and highest safety standards, we recommend a ratio of 1:4.

However, these ratios may change slightly as schools and Pre-schools will also be guided by their own Risk Assessment procedures and Excursion policies based on their own specific needs.

Please let the attending adults know they will have an active and important role in supporting the learning activities, encouraging team work and keeping an eye on your children throughout the session.

## First Aid

Please bring along your own First Aid Kit in case of accidents and incidents. Please ensure children with asthma have their asthma plans and asthma first aid medication on hand as pollens and grass are known to cause allergies and/or asthma exacerbations.

## Cameras/photography

You are more than welcome to bring along cameras, iPads, tablets or other digital media. There may be activities on the visit requiring this or photographs from the garden may form the basis of some excellent follow up activities after the excursion.

Botanic Garden staff may at times be taking photographs during the visit – schools and pre-schools are required to have relevant photo consent/ release forms organised prior to the visit.

## Clothing and Footwear

Adelaide Botanic Garden including the kitchen garden is an outdoor, living environment. For children's safety and appropriateness to the activities, we recommend they wear old, comfortable clothing (many school sports uniforms suit this) that they can get dirty in. Also, closed shoes or boots (Gum boots

are perfect on a rainy winter day!) and hat and sunscreen. For the cooler months, warm, waterproof jackets, beanies, etc and a change of clothes is recommended.

## Rainy days

For days with heavy rain forecast, consider cancelling and rescheduling for another day. You can do this 48 hours prior to the excursion by calling 08 8222 9343. For only moderately rainy days, raincoats with hoods are well suited and children will certainly enjoy a beautiful environment and celebration around water!

## Hot weather

In the interests of safety, the Botanic Gardens of South Australia reserve the right to cancel visits should the weather be 36 degrees and over. We are more than happy to reschedule your visit to another suitable day should this occur.

## Mobile phones

Adults are welcome to bring mobile phones in case of an emergency. Please remember to put them in silent mode during the excursion as we would like the children to immerse themselves fully in the experience and enjoy all aspects of an outdoor classroom.

## Anything else to bring?

A change of clothes, drink bottles and a healthy snack.

We also encourage you to spend time in Adelaide Botanic Garden either before or after the excursion to enjoy our beautiful gardens and surrounds. Please be reminded that there can be no ball games, music or animals in the vicinity of the Garden and there are some parts of the garden with water so keep a close eye on your children!

# AFTER THE VISIT

Early childhood is a vital time in terms of a child's physical, emotional, social and intellectual development. Values are formed, children learn how to relate to others, and lifelong skills (such as gardening!) are engrained.

Children learn best when learning opportunities around them are fun, engaging and also repeated several times. Learning needs to be in context with the environment the child goes back to (ie, his/her school, kindergarten, childcare or home).

Therefore, we recommend you follow up your visit with activities relating to kitchen gardens in your own environment. There are an amazing amount of simple activities relating to different curriculum areas that you or parents can lead children through.

## Here are 12 to get you going:

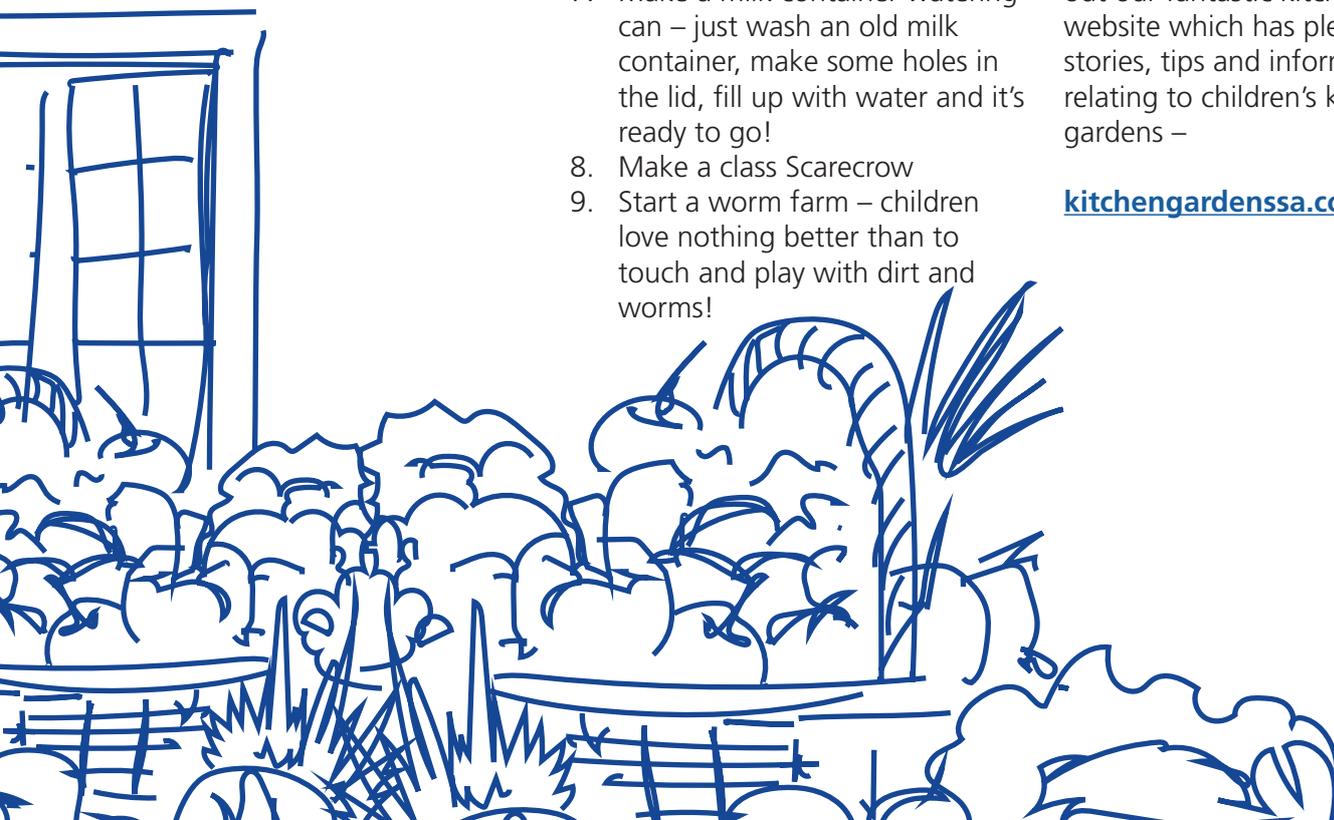
1. Grow herbs or leafy greens like lettuce in small spaces such as old boots, tins cans, toy trucks. Use your imagination – there are some pretty funky ideas out there!
2. Plant seedlings in toilet rolls, egg cartons or other biodegradable material – when seedlings are big enough simply transfer in to a garden bed to watch it grow
3. Try some maths by measuring and tracking plant growth. Make a chart. Collect fruit or veggies and then count how many you have collected.
4. Make Stone Pets in the Gardens or make Fruit/Veggie/Herb labels out of stones
5. Read a children's book about gardening – there are plenty out there. Try the *The Tiny Seed* (Eric Carle), *Oliver's Vegetables* (Vivian French) or the *Vegetable Garden* (Melvin Berger)
6. Construct a Stick/Bamboo Teepee for beans to grow over – makes a great cubby for the kids!
7. Make a milk container watering can – just wash an old milk container, make some holes in the lid, fill up with water and it's ready to go!
8. Make a class Scarecrow
9. Start a worm farm – children love nothing better than to touch and play with dirt and worms!
10. Make a class garden collage from sticks, leaves, bark, veggies, fruit, seeds, photos – make it into whatever picture you like
11. Use what you have grown to explore cooking with the children – pick a Pizza (Tomato, basil, capsicum, baby spinach), make a smoothie from strawberries, make soup from root vegetable or pumpkin in the cooler months. The kids will love it!
12. Be a bug detective – see what bugs and insects are in the garden. Which one's help the garden and why? Which ones are not good for the garden and why? Why are certain insects drawn to certain parts of the garden?

We would love to hear how any of this has gone and is looking like. If you have any photographs or other ideas that you would like to share, please email them to:

[Aaron.Harrison@sa.gov.au](mailto:Aaron.Harrison@sa.gov.au)

We also encourage you to check out our fantastic kitchen gardens website which has plenty of great stories, tips and information on relating to children's kitchen gardens –

[kitchengardenssa.com.au](http://kitchengardenssa.com.au)



# OTHER SUPPORTING RESOURCES

**Natural Resource Management (NRM)** Education have collated many excellent resources, ideas and helpful advice on their web site. This includes curriculum resources, fact sheets, videos and a list of books available for school loan as well as information on various grants available for school gardens.

[www.naturalresources.sa.gov.au/adelaidemtloftyranges/get-involved/education/for-educators/food-gardens#Whatothershavedone](http://www.naturalresources.sa.gov.au/adelaidemtloftyranges/get-involved/education/for-educators/food-gardens#Whatothershavedone)

<http://efsmoodlesa.net.au/>

**Gardening 4Kids** is an Australian based business with the motto of connecting kids to nature through gardening. A very good blog giving tips on child related gardening activities, recipes, planting guides and much more.

[www.gardening4kids.com.au/blog/](http://www.gardening4kids.com.au/blog/)

**The Healthy Eating Curriculum Kit** is an excellent resource developed by the Department for Education and Child Development and SA Health – the Healthy Eating Curriculum kit resource includes healthy growing and has explicit links to the national curriculum. These are definitely worth a visit for those working in educational settings.

[www.decd.sa.gov.au/eatwellsa/pages/Teachers/](http://www.decd.sa.gov.au/eatwellsa/pages/Teachers/)

**Dirt and Boogers** is a light hearted parenting blog with a great post about gardening with small children.

[www.dirtandboogers.com/beginners-guide-gardening-with-kids](http://www.dirtandboogers.com/beginners-guide-gardening-with-kids)

**Kids in the Garden** is a nice website from the UK for parents, children and schools with a focus

on children's' gardening and outdoor play. Contains simple garden projects, outdoor games, child friendly gardening and how to grow your own plants with your children.

<http://kidsinthegarden.co.uk/plants-for-kids/growing-vegetables-with-children/>

**Creative Star Learning Company** has been founded by Juliette Robertson, one of Scotland's leading education consultants who specialises in outdoor learning and play. The website contains lots of tips and activities for children around gardens and outdoor play aligned with different curriculum areas. Certainly worth a visit!

[www.creativestarning.co.uk](http://www.creativestarning.co.uk)

**Grow me Safely** was developed to provide information for educators, parents and carers to engage children in gardening activities. The information provided is supported by injury data and statistics

[www.kidsafensw.org/growmesafely](http://www.kidsafensw.org/growmesafely)

A British web site containing resources and lesson plans for sustainable schools. Worth a visit for classroom ideas to adopt for the Aussie curriculum.

<http://www.co-operative.coop/green-schools-revolution/>

This is from the UK, but will undoubtedly have useful resources for classrooms here in South Australia

<http://www.growingschools.org.uk/>

In May 2010, the Biological Farmers of Australia (BFA) launched the **Organic School Gardens Program** - a free education program available to all schools and anyone with an

interest in organic gardening. In 2012 the program is expanding to include lessons on health and food and the existing lessons are being restructured into a new format with links to other school subjects and the national curriculum

<http://www.organicschools.com.au/teachers/>

**Eco-friendly Food School Resources** are an exciting series of lesson plans that teach students about food sustainability – how to make food choices that are healthy for both individuals and the environment. The materials are designed to be delivered in the classroom, with supporting resources for use in the wider school community.

[http://www.ecofriendlyfood.org.au/teachers\\_resources](http://www.ecofriendlyfood.org.au/teachers_resources)

**The Nursery and Garden Industry of Australia** have resources for gardening with kids called Kidsgrow. The resources include down-loadable information sheets.

[http://www.ngia.com.au/Category?Action=View&Category\\_id=445](http://www.ngia.com.au/Category?Action=View&Category_id=445)

A well-established and useful website from the USA which supports schools and families develop edible gardens for children.

<http://www.kidsgardening.org/>

Over 50 ideas of easy activities to do with kindergarten and Junior Primary aged children relating to kitchen gardens, linked to several different curriculum areas.

<http://aggie-horticulture.tamu.edu/kindergarten/Child/school/ideas.htm>

# Adelaide BOTANIC Garden

## Opening hours

Admission is free. Open 7.15am on weekdays, 9.00am on weekends and public holidays. Closing times vary throughout the year.

- January 7.00pm
- February 6.30pm
- March 6.30pm
- April 6.00pm
- May 5.30pm
- June 5.00pm
- July 5.00pm
- August 5.30pm
- September 6.00pm
- October 6.30pm
- November 6.30pm
- December 7.00pm

For more information:  
[botanicgardens.sa.gov.au](http://botanicgardens.sa.gov.au)

## Regulations

- No bicycle or scooter riding
- Do not damage or remove plants
- Do not enter garden beds
- No vehicles
- No pets
- No alcohol
- No skateboarding or rollerblading
- No BBQ's
- No ball or throwing games
- No sound equipment



- J12 Amazon Waterlily Pavilion
- L15 Araucaria Avenue
- F17 Australian Forest
- J17 Australian Cycad Collection
- P23 Australian Native Garden
- F14 Barber Shop Rotunda
- F19 Bicentennial Conservatory
- H10 Botanic Gardens Restaurant
- M20 Cactus and Succulent Garden
- D15 City Crop
- Classgrounds

- 121 Cracked Earth
- K8 Cycad Collection
- K19 Deadrhouse
- G6 Economic Garden
- M10 Elms Memorial
- O22 Eremophila Garden
- I23 First Creek Wetland Viewing Area
- L7 First Creek Wetland
- G3 Francis Arbour
- G3 Garden of Health & Ginkgo Gate
- L26 Goodman Building

- E23 International Rose Garden and National Rose Trial Garden
- J9 Kainka Wirra/Main Lake
- J21 Kuarna Cultural Presentation
- H23 Little Sprouts Kitchen Garden
- R19 Mallee section
- G11 Murdoch Avenue
- M12 Nelumbo Pond
- C11 Noel Lothian Hall
- P10 North Lodge
- Palm collections

- 16 Palm House (Madagascan Collection)
- G12 Plane Tree Lawn
- G14 SA Water Mediterranean Garden
- I15 Santos Museum of Economic Botany
- H14 Schomburgk Pavilion - Café Fibonacti - Diggers Garden
- G25 Science Resource Centre

- H9 Simpson Kiosk
- G16 Simpson Shadecover
- R12 Summer House
- M22 Sunken Garden
- F26 Whipstick collection
- G15 Wisteria arbours
- L11 Woilenni Pine

- 126 Goodman Building