

The Healing Garden Program

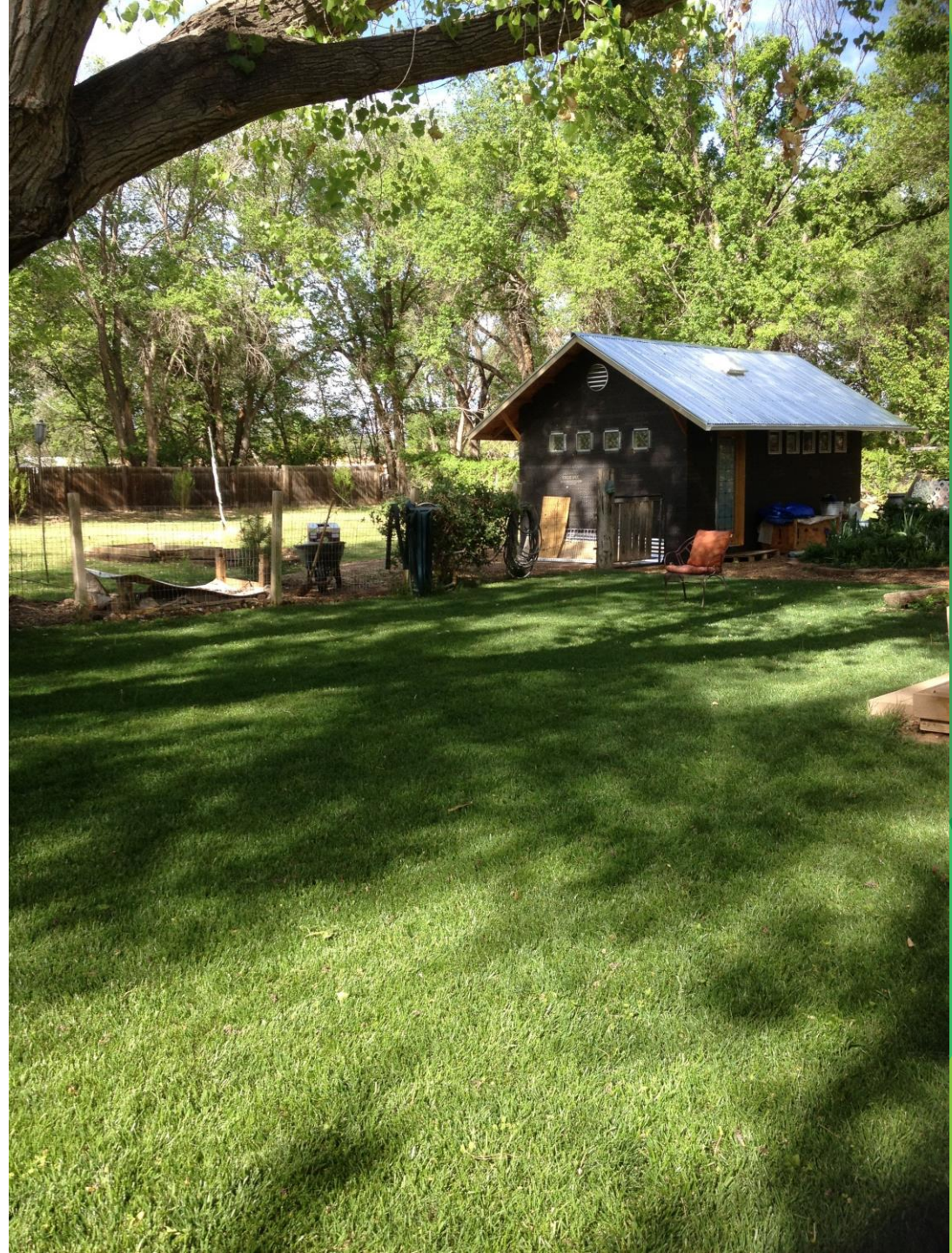
Fall, 2013 - Fall, 2014



How it Started

My friend Mary and I wanted to do something at her home with gardening and kids

She has an amazing property and gardens, with water from the acequia system, rainwater harvesting, and city water.



Joined with ABQ Educators for Kids

- ▶ Attachment Healing Center
 - ▶ Charter School for Kids
 - ▶ Master Gardeners
 - ▶ Educators
 - ▶ Acupuncturists
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- ❑ Collaborated with adult volunteers from around ABQ, including some people who are semi-retired and have more time for organizing.
 - ❑ Presenters came from these groups plus other experts our group knew.
 - ❑ During the winter, events were hosted at local greenhouse and community center facilities, making it possible to keep going.
 - ❑ All adult participants were volunteers.



Got Supplies and Tools Donated



LOCAL
GREENHOUSE



SOME FUNDS FROM
ATTACHMENT
HEALING CENTER





Topics

- ▶ Soil building
- ▶ Fall planting and hoop houses
- ▶ Harvesting gifts from the earth and making bird houses
- ▶ Planning your dream garden and starting seeds
- ▶ Spring planting
- ▶ Worm composting and permaculture basics
- ▶ Herb and container gardening
- ▶ Protecting your garden
- ▶ Selling at the Farmer's Market
- ▶ Garden helpers and pests
- ▶ Fall harvest and giving thanks
- ▶ Closing holiday celebration

Plan & Schedule for 15 months

Met once a month on a Saturday morning with 6 – 15 kids & 6 – 12 adults:

- 8:00 Setup and prep session
- 9:00 kids arrive, get a snack, if they and the parents want, get an ear seed treatment for calming and focus, then participate in a game
- 9:30 do an opening circle, including sharing take home projects from last time
- 9:45 - 11:00 Teaching, activities, songs, stories, depending on the topic for the day
- 11:00 Kids share what they learned
- 11:20 Wrap-up and announcements, including take-home projects
- 11:25 Snack and social time
- Noon end, cleanup, debrief





Themes that made the program work

- ▶ The whole family participated, including parents and siblings
- ▶ Created a community with a feeling of belonging
- ▶ Made it super fun, including games
- ▶ In a beautiful, nurturing environment
- ▶ Themes of what we taught:
 - Good food tastes good
 - How to grow, cook and use healthy food
 - Harvesting gifts from the earth
 - The art and beauty of nature
 - Feeling at home in nature
 - Applying all this when you leave with take-home projects

Sample Session: Herb Gardening

- ▶ Easter Weekend
- ▶ An easter-egg scavenger hunt for herbs
- ▶ Each kid or family had their own collection basket
- ▶ Used instruction sheet with clues about the herbs, and a worksheet where they could paste herb samples
- ▶ Collected their samples in plastic easter eggs







Made lavender sachets as gifts for parents





Snack was
lavender-
chocolate-
covered
straw-
berries



What works for kids:
seeing things grow



It was also very important to celebrate.
This is from the closing celebration with kids,
parents, presenters, staff, host facilities.



At the closing celebration and presentation, we gave certificates to kids, parents, presenters, volunteers, host facilities, and organizers.



Certificate of Participation in the Healing Garden Program

This certificate is awarded to

For successful participation in the Healing Garden Workshop Series.
Congratulations! We loved working with you.
We hope you will keep on growing and enjoying
healthy food throughout your life.



Mary Sharp Davis

Melanie Rubin

November 14, 2014

Results:

- ▶ Closer families
- ▶ Closer community
- ▶ Kids who previously didn't like to go outside fell in love with nature and the outdoors
- ▶ Kids built self-confidence and a feeling of being connected to the natural world
- ▶ Kids came to understand the importance of healthy food from the garden, and the possibility of growing it themselves

