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Growing Green Communities

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# Urban Gardening and Community Cultivation Training Format



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# Introduction

The "**Inclusive Foodscape**" training format is designed to empower participants with knowledge and skills in sustainable urban gardening and community cultivation.

Focusing on four key themes, the program aims to foster environmental stewardship, promote healthy eating habits, and strengthen community bonds across Europe.

1. Soil assessment and community garden
2. Food waste and circular food economy
3. Social and local community dynamics around food
4. Plant Based Strategies (PBS) in a Urban Gardening, school and local Community context



# SOIL ASSESSMENT AND COMMUNITY GARDEN

Learning Outcomes	Methods	Tools/Links to useful documents
<p>1. Cross-professional collaboration to achieve the SDG’s goals</p> <ul style="list-style-type: none"> <li>• Understand the importance of soil quality in urban gardening and community spaces.</li> <li>• Gain practical knowledge in testing soil fertility and assessing the potential for garden growth.</li> <li>• Develop skills for cross-professional collaboration to improve urban soil conditions, aligning with the SDG goals.</li> </ul> <p>Topics:</p> <ul style="list-style-type: none"> <li>• The science behind soil composition: What makes soil fertile?</li> <li>• Urban soil challenges: Pollution, compaction, and solutions for improvement.</li> <li>• Collaboration with local communities: How to engage residents in soil testing and preparation.</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture on soil science and its relevance in urban gardens.</li> <li>• Hands-on workshops with local community members to test soil quality using DIY methods.</li> <li>• Photolanguage: Participants will visually interpret their concept of a community garden.</li> </ul>	<ul style="list-style-type: none"> <li>• PowerPoint presentation on soil composition and fertility.</li> <li>• Videos showcasing the creation and maintenance of inclusive gardens: <a href="#">Inclusive Gardens Video</a>.</li> <li>• Photolanguage tool for understanding community perspectives: <a href="#">Photolanguage Resource</a>.</li> </ul>
<p>2. Sharing with students the purpose of the Growing Green European program</p>	<p>Lecture</p>	
<p>3. Sharing methodology about community/shared gardens</p>	<p>“Inclusive methodology” : shared diagnosis, door to door, workshops, etc. (lead: SaluTerre)</p>	<p>European Project “gardens”</p> <ul style="list-style-type: none"> <li>• Video: what is an inclusive garden <a href="https://www.youtube.com/watch?v=UzjJQxFgZLU">https://www.youtube.com/watch?v=UzjJQxFgZLU</a></li> <li>• Website resources <a href="https://www.greeninclusion.eu/resources">https://www.greeninclusion.eu/resources</a></li> </ul> <p>PPT shared during the training  <a href="https://docs.google.com/presentation/d/1EwmDfFzsLiVyEjRrFgoirREo6l1zJEyJ/edit#slide=id.p1">https://docs.google.com/presentation/d/1EwmDfFzsLiVyEjRrFgoirREo6l1zJEyJ/edit#slide=id.p1</a></p>
<p>4. Sharing methodology about school gardens managed by students.</p>	<p>Discussion with landscape students (historical aspects of the shared vegetable garden, association, writing the rules, etc.)</p> <p>Visit of the garden presented by the young students.</p>	

<p>5. Awareness of Soil Fertility and Assessment Techniques.</p> <ul style="list-style-type: none"> <li>• Comprehend the components of healthy soil and its importance for plant growth.</li> <li>• Acquire practical skills in soil testing, including texture analysis, pH testing, and nutrient assessment.</li> </ul>	<p>Workshop about soil recognition: What is a fertile soil, composition</p>	<ul style="list-style-type: none"> <li>• PPT about easy test of recognition of a soil: <a href="https://docs.google.com/presentation/d/1WUqj7x6UxXh1Rbxef5UbtVJFsAVf33r8/edit?usp=drive_web&amp;oid=111058040891784478535&amp;rtipof=true">https://docs.google.com/presentation/d/1WUqj7x6UxXh1Rbxef5UbtVJFsAVf33r8/edit?usp=drive_web&amp;oid=111058040891784478535&amp;rtipof=true</a></li> <li>• GGC Program Overview: Presentation on the program's mission, milestones, and how participants can contribute.</li> </ul>
<p>6. Assessment: Peer evaluation through group discussions where participants present their soil improvement strategies.</p>		

## FOOD WASTE AND CIRCULAR FOOD ECONOMY

Learning Outcomes	Methods	Tools/Links to useful documents
<p>1. How the Living Lab format can be used in the context of the school and as a frame for creating learning as well as solutions in food waste reduction strategies.</p>	<p>Introduction to the idea and function of the Living Lab format and how it has been used in the context of the SESAM program to create learning and literacy</p>	<p>Living Lab Resources: Guides and case studies on implementing Living Labs in schools.</p>
<p>2. Leveraging Community Knowledge and Technology:</p> <ul style="list-style-type: none"> <li>• Explore strategies for integrating local wisdom, Science2School initiatives, and smart technologies in educational programs.</li> <li>• Emphasize problem-based learning and mentoring to enhance student engagement.</li> </ul>	<p>Ideation Challenges: EdTech Tool Development: Participants brainstorm and design educational technology solutions to reduce food waste.</p>	<p>Food Preservation Manuals: Step-by-step guides on various preservation methods.</p>
<p>3. Food Preservation Techniques:</p> <ul style="list-style-type: none"> <li>• Gain hands-on experience in preserving food through canning, fermenting, drying, and other methods.</li> <li>• Understand the role of food preservation in reducing household food waste.</li> </ul>	<p>Doing a school garden</p> <p>Developing plant food focuses learning activities at school.</p>	<p>Example of successful school composting systems. Case study resources for Living Labs in urban gardening: <a href="#">Living Lab Introduction</a>.</p>

4. Knowledge about composting area and the link with the local restaurants	visiting compost platform in the ecological park of domaine de la burthe	Composting Guides: Resources on starting and maintaining compost systems in schools and communities
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## SOCIAL AND LOCAL COMMUNITY DYNAMICS AROUND FOOD

Learning Outcomes	Methods	Tools/Links to useful documents
<p>1. Exploring the Role of Allotment Gardens and Social Centers:</p> <ul style="list-style-type: none"> <li>• Understand how these spaces foster community interaction and provide access to fresh produce.</li> <li>• Learn about their impact on social cohesion and food security.</li> </ul>	<p>Activity : Visit of the garden, exchange with the social center about the allotment/family gardens.</p>	<p>Resources on food sovereignty: <a href="#">Community Food Dynamics Video</a>.</p>
<p>2. Understanding the NOVA Food Classification:</p> <ul style="list-style-type: none"> <li>• Comprehend the four NOVA categories based on the extent of food processing.</li> <li>• Recognize the health and environmental implications of consuming ultra-processed foods.</li> </ul>	<p>Lectures:</p> <ul style="list-style-type: none"> <li>• NOVA Classification Overview: Detailed presentation on food processing levels and their effects.</li> <li>• Behavior Change Communication: Explore theories and practical approaches to influencing food-related behaviors.</li> </ul>	
<p>3. Raising awareness about pedagogical farm and their functions related to food systems in disadvantaged neighbourhood</p>	<p>Walk in the neighborhood of the Aubiers and visit</p> <ul style="list-style-type: none"> <li>• a pedagogical farm</li> <li>• allotment gardens</li> <li>• social center.</li> </ul>	
<p>4. Understanding determinants of and how to change sustainable food consumption and behaviors</p>	<p>Lecture : Understanding and promoting healthy-sustainable food consumption: A focus on communication and behavior</p>	<p>Map of local food centers in different countries.</p>

# PLANT BASED STRATEGIES (PBS) IN A URBAN GARDENING, SCHOOL AND LOCAL COMMUNITY CONTEXT

Learning Outcomes	Methods	Tools/Links to useful documents
<p>1. Knowledge about how a public ecological park can be animated in order to raise awareness about ecological topics</p>	<p>Activity : Visit of the ecological park of the Domaine de la Burthe, and explanation about the food and educational program.</p> <p>Presenting a game about “good behaviors” in a walk/ballad</p> <p>Presenting a microferme in an urban area which cultivate local variety which present a specific taste. Created at the end of 2017, the Conservatoire du Goût is an association that works to safeguard biodiversity. We search all over the world for peasant seeds of fruits and vegetables with taste and nutritional qualities in order to preserve them and facilitate their discovery and access to all lovers and curious about the taste.</p>	<p>Website of the ecological park: <a href="https://www.unairdebordeaux.fr/article/domaine-de-la-burthe-florac/">https://www.unairdebordeaux.fr/article/domaine-de-la-burthe-florac/</a></p> <p>Vidéo of the microferme “conservatory of taste” <a href="https://www.youtube.com/watch?v=hv2GfWbrhGo&amp;t=4s">https://www.youtube.com/watch?v=hv2GfWbrhGo&amp;t=4s</a></p>
<p>2. Knowledge about plant based food strategies at school (classroom and canteen) and understanding of how a local community and its actors can feed into this. For instance, by doing a school garden or by developing plant food focuses learning activities at school.</p>	<p>Lecture: Introduction to how urban and school gardening can be used in a school and learning context.</p> <p>Lecture and interactive demo: Students just wanna have some fun –use VR and other digital technologies to create learning about plant based foods and to grow our own food?</p>	
<p>3. Understanding of the idea of local community organizing, the Whole School Food Approach and Open School concept.</p>	<p>Lecture : Education, engagement &amp; empowerment - how school can become a local food systems transformation driver using the Whole School Food Approach, Open School and the Living Lab format</p>	
<p>4. Insight into how digital technologies and the subject of Computational Thinking can be used to facilitate learning about gardening and plant food topics.</p>	<p>Lecture : Introduction to how the subject of Computational Thinking and digital technologies can be used to cover also gardening and plant food topics.</p> <p>Computational thinking, technology understanding and digitalisation - what's that got to do with green food systems transformation literacy.</p>	

5. Input session- what is a canva and how this tool can be useful in community gardening

Lecture and activities :

Tool design: co-design of the content & layout

- Starting from the classic elements of business/idea canvas, the participants will select the ones they want to insert in the community gardening & cultivating canvas [approx. 20 min]
- The participants now decide where to insert the elements in the layout of the tool [approx. 20 min]

Activity\_(A).

- All participants choose 2 key elements from the business canva and 2 elements from the idea canva they want to insert in the tool (each participant votes by drawing a dot on a template of the canvas).
- We select the most voted and the group discuss it in order to choose which one they want to insert.
- All participants will now write down two elements they think are missing in the tool and they want to introduce them.
- The voting process is then repeated. The most voted will be discussed by the group and added to the tool.

Activity\_(B).

- With the help of a canva template, the participant will fill the fields of the tools with the key elements and topics they selected during Activity A.
- Materials > business canva template, idea canva template, board, post-it, markers, paper sheets.

# Additional Components

## Icebreakers and Team-Building Activities

- "Seed Swap": Participants bring seeds to exchange, encouraging sharing and diversity.
- "Garden Bingo": A game where participants find others who have certain gardening experiences.
- "Story Circles": Share personal stories related to food and gardening to build connections.

## Breakout Sessions

- Special Interest Groups: Small groups focus on topics like hydroponics, permaculture, or community activism.
- Problem-Solving Workshops: Tackle real-world challenges faced by local gardens or food initiatives.

## Contexts

### Educational Settings:

- Tailor activities for different levels, from primary schools to universities.
- Integrate projects into existing curricula or as extracurricular programs.

### Community Engagement:

- Encourage collaboration between schools, local governments, NGOs, and residents.
- Utilize public spaces and resources to maximize impact.

## Toolbox of Activities

- Lesson Plans: Ready-to-use lessons on topics like soil science, plant biology, and sustainable agriculture.
- Multimedia Resources: Educational videos, interactive games, and virtual tours of gardens worldwide.
- On-Site Visits: Organized trips to urban farms, botanical gardens, and ecological centers.

## Assessment Methods

### Formative Assessments:

- Quizzes and Knowledge Checks: Short tests after each module to reinforce learning.
- Reflective Journals: Participants record their experiences, challenges, and insights.
- Peer Feedback: Collaborative evaluation during group projects and activities.

### Summative Assessments:

- Final Projects: Develop a comprehensive plan for a community garden or food initiative.
- Presentations: Share project outcomes with peers and receive constructive feedback.
- Certificates: Awarded upon successful completion of the program, recognizing acquired skills and knowledge.