

SEED THE CITY

URBAN FARMING & GARDENING PROGRAM

WORK EXPERIENCE CREDIT

PROGRAM OVERVIEW

Seed the City will offer students credit through work experience that takes place at Reynolds Secondary's schoolyard farm and garden. This program will be delivered by LifeCycles Project Society in partnership with TOPSOIL Innovative Urban Agriculture. Students will gain transferable skills through hands-on learning and will participate in all aspects of growing, harvesting, and selling vegetables that are grown on school grounds.

ABOUT THE EMPLOYER

LifeCycles Project Society is a charitable organization that improves community health by supporting people in growing, accessing and eating local foods. For over 20 years, LifeCycles' Growing Schools program has helped school communities integrate food gardens and native plants into school grounds and teaching practices. Through our educational programs and school garden design services, Growing Schools supports students and educators in creating biodiverse learning environments that promote wellness, health, and social inclusion.

TOPSOIL Innovative Urban Agriculture will support the delivery and coordination of this work experience program. TOPSOIL operates several commercial urban farm sites in Victoria that supply produce directly to local restaurants and their Dockside Green farm stand. TOPSOIL has been operating a successful urban farming business for the past 4 years and will facilitate the produce sales and business training aspects of this work experience program.

ABOUT THE SITE

Reynolds Secondary has a large food producing garden in the school's central courtyard. Since the Spring of 2018, LifeCycles has had a Garden Educator working at this school, coordinating food production for the weekly salad bar program and delivering educational workshops for students and teachers.

In an exciting new initiative, LifeCycles and TOPSOIL are partnering to build a small-scale farm at Reynolds Secondary, which will produce between 100-200 lbs of salad greens and vegetables each week!

Using TOPSOIL's innovative urban farming technology, we are working to increase food production on school grounds and to create healthier, more inclusive learning environments. TOPSOIL's organic farming methods produce large quantities of food in moveable containers which are easy for schools to install and maintain. We are excited to test this model on school grounds, as we believe it will significantly increase both the food production and education value of school gardens. The TOPSOIL farm site at Reynolds Secondary will be built in the first week of July 2019 and will be utilized throughout this work experience program.

WORKPLACE DUTIES

Garden Care & Maintenance:

- Planting, Weeding, Soil Care, Composting, etc.
- Irrigation Installation & Repair
- General Site Maintenance

Harvesting & Preserving:

- Harvesting vegetables
- Washing & preparing produce for sale
- Processing food for storage

Marketing, Sales & Events:

- Assist with market research and business planning
- Support produce sales at local markets
- Support coordination of the Harvest Celebration

KEY EMPLOYABILITY SKILLS

- Teamwork
- Problem Solving
- Communication
- Initiative
- Learning

WORKPLACE SKILLS

Horticultural Skills:

- Planning, planting, and maintaining a food producing garden
- Installing and maintaining irrigation systems

Food Preservation Skills:

- Processing harvested food (ie. cooking, freezing, pickling, etc)
- Drying herbs
- Creating value-added products

Business Skills:

- Pricing, selling, and marketing farm grown produce

PROGRAM OVERVIEW

<u>WEEK #</u>	<u>DATES</u>	<u>SKILL DEVELOPMENT</u>
WEEK 1	July 9 July 11	Welcome & Orientation Tools & Techniques
WEEK 2	July 16 July 18	Soil Health Planning the Garden
WEEK 3	July 23 July 25	Preparing Produce for Market Market Research & Produce Sales
WEEK 4	July 30 Aug 1	Plant Families Preserving the Harvest: Pesto
WEEK 5	Aug 6 Aug 8	Plant Health DIY Herbalism: Lip Balms & Lotions
WEEK 6	Aug 13 Aug 15	Composting Preserving the Harvest: Pickles
WEEK 7	Aug 20 Aug 22	Pest Management DIY Herbalism: Medicinal Teas
WEEK 8	Aug 27 Aug 29	Opportunities & Next Steps Harvest Celebration!