# GALWAD

# STORY GARDENS

## AN ACTIVITY TO DESIGN AN UPCYCLED, SMALL SCALE, SUSTAINABLE FOOD GROWING SPACE THAT TELLS A STORY

# Background information

Growing more of our own food is something that we can all get involved with, no matter where we live or how much space we have. Food is becoming increasingly more expensive due to pressures around the World and changes in climate. Incredibly, we are also wasting more food than ever both globally and in the UK. A recent report from WWF has calculated that we are wasting around 40% of food that is produced and a lot of this waste comes before the product even leaves the farm.

Growing our own food gives a great sense of achievement and also helps us to appreciate the time and energy that go into producing food, in turn increasing how we value it. It also encourages us to get outside, as well as enabling us to control exactly what is added to our food, so we can minimise chemical fertilisers and pesticides.

Combine that with a circular economy and upcycling of things that would otherwise go to waste and we are becoming truly sustainable citizens. All sorts of containers can be used to plant in, from old wellies to broken drawers or old bath tubs!

We can adapt what we use to the space that we have so we can grow on windowsills, up the sides of buildings, or on rooftops. Old pallets can make an excellent vertical garden and many cities are now designing buildings with vertical gardens as a key feature.

| Food waste accounts for 10% of all greenhouse gas emissions. | Did you know that on average, plant, insect and bird life is up to 50% more abundant on organic farms? | Soils are home to one quarter of the Earth's species and play a crucial role in combatting climate change. |

If you need some inspiration, have a look at Urban-Vertical CIC, a great small business in Cardiff, that has set up a vertical growing microgreen community farm.

You can also get some ideas on different designs at [5 Designs for Growing Food Vertically - The Permaculture Research Institute (permaculturenews.org)](permaculturenews.org)

Growing anything, including food, is great for biodiversity, and helps to support local wildlife and helps to clean the air that we breathe.

# Activity

Taking inspiration from Eco-Schools in Scotland, this activity incorporates storytelling and designing a 'pocket' garden into one fun activity.

We would like to challenge you to design a miniature food garden that tells a story from the future! It is up to you how you tell that story – it could be through items in the garden or through images, words or sounds that are found in the garden. It could even be through a story that is told when visiting the garden.

You should try to only use upcycled items in your design and your garden needs to be planet positive – so only peat free compost and organic growing practices.

Have a look at [Keep Scotland Beautiful's Pocket Garden Showcase](#) to gain some inspiration for how to create a small garden that is packed full of plants, upcycled items and tells a story.

A pocket garden has a maximum footprint of 1 metre square but it can extend upwards as much as you like. It doesn't have to be square though, it might be long and thin, as long as the footprint isn't more than 1m2.

Some things to think about include:

- What will you plant that is edible and easy to look after? Remember to think about when all the plants will flower or need harvesting and if they grow well in your climate. You can get some inspiration at [Growing - Growing (dandelion.scot)](dandelion.scot)

- What story will your garden tell – will it be a picture from the future or a story from someone who has visited the future? Perhaps it will be about future food with some exciting new crops! Be as creative as you like.

- Where will you make your garden and what items could you salvage to create your design? Is there anyone who could help you with sourcing materials?

We'd love to see your designs once complete, so please do email them to eco-schools@keepwalestidy.cymru We'd also love to see if your design gets created into a living garden later in the year.

# Reflection

Food has the potential to solve some of the biggest environmental challenges facing our planet but we need to rethink how we grow, trade and use our food so we are giving back to nature.

What else could we do within our schools and homes to transform food from something that causes one quarter of all greenhouse gases one-quarter of the world's greenhouse gas emissions (ourworldindata.org) into something that helps solve the nature crisis and creates the future that we want to live in?

When you walk through your local community, see if you can spot any locations that could benefit from a pocket garden. Maybe you could share your designs or ideas with members of the community so you could have lots of pockets of food locally.

# Curriculum links

## WALES

**Purposes**
- Ethical, Informed Citizens of Wales and the world.
- Enterprising, creative contributors.

**AOLES and What Matters statements**

**Expressive Arts**
- Creating combines skills and knowledge, drawing on the senses, inspiration and imagination

**Humanities**
- Informed, self-aware citizens engage with the challenges and opportunities that face humanity and are able to take considered and ethical action.

**Mathematics and Numeracy**
- Geometry focuses on relationships involving shape, space and position, and measurement focuses on quantifying phenomena in the physical world.

**Science and Technology**

- The world around us is full of living things which depend on each other for survival.

## SCOTLAND

**Social Studies**: People, place and environment.

## NORTHERN IRELAND

**The World Around Us**: Place, Change Over Time.
**Personal Development and Mutual Understanding**: Mutual understanding in the local and wider community.

## ENGLAND

**PSHE**: Living in the Wider World – carrying out shared responsibilities for protecting the environment.

# Global Goals

Goal 15: Life on Land

Goal 12: Responsible Consumption & Production

Goal 11: Sustainable Cities & Communities

# GALWAD

## UNB⊙XED
### CREATIVITY IN THE UK

## Cymru Greadigol
## Creative Wales

33-35 Heol yr Eglwys Gadeiriol, Caerdydd, CF11 9HB
33-35 Cathederal Road, Cardiff, CF11 9HB
029 2025 6767
keepwalestidy.cymru
info@keepwalestidy.cymru

Ariennir gan
**Lywodraeth Cymru**
Funded by
**Welsh Government**

**Eco-Schools**
**Eco-Sgolion**

cadwch keep
gymru'n wales
caclus tidy