

November 2017 PAC Garden Committee Update

What is the Garden Committee and how you can help? The Garden Committee is focused on supporting the evolving Garden Program at Forest Grove Elementary through fundraising (Salsa Sales), grant writing and meeting regularly to discuss ideas and upcoming school garden projects. [Sprouting Chefs](#) is the non profit community partner organization that oversees the program by facilitating the Garden Club, Seed Classes, Cooking Classes and After School Cooking Classes. Parents, teachers and other community members are invited to join the committee to have a voice in the direction of the program. By having these areas of support the garden and green spaces around the school are planted (Seed Classes where the whole school participates), maintained and sustained (Garden Club), and the children of the school get to learn how to cook and eat what they grew (After School Cooking Classes). Did you know that because of all these various activities we do with our school garden that Forest Grove is seen as the model program for school gardens in the District? It's true! Many schools in Burnaby are now looking to us for guidance and support

If you would like to become a part of this committee; you have a passion for positive change, are able to help research for grants or help write them, you love to garden and want to be a part of the Garden Club, please contact us: Barb from Sprouting Chefs barb@sproutingchefs.com.



Did you know that October was Farm to School Month? We supported this idea via our Community Lunch Event on October 6, 2017 that used locally sourced tomatoes and basil from [Houwelings Farms](#), veggies from our own garden, as well as locally sourced salad greens and garlic from Whole Foods Market. Our friends at [Cioffi's Deli](#) on Hastings also supplied olive oil and pasta for the event. This event could not be possible without the grant support from [Farm to Cafeteria Canada](#) which also helped us with our Spring Community Event. Gratitude and thanks to all the kids who helped prepare, cook, serve and clean up for this event including: Nathaniel (Gr. 7), Laithan (Gr. 6), Stella (Gr. 5), Xeniya (Gr. 4), Noa (Gr. 4), Bella (Gr. 4), Bana (Gr. 5), Jeremy (Gr. 3), Hailey (Gr. 3), Mathew N (Gr. 3), Vanessa (Gr. 7), Rosie (Gr. 7), Emily (Gr. 7), Katarina (Gr. 7), Connor (Gr. 4), Mathias (Gr. 6), Brooklin T (Gr. 3), Tiana (Gr. 5), Samantha C (Gr. 5), Gabi (Gr. 6), Neila (Gr. 6), Rebecca (Gr. 3), Nella (Gr. 6), Melody (Gr. 4), Zachary (Gr. 7), Erin (Gr. 3), Sadie E (Gr.5) Kason (Gr. 4). You were all so awesome and Ms. Barb is so super proud of each of you! And to our parent helpers: Selena Yip, Janet Ambrosio & Socheary Tan, thank you!



Garden Club – Sept/Oct/Nov

Thank you to all who have registered once again and for the first time to our Garden Club. It's so great to continue to see familiar faces along those who are joining us for the first time. Welcome and Welcome Back!

Thank you to our wonderful sponsor for Garden Club. The **McGrane Pearson Endowment Fund via the Vancouver Foundation** yet again have donated funds for the facilitation and continuation of Garden Club 2017/2018 allowing this to be a **Free After School Activity** for our school community.

Garden Club has met to do a variety of Fall Activities in the garden including: Cleaning up the Front Garden, Harvesting veggies from the edible garden, and a general introduction to how the Labyrinth can help us all.



After School Cooking Classes

October and November Cooking Classes are on going with a variety of basic cooking lessons highlighting local seasonal ingredients as well as basic recipes for kids to do at home including the pasta that we made for the Community Lunch. If you would like to register your child for the Winter Sessions which will begin January 9th to Feb 10th, 2018 or need any other information, please contact Ms. Barb via email at barb@sproutingchefs.com. Please note, these classes fill up very quickly.

