

## WENTWORTH NURSERY

### 'Parents in Action' gardening course

Practical gardening workshops for 10 parents at Wentworth Nursery:  
Summer Term 2006 - Fridays June 16<sup>th</sup>, June 23<sup>rd</sup>, June 30<sup>th</sup>, July 14<sup>th</sup> (9.30am - 11.00am)

**Staff:** Rob Sambrooks (TLT, study support officer), Iva (schools gardener),  
Jacqueline Walters (TLT, parental involvement officer)

#### Pre-course aims:

- Encourage parents to share in their children's schooling and support their learning.
- Give parents + children an opportunity to learn new skills and develop an active interest in gardening.
- Help parents to feel confident and enthusiastic in sharing knowledge and activity ideas with children.
- Provide a platform for families to further develop their interest after the course has finished.

#### What do parents want to get out of the course? (Week 1)

- Learn more about planting and sowing (JD)
- Understand maintenance of plants (TR)
- Learn how to grow herbs (KW)
- Be part of a group, exchange tips and advice (HH)
- Know difference between Turkish and English plants (DK)
- Gain inspiration and motivation to do the garden (ES)
- Learn about the plants here in the nursery (RS)



Tour of garden - Identifying and learning about the plants at the nursery



Making our own herbal tea - rosemary / sage,  
fennel, mint / lemon balm



Planting tomato and basil to take home



'Where food comes from' - we grew food plants from seeds in re-used food containers



Introduction to garden tools  
- weeding, pruning



Investigating the pond - pond dipping



Make your own 'mini-garden' (kitchen herbs)



Cooking with herbs / food tasting – Potato with rosemary / mint, pasta with tomato / oregano / basil sauce, salad, + herbal tea

### MENU

- **CUCUMBER SOUP** – Ingredients: 3 natural yoghurts, 3 cucumbers, garlic, **fennel (already in our garden)**
- **POTATO SALAD** – Ingredients: 2kg. of new potatoes, 3 red onions, sunflower seeds, mustard seeds, vegetable oil, **chives and rosemary (already in our garden)**
- **PASTA WITH HOME MADE TOMATO SAUCE** – Ingredients: 2kg spaghetti, 1 kg. tomatoes, 3 onions, **marjoram and basil (already in our garden)**
- **BRUSCHETTA AL PESTO** – Ingredients: 2 baguettes, olive oil, butter, parmesan, **basil (already in our garden)**
  - **Refreshing drink:** 3 lemons, 1 lime, brown sugar, **mint (already in our garden)**

## **FEEDBACK FROM PARENTS: (collated)**

### **Have you achieved what you wanted to get out of this course?**

- Yes x 10
- Yes and more
- Very informative and interesting
- I'm now able to identify many more plants and herbs and more confident to take care of them
- I found out more about gardening, herbs, etc... + how to nurture them

### **What did you find useful about the course?**

- I have become more confident in planting, cutting and growing
- I enjoyed learning as part of a group. I liked the way everything was informal and the fact that it was long enough to give us a taster but not too long for us to get bored
- It was nice to conclude it with the cooking session so we can relate the herbs with actual food in the end
- Useful tips on using herbs, meeting other parents, tips on growing vegetables
- Learning more about plants / herbs (x 4)... life spans of plants... How to look after herbs... How to prune properly... New recipe's / wonderful recipe ideas with herbs (x 3)

### **Is there anything else you would have liked to have been included in the course?**

- No x 3
- No, it has been a really good basic start
- I think all aspects of the gardening and the differing ways of productive gardening can be utilised.
- The course covered a lot of things I needed to know

### **Having completed this course what are your next steps? (e.g. future courses / volunteering at the Nursery?)**

- I would be interested in future courses and volunteering at nursery / school
- I already volunteer at Wentworth Nursery and am happy to help out as much as possible
- I'd like to do future course – if you have any more like this please let me know!!!!
- Being involved at her new school
- Continue to learn and hopefully go on future courses (x 2)
- Use what I have learnt at home, cooking and gardening (x 2)

### **Has your child benefited from participation in the course? If so, in what ways?**

- Yes – understanding more about seeds, compost and watching them grow at the nursery
- Yes he has enjoyed the whole experience from the planting to take herbs home and using them to cook with at home
- Yes, it was something we have done together and we have both taken pride over our herbs
- She liked having me around at helping
- He has enjoyed doing some gardening which is something that I don't ordinarily do with him
- Enjoying planting seeds and watching them grow... Using herbs in cooking... Planting flowers!
- She wasn't always taking part but she did help with the herb garden
- Yes, I think she has enjoyed her mum attending the nursery for the course