

From garden to table

Learning City Christchurch

A great way to provide authentic learning is with a school garden. Schools across New Zealand have embraced a [garden to table philosophy](#) and are growing edible plants.

Research from South Island District Health Boards' [Evaluation of edible gardens in educational settings](#) (2011) found that school gardens had many benefits for students, including helping them stay physically active and enhancing their self-esteem and sense of responsibility. Find out more about this research and different ways school gardens support learning across the curriculum from this [2017 Stuff article](#).

Sustainable development goals

12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION

15
LIFE ON
LAND

Find out more

- [United Nations Sustainable Development Goals](#)
- [Globalgoals.org](#)

Local places

Get inspired to develop your school garden by exploring some of the city's amazing edible gardens. Explore our gallery on the [Grow Waitaha Instagram space](#) and search using the hashtag:

#growwaitahagardens

#growrealllearning
#growcollaboration



The Curators Cottage – Christchurch Botanic Garden. (Grow Waitaha)

Teaching and learning resources

[Young Enterprise – Growing a school garden \(pdf\)](#)

A series of lesson plans that support students to lead the design and development of a school garden.

[Garden to table \(webpage\)](#)

Established in 2008, Garden to Table works with thousands of New Zealand primary school students to help them discover a love for fresh food. The programme is curriculum-integrated and provides real-world learning opportunities, taking learning outside the classroom. There is a small cost involved

[School gardening calendar \(pdf\)](#)

A guide to planting across the year.

[School gardening learning resources \(webpage\)](#)

Integrated learning ideas, organised by season.

[Go gardening \(webpage\)](#)

A kiwi website with a wide range of growing tips for healthy plants.

[Christchurch urban foragers \(webpage\)](#)

Places to find food growing in the city that is free to forage.

[Cultivate Christchurch \(webpage\)](#)

An urban farm supporting a garden to table philosophy and empowering young people. It contains resources, ideas and volunteer opportunities.

Share

Grow Waitaha would love to see your school gardens!

- What is growing well this season?
- What authentic learning is happening for your ākonga?
- What are you and your students cooking up with the food you have grown?

Share your images on Instagram with the hashtag

[#growwaitahagardens](#)

[#learningcitychch](#)

Other useful Instagram hashtags

Use the following hashtags to find fantastic images and ideas to inspire your edible gardens:

[#gardentotable](#)

[#ediblegardens](#)

[#cultivatechristchurch](#)

[#growwaitahagardens](#)

[#growrealllearning](#)

[#growcollaboration](#)