

Square Foot Garden Project meeting  
October 6, 2015

Present: Marsha Zavez, Brenda Tharp, Lynda Schmidt, Mark McFarlin, and Brenda Eaves

Both inside and outside gardens seem to be growing well. Radishes and greens (kale and chard) were harvested from the outside beds. Spinach was less successful outside and perhaps some of the harvesting was due to woodchucks.

In formal feedback is that the students like caring for their plants and noticing the growth.

Inside the greenhouse Bob has set up lights and watering so that much of the growth there is going smoothly. Students have been caring for and observing the growth of the carrots (K), and spinach and beans (2).



These pictures were taken on October 5.

At the meeting Bob shared his passionate interest in sharing the research behind the health benefits of a plant-based diet. This switch has impacted his own health and he would like teachers to know the research and science behind the claims that plant-based diets so they have that information at hand for student and parents. Bob put together a collection of articles, videos and data to help us understand the health benefits of a plant based diet from Kaiser-Permanente, nutritionfacts.org and various health statistics for Rockingham County and New Hampshire.

At the November meeting lets share successes, gather changes that could be made for next year, and develop a protocol for how we can "put the gardens to bed for the winter."