

ACA, Ohio Grant Application

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Project Title and Description:

Herbal Adventures: Growing and Using Herbs for a Healthy Body and Planet

As new life sprouts this spring, children at Sunbury Urban Farm will explore the wild and wonderful world of herbs! Campers will be challenged to use all of their senses as we explore the garden, forest, and fields searching for ingredients to make herbal remedies, tasty treats, and craft projects. Junior herbalists will learn about plant parts, pollinators, gardening, foraging, and so much more. Seeds, salves, lotions, and potions... we have so much to discover at this herbal adventure camp!

This grant will provide building materials for a new herb garden and moon garden for nocturnal pollinators, as well as participant supplies for making crafts projects, increasing pollinator habitat, and creating all-natural, kid-friendly herbal remedies.

Project Purpose:

As the world becomes more technological and children are drawn indoors to computer, tablet, and phone screens, they are losing their inherent connection to the natural world. For as long as humans have been on this planet, we have depended on nature to calm, heal, and power our bodies. But these days, children can name more brand logos¹ and Pokémon characters² than native species.

Take a step out your back door, into the neighborhood woods, or in a city park, and you'll find that plants are growing all around you – and many of these plants are helpful for us as humans. Herbal Adventures camp is designed to spark participants' curiosity in herbalism at a young age and inspire their interest in the wild world of plants for years to come.

At Herbal Adventures camp, children ages 5-13 will:

- Discover health benefits of common herbs;
- Learn to identify common edible and medicinal plants, both in the garden and in the wild;
- Explore historical and cultural connections to herbalism and foraging from expert presenters;
- Make kid-friendly herbal remedies like lip balm, dry skin salve, and anti-itch spray;
- Prepare snacks and drinks from freshly harvested and foraged ingredients (herb dip, dill pickles, garlic mustard pesto, dandelion honey butter, sun tea, basil mint lemonade, etc.);
- Investigate natural connections between humans, plants, insects, and wildlife;

- Explore ways for humans to make the world a better place, including increasing pollinator habitat (special focus on nocturnal pollinators with the creation of a moon garden) and removing invasive non-native plant species (special focus on garlic mustard);
- Begin projects to continue at home, like a take-home herb garden and pollinator seed balls;
- Help design, build, and/or tend an herb garden (activities will depend on the time of program. Spring participants will be more involved with designing and building the garden, summer participants will tend the garden).

Herbal Adventures Camp is scheduled to take place twice in the upcoming year, once during the spring term of Farm and Forest School* (expected number of participants – 60) and once during summer camp (expected number of participants – 65). Additionally, every summer camper will participate in at least one activity that takes place in the garden and will prepare snacks using fresh-picked garden herbs (an additional 650 participants). In total, 125 children will participate in an in-depth Herbal Adventure program, while 650 children will participate in a sampler program. An expected 775 children, ages 5-13, will benefit from this grant project in 2022.

*Farm & Forest School is a once-a-week school year camp for homeschooled children. Imagine summer day camp, but instead of attending five days in a row, children attend once-a-week for six weeks.

Project Budget:

Sunbury Urban Farm is requesting \$2,250 from ACA Ohio to fund this project. If the full amount is not awarded, the project will be modified and purchasing will be scaled back, but the project will still occur.

Amount:	Use:
\$750	Building supplies for raised garden beds – lumber, soil, fertilizer
\$750	Pathway materials – landscape fabric, mulch, stepping stone mosaic supplies
\$300	Guest presenter fee – Alexis Nikole Nelson aka Black Forager or another expert presenter
\$250	Small garden supplies – seeds, gloves, hand tools, watering cans, plant markers
\$200	Participant supplies – tins, jars, bottles for lotions, salves, etc., beeswax, coconut oil and other ingredients, take home herb garden pots, paint, recipe book materials

Additional Costs:

In addition to the project costs outlined above, SUF’s 2022 operating budget will cover the following expenses, which are not dependent on this project being successfully funded.

- Staffing costs for instructors, camp counselors, and gardeners
- Additional garden costs – fertilizer, water, electricity for grow lights, seed starting supplies
- Daily snack ingredients for all participants (to supplement what is grown in the garden)
- Program supplies – picture books, games, and basic teaching supplies

Time Framework:

This project will be introduced during the spring term of Farm & Forest School and the 2022 summer camp season at Sunbury Urban Farm. We intend to build a new section of the existing education garden with quality supplies that last for many seasons to come, making this a project with long lasting impact.

- Feb. – March 2022 – begin growing herb seeds indoors to be ready to plant outdoors in May
 - April 2022 – Purchase lumber, soil, and mulch; build raised beds for herb garden and moon garden. Volunteers will help to build the beds as a project for SUF's Earth Day Work Day.
 - April – May 2022 – Herbal Adventures term at Farm & Forest School. Children will plant herbs and flowers in the new garden beds, learn about pollinators, create their own herbal remedies, grow seedlings to take home and plant, and make art to decorate the new herb garden and moon garden.
 - June – Aug 2022 – general camp program, all campers will visit garden at least once during their week at camp. Campers learn about plants and animals in the garden habitat, use senses to explore the garden, cook using fresh-picked ingredients.
 - July 25-29, 2022 – Herbal Adventures week at camp – all campers in camp this week will make herbal remedies like lip balm and bug bite spray, forage for edible and medicinal plants, make fresh foraged tea, and pick ingredients to turn into snacks.
 - Spring/Summer 2023 and onward – garden beds will be tended and replanted (if necessary, some beds will have been planted with perennials) for continued herbal education for many years. This project will benefit all future campers at Sunbury Urban Farm.
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Organizational Mission & Goals:

Sunbury Urban Farm strives to educate and inspire our community as to the importance of agriculture, nutrition, sustainability, and environment awareness.

Just like the plants in the garden, children grow at farm camp, too. Through outdoor exploration, hands-on activities, and freeplay, our goal is that campers will grow in the following ways:

- Build self-esteem through interactions with others and participation in new and challenging activities.
- Grow communication and problem-solving skills through child-led freeplay and facilitated activities.
- Learn gardening, cooking, and healthy eating skills that they can share at home.
- Develop kindness, compassion, and empathy by caring for living things, articulating feelings, and contributing to group success.
- Become stewards of the land, forming a connection with the earth and a desire to protect both living and non-living elements of our ecosystem.

Every day brings new opportunities and new experiences designed to showcase the joys of nature and spending childhood outdoors!

Citations:

¹ T. Bettina Cornwell, T. B., McAlister, A. (2010) *Children's Brand Symbolism Understanding: Links to Theory of Mind and Executive Functioning*. *Psychology & Marketing*, Vol. 27(3): 203–228.

² Balmford, A., Clegg, L, Coulson, T., Taylor, J, (2002). *Why Conservationists Should Heed Pokémon*. *Science*, 295, 2367.