



Deaver Farm Explorers

Lesson 3 : *Healthy Soil & Compost*

This week we are *digging deep* into our lesson on soil and compost here on the farm, learning all about why healthy soil is the most important part of a healthy earth and healthy bodies.

[Watch the Virtual Farm Lesson Here!](#)

Helpful Links

- Learn more about Greener Partners and the Deaver Wellness Farm at Lankenau Medical Center by visiting us at greenerpartners.org
- Check out this fun [video tutorial](#) on a different way to make your own compost experiment
- Here is the [infographic](#) about soil nutrients in the body
- Community Composting:
 - [Bennet Compost](#)
 - [Mother Compost](#)
 - [Circle Compost](#)



<i>This Week's Farming Phrases</i>	
Heirloom	A seed from a plant that has been carefully grown and saved over time because it is considered valuable due to its flavor, vigor, adaptability, etc.
Nutrients	something that provides nourishment essential for growth and health
Compost	Decayed plant and food material used as a fertilizer for soil
Decompose	To break down
Fertilizer	a chemical or natural substance added to soil or land to increase its ability to produce food
Aerobic Bacteria	organism that survives and grows in an oxygenated (air) environment
Anaerobic Bacteria	any organism that does not require oxygen for growth

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Growing Together

This week's hands-on activity is creating our own Composting Experiment ! Follow along with our Lesson 3 video for a demonstration of how you can make your own mini composting bin, and watch the magic of compost happen in your own home!

Materials:

- Container (quart-sized, with or without a lid)
- Push pin
- Cloth towel
- Dry leaves & dirt
- Food scraps
- Small plate or extra lid to sit under container

Directions:

1. Prepare your container : poke holes in the top and bottom of your container using the push pin (ask a grown-up for help if needed!)
2. Layer your "dry material" (leaves and dirt) and your "wet material" (food scraps) on top of each other, a few pieces at a time - compost will break down faster if your pieces are small! You should have 3-4 layers of dry and wet materials, layered all the way to the top of the container
3. Place the lid with holes in it on top of the container, or if you don't have a lid you can use a small cloth towel - something that will let air through.
4. Place your compost container on a plate or extra lid, while making sure the holes on the bottom are not covered too tightly
5. Set your compost experiment on a window or somewhere that will stay pretty warm
6. Shake up or stir your compost once or twice a week to ensure air flow
7. Watch your food waste and leaves become a nutrient-rich natural fertilizer! In about 4-5 weeks you should have a finished compost to add to your garden or potted plant

Show us your Compost!

Send pictures and/or drawings of your composting experiments or gardening explorations to
deirdre.sheehy@greenerpartners.org



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Seed To Fork Recipe!

Another way to reduce waste in the kitchen is by turning some of your food scraps into **vegetable stock**! This nutrient-dense broth can be used as a base for soups, beans, and sauces.

Vegetable Stock

A good way to gather ingredients for stock is to keep a bag of food scraps in your freezer. Add your hardy stems and veggie skins to the bag every time you cook, and when the bag is full then you're ready to make your stock!

You Will Need :

- Veggie scraps
 - broccoli/kale/collard stems
 - onion & garlic skins
 - Carrot & potato peels
- Fresh or dried herbs
- 3-4 whole garlic cloves
- 1 bay leaf (optional)
- Water

*get creative! Be sure to stay away from fresh leaves that will cook down too quickly - keep your ingredients hardy!

Directions :

1. Place all ingredients in a large pot
2. Fill the pot with water, making sure to cover all the veggies
3. Bring the pot to a boil
4. Reduce heat to medium-low and simmer the stock for 1-2 hours, stirring occasionally
5. Strain the solids out of the liquid
6. You can keep veggie stock in the fridge for up to 1 week - you can also freeze your stock in quart containers