

# LITTLE SEEDS

An early years education program at  
Pocket City Farms.



Planting a seed in the minds of our future, through  
story telling, play and art.

# Contents.

What we do //  
page 3

Our team //  
page 4

The problem //  
page 5

The solution //  
page 6

How we're going to tackle it //  
page 7

Workshops //  
page 8 + 9

How the workshops work //  
page 10



# What we do.

In June 2016 we opened the first urban farm in Sydney, at Camperdown Commons. Our farm is a productive hub the local community can gather to learn about all things farming and food growing, buy locally-grown, chemical-free produce, participate in our composting program, and take part in many workshops and events. Importantly, the farm is a place to visit, enjoy productive green space in the city, dig your hands in the soil, and learn all about where exactly our food comes from and how it's grown!



## Our team.

Pocket City Farms is a not-for-profit established and run by a crew of skilled individuals, who are motivated and passionate about urban farming and sustainability.

ELIZA CANNON is the community coordinator at Pocket City Farms. Graduating as a primary school teacher whilst having experience as a vegetable farmer herself, she is passionate about educating children and young people about food and how to grow it.

EMMA BOWEN is the general manager of Pocket City Farms and a founding PCF board member. She has a background across small business, small-scale farming, urban sustainability, permaculture and education in slow living skills.

MICHAEL ZAGORIDIS is the farm manager of Pocket City Farms and a founding PCF board member. His experience is in organic, permaculture and sustainable farm practices, nourishing soil structures and local food networks.

JULIA MARTIGNONI is the farm hand at Pocket City Farms. Julia worked in Native Title and Aboriginal Land Rights for a few years before pursuing farming. Before starting her position here, she has volunteered on farms in Austria, the US and Chile.



# The problem.

Australia's food system is facing tremendous challenges in this current day and age. Challenges that are the product of decades of increasing industrialisation and consumer demands. This problem is extremely complex, but has resulted in a disconnection that people have with the food they eat and the people who grow it.

With this disconnection comes the domino effect of lost food skills. This umbrella idea encapsulates the choices and actions that drive the sourcing of food, the growing of food and the cooking of food.



# The solution.

The solution lies in the hands of the next generation. By educating young people about food, the way its grown, sustainability and ethical decision making surrounding this huge umbrella idea of food, we can take small steps toward achieving real behaviour change.

It's all about enlightening children about the beauty of growing their own food and the benefits as a whole. Much research has found that when children are exposed to authentic food and sustainability education early in their lives, chances are that they will continue along a path of holistic lifestyle approaches in the future.



# How we're going to tackle it.

We've designed an early childhood program that focuses on sustainability and growing food.

Workshops have been tailored using the early years ways of learning to drive the focus and activities. Those of which involves socio-dramatic play, story telling and visual arts.

However if you can't find what you are looking for, let us know and we will try and tailor something for your group of children.



# Workshops.

## EXPLORING SEEDS

Story sharing + drama //

Children will be read 'The Tiny Seed' by Eric Carle.

Children act as a tiny seed transforming into a flower.

Planting of a seed //

Children are taught how they plant seeds and what they need to survive.

Children mix soil and plant their own seed to take back to centre.

Finger painting //

Children take a wander through the farm.

Children finger paint what they have seen and learnt on the farm.

Cost: \$15 per child (minimum 10 children = \$150)

Duration: 2 hours



# Workshops.

## FINDING BUGS + SHAPES ON THE FARM

Story sharing + drama //

Children are read 'The Very Hungry Caterpillar' by Eric Carle.  
Children act as a very hungry caterpillar.

Bug hunt around the farm //

Children walk around the farm searching for bugs.

Shapes //

Explore the many shapes that nature has to offer and compare plants with their corresponding shapes.

Paint using plants found around the farm as a paintbrush!

Cost: \$15 per child. (minimum 10 children = \$150)

Duration: 2 hours



# How the workshops work.

All you need to do is bring the children. We'll sort the rest.

## Duration

All workshops run between 1-2 hours.

Whole day excursions with a number of sessions available upon enquiry.

## Session times + days of the week

Classes available: Monday, Wednesday + Friday

Morning // 9.30am - 11:30am

Afternoon // 12:30pm - 2:30pm

All day // 9:30am - 2:30pm

## Price

Prices are generally \$15 per child, unless otherwise discussed and depending on the class and duration. We only run workshops with a minimum of 10 students.

Please note - we are flexible. If you wish to have a workshop adapted to suit your class, we are happy to do so. Just ask.

## Contact

For enquiries and bookings, email Eliza at:  
[community@pocketcityfarms.com.au](mailto:community@pocketcityfarms.com.au)

We hope to see you soon!

