

# FARE Scotland

## *Engaging young people*

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Susan Wilson is Community Engagement Lead Gardener for FARE Scotland. She works to support young people and families on a community allotment in Easterhouse, Glasgow. We've asked for her top tips on engaging young people in gardening.

- 1 Make the experience exciting** by growing unusual and rainbow vegetables.
- 2 Engage children** as young as possible. They are the ones that will drag their parents along and fingers crossed the parents enjoy it too!
- 3 Include everyone** in the decision making process. Ask the children and families what ideas they have, and put them into practise.
- 4 Your outside area can be used for more than growing.** If you have a woodland area, why not host a story-time using books like The Gruffalo and The Stickman? Follow this with a nature craft eg. make a mask of the Gruffalo using a paper plate and leaves, and use petals for the eyes and green wart.
- 5 Children love digging**, and this can sometimes lead to plants being disturbed. Have one plot specifically for just digging, with no veggies in it, so you don't have to say "don't dig this and don't dig that".
- 6 Try birdwatching.** Use bird identification papers, children can even make binoculars using kitchen roll holders. This is a great way to start understanding the wildlife in your space.
- 7 Upcycle wherever possible.** You can use tin cans and decoupage to use as planters, use old colourful handbags to plant in, repurpose baby baths and make frog ponds. It saves money and adds personality!