



Faces of **THE FOUNDATION**



**2018
ANNUAL REPORT**



PLANT A SEED

The best time to plant a tree is 20 years ago. The next best time is now!—Chinese Proverb

Early childhood experiences are often the most lasting. These experiences play a crucial role in their physical, intellectual, and social-emotional development. UNESCO¹, defines early childhood education as the: “holistic development of a child’s social, emotional, cognitive and physical needs in order to build a solid and broad foundation for lifelong learning and wellbeing.”

In other words, “Shape the child. Shape the future.” In this regard, Plant a Seed & See What Grows Foundation is focused on creating classroom and outdoor learning experiences that will positively shape the minds, attitudes and behaviors of our children.

Why are we doing this? Plant a Seed exists to improve the lives of others, with a focus on creating a better future for our children. We all do better when we are heart-and-soul involved with something bigger than ourselves. And a need that we can no longer ignore is that too often children, particularly in urban centres, suffer from what has been termed “nature-deficit disorder.”² They have little or no connection with nature.

I’m more interested in arousing enthusiasm in kids than in teaching the facts. The facts may change, but that enthusiasm for exploring the world will remain with them the rest of their lives.—Seymour Simon³

Instead of hands-in-the-soil, it’s hands-on-the-tablet. Through our *Greening of the Classroom* programs, Plant a Seed offers students a full sensory experience by planting seeds, caring for their seedlings, harvesting the produce—enjoying the work of their hands; the seed-to-table experience. These classroom and outdoor learning moments are exciting for them, and the impact lasts a lifetime.

The second-best time to plant a tree . . . is Today. This truism captures the urgency of doing something today. In 2018, we started “doing something” and reached about 33,000 children with our three *Greening of the Classroom* programs: *Seeds of Inspiration*, *Plant a Seed—Read!* and *Create a Garden. Inspiration a Generation*. And we continue to grow!

1. UNESCO: United Nations Educational Scientific and Cultural Organization
2. Richard Louv, *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*.

3. Seymour Simon is an award-winning children’s science author. He received the Parents’ Choice® Award in 2011 and 2013

PLANT A SEED

TODAY IS THE DAY TO SOW A SEED . . . TO PLANT A TREE . . . TO CREATE A LEARNING EXPERIENCE THAT WILL LAST A LIFETIME!

HELP US reach 100,000 children by this time next year. Please read on about our programs and learn about the variety of ways you can help our young people.



33,000+
STUDENTS REACHED

16
SCHOOL GARDEN PROJECTS FUNDED

600+
SCHOOLS INVOLVED

1,000+
LIBRARIES CONTACTED

2,000
FRIENDS OF THE FOUNDATION

PLANT A SEED

Seeds of Inspiration: Growing across Canada

Our free-of-charge *Seeds of Inspiration* Educational Program reaches primary grade students through storytelling, curriculum-based workbooks and planting activities. Our educational resources, available in English and French, provide teachers with tools that enable their young students to discover the seed-to-table growing cycle.

“The children are so excited to come into our classroom each day and see how their plants have changed! They feel like scientists! The books that accompanied the seeds are simply beautiful and have provided a spring board for meaningful conversations!” —Jessica S, Assiniboine Avenue Elementary School, NB



- 1 Clark Rutherford Memorial School, NS: Just planted!
- 2 Holy Cross School, ON: Learning is fun with Plant a Seed workbooks!
- 3 Clark Rutherford Memorial School, NS: Wow – they really grew fast!
- 4 Hope Lutheran Christian School, BC: Observing seedlings—closely!
- 5 Linden Christian School, MB: Getting things ready!

PLANT A SEED



WHAT TEACHERS SAID:

“The workbook was colourful and the children enjoyed working in it. The books were beautiful and a good complement to our project. We planted many other things besides the bean seeds for a Jane Goodall Project and I hope that it will have inspired students to become gardeners. They are excited each day as they come in and look at their plants. They water them themselves and are looking forward to displaying them at our school’s Roots and Shoots Fair and then to taking them home. Thank you.”
—Bev L, Westmount Charter School, AB

“I thought it was fabulous. The resources were wonderful and easy to use. We are just waiting for our seeds to grow!”—Jennifer D, Clark Rutherford, NS

“I was very impressed with the resources that I received.”—Diana M, Tisdale Elementary School, SK

“They loved watching the plants grow and drawing the changes they saw.”—Jessica D, Weston School, MB



WHAT STUDENTS SAID:

“I can’t wait to watch our seeds grow! We really get to take some home? A rhyming book! I love rhyming. Can we eat the beans?”

“This was fun! Planting seeds is the best! I am going to take my bean plant home and put it in the garden so that I can get beans to eat from it later.”

The visions we offer our children shape the future. It matters what those visions are. Often they become self-fulfilling prophecies. Dreams are maps.—Carl Sagan



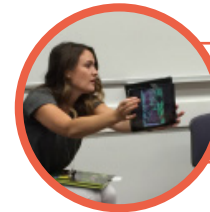
PLANT A SEED

Plant a Seed—Read! Program spreading

The *Plant a Seed—Read!* is a free-of-charge story telling activity that engages toddlers, preschoolers and youngsters. Libraries, preschools and licenced child care centres receive two empowering, storybooks *Plant a Seed* & *See What Grows* and *What to Do with What You Grew* written by Roland Gahler. The books are bright and colourful, easy to read, and encourage youngsters to learn about plants, to care for planet earth and to dream big. Our *Plant a Seed—Read!* program also includes organic non-GMO seeds and themed colouring books.

“We were delighted when a box came from you this morning, filled with story books, workbooks, colouring books, seeds, etc. It was like Christmas! The students and the teachers are going to love it. We, in the library, certainly do.”

—Leslie Ann S, Fox Creek Library, AB



WHAT LIBRARIES SAID:

“The kids were so excited when their seeds started to grow. They brought me pictures of their plants to show me.”
—Joan C, Irvine Community Library, AB

“The bean seeds were very popular with the children.”—Janice H,
Melfort Public Library, SK

“Yes, I would recommend the program. It was a rewarding and informative program with make-and-take-home activity.”—Beverly O-P,
Norwich Public Library, ON



WHAT CHILDREN SAID:

“I didn’t know that a seed needed sun in order for the plant to be green.”

“The beans were purple!”

“Plant a seed, it grows like me.”

PLANT A SEED

HELPING SEED LIBRARIES TAKE ROOT

Through our *Plant a Seed—Read!* program we launched a new initiative for Canadian public libraries in 2018 – we’re pleased to support the many Seed Libraries springing up around the country. Plant a Seed has donated packs of organic seeds to libraries in Saskatchewan, Ontario and Nova Scotia.

Seed libraries are important resources for communities, particularly those including disadvantaged families. Having access to free seeds enables families to learn how to grow their own food and have access to fresh and healthy produce. Seed libraries also encourage community members to plant pollinator-friendly flowers to support declining bee populations.

The best way to find yourself, is to lose yourself in the service of others.

—Mahatma Gandhi

Halifax-Bedford Library, NS



Stoughton Library, SK



Ottawa Library, ON



















Melfort Library, SK



PLANT A SEED

School Garden Projects: Growing!

-  Sutherland Secondary School, North Vancouver, BC with Edible Garden Project
-  Forest Grove Elementary School, Burnaby, BC with Sprouting Chefs
-  Windsor Elementary, Burnaby, BC with Sprouting Chefs
-  Lochdale Elementary, Burnaby with Sprouting Chefs
-  Roch Carrier Elementary School, Ottawa, ON with Growing Up Organic
-  Devonshire Community Public School, Ottawa, ON with Growing Up Organic
-  Lisgar Collegiate, Ottawa, ON with Growing Up Organic
-  Regina Street Alternate School, Ottawa, ON with Growing Up Organic
-  Robert Hopkins Public School, Ottawa, ON with Growing Up Organic
-  Chapman Mills Elementary, Ottawa, ON with Growing Up Organic
-  Norman Johnston Alternate High School, Ottawa, ON with Growing Up Organic
-  Garden Love, InsideU Community Garden, Woodstock, ON
-  West Mont Montessori, Victoria, BC
-  École élémentaire Catholique Ste-Marguerite-Bourgeoys, Woodstock, ON
-  Port Weller Public School, St-Catharines, ON with The Peanut Mill Natural Foods Market
-  École Peter Greer School, Lake County, BC



1-2 École Peter Greer School, BC: Building the garden beds!
3-5 Port Weller Public School, ON: Proud planters & gardeners!
6 École élémentaire Catholique Ste-Marguerite-Bourgeoys, ON: Proud harvesters!

PLANT A SEED

Outdoor Learning Experiences: Out on the Farm

Thanks to Plant a Seed funding for Growing Up Organic, about 135 students, from the Ottawa, Ontario area experienced farm field trips to Roots and Shoots Farm or to BeetBox workers' cooperative farm. The primary and intermediate grade students from Regina Street Public School, Connaught Public School, RW Wilson Public School and Gowling Public School got "hands in the soil, field and green house" opportunities. Growing Up Organic reports that, "Plant a Seed ... contributed towards creating 7 new gardens ... and facilitating 130 garden-based workshops which engaged over 1,000 students in food literacy, agriculture and community." —Jen C, Growing Up Organic/Grandir BIO, ON



1 Connaught School, ON
2 Regina Street Public School, ON



Kindergarten teachers from Pembina Trails School Division, MB discovering *Seeds of Inspiration* during their professional development session.

I have found that among its other benefits, giving liberates the soul of the giver.

—Maya Angelou

PLANT A SEED

Board of Directors

Plant a Seed is very fortunate to have a dynamic and committed Board of Directors led by our founding patron, Roland Gahler, as well as committed Advisory Committee members. We thank our Directors and Advisors for their generous gift of time and their talents. Together, they have helped Plant a Seed grow from a seed of an idea to a vibrant, vigorous charity serving school children and causes across Canada.



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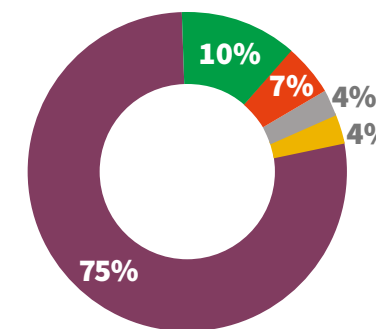
Thank you to our founding patron, Roland Gahler, and to Natural Factors.



PLANT A SEED



2018 FISCAL YEAR CHARITABLE PROGRAMS EXPENDITURES



- School Gardens \$ 5,500
- Bursaries \$4,000
- School Breakfast Programs \$2,000
- Educational Programs \$40,998
- Seed Preservation Programs \$2,000



*We make a living by what we get.
We make a life by what we give.*

—Winston Churchill

Help us achieve our goal of reaching 100,000 students!

Become a monthly donor for less than \$1/day!

Visit our website:
www.seewhatgrows.org
and click on the **DONATE** tab
or call us to discuss giving a gift at **1-855-440-7333**.



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