

Objective

By the end of this lesson, Meridaigh will understand how to choose a good plot for a no-dig organic allotment, learn about the benefits of no-dig gardening, and discover how to maintain a healthy garden without disturbing the soil.

Materials and Prep

- Notebook and pencil for taking notes
- Camera or smartphone (if available) for taking pictures of the allotment
- Gardening gloves (optional, but helpful for hands-on activities)
- Access to a garden or outdoor space for practical activities

Before starting the lesson, ensure that you have access to the Went to Roots Allotment site and that you have a plan for exploring different plots. Familiarize yourself with the concept of no-dig gardening and its benefits.

Activities

• Plot Exploration:

Take a walk around the Went to Roots Allotment and look at different plots. Discuss what makes a good plot, such as sunlight, water access, and soil quality. Meridaigh can take notes or pictures of plots that catch her interest.

• No-Dig Gardening Demonstration:

Find a small area where you can demonstrate no-dig gardening. Show Meridaigh how to layer organic materials like compost, straw, and leaves without turning the soil. Explain why this method is beneficial for the environment.

• Garden Plan Creation:

Using the notes and pictures taken, help Meridaigh create a simple garden plan for her chosen plot. She can decide what vegetables or flowers she would like to grow and how to arrange them based on sunlight and space.

Talking Points

- "What do you think makes a plot a good place to grow plants? Look for sunlight, water, and healthy soil!"
- "No-dig gardening is great because it helps keep the soil healthy and full of life. Can you think of why that might be important?"
- "By layering materials instead of digging, we help protect the tiny creatures that live in the soil. They help our plants grow!"
- "What vegetables or flowers do you want to grow? Remember to think about how much space they need!"
- "Taking care of a garden is like taking care of a pet. What do you think plants need to be happy and healthy?"