

# CoFarm4Cities

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Our work on the project

**City of Ljubljana  
&  
DOVES - FEE Slovenia**

CoFarm4Cities, Knowledge sharing webinar

City of Ljubljana

# The reason trigger for starting the project?

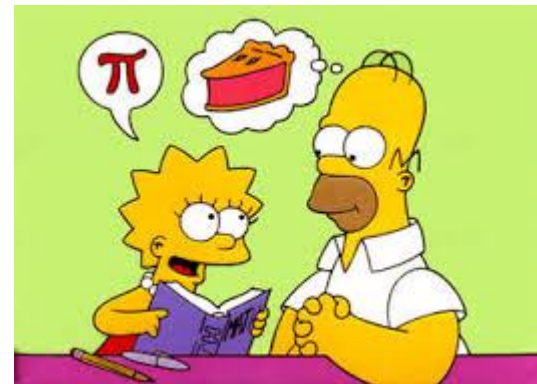
- How to increase level of food self-sufficiency in Ljubljana?

## Facts

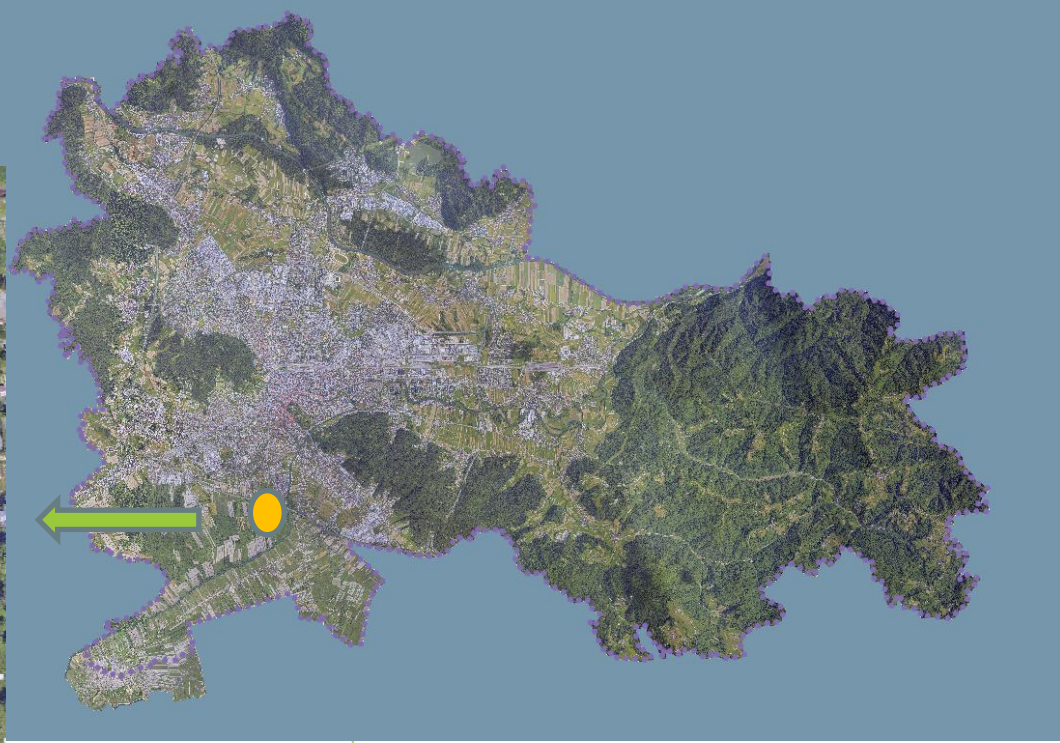
- 826 farms – 30% level of food self-sufficiency
- 1000 allotment gardens in 9 areas

## Trigger

- „Don't give people fish, tech them to fish!“
- What we learn as a child we do as an adult!
- Children are the best teachers!
- What can local government do?
- Is it difficult to change?



# Where is it?



16 raised garden beds  
1 high garden bed  
Tool shed



# Where is it?

8 school gardens



# Main target groups

School children from 6 to 14 years – 1st-9th grade

Mentors in schools

Cooks and food organisers

Parents

Citizens

Local government – different departments

Experts

Farmers

Institutions

Social entrepreneurs



# Today



- **Mini Urban Educational Farm Rakova jelša**
- Polygon for education for mentors in elementary schools
- Crop rotation program and ecological farming
- Two events per year for children and mentors – Spring day, Pumpkin day
- Education for cooks and food organisers
  
- **8 school gardens**
- High beds + all materials for schools
- Education for mentors: gardening, Crop rotation, compost preparation, seasonal food

# Educational Programme

- Urban school garden, a teacher's guide



15.1.8

## Lettuce

Lettuce is one of the most common vegetables. It is popular among gardeners due to its low maintenance, crunchy taste, and positive health effects, making it an ideal choice for growing in an urban school garden.

Based on the growth and harvesting method, lettuces are divided into **three types**: **head lettuce**, where the plant forms a head that is cut off during harvesting, **leaf lettuce**, where young leaves are cut as needed, and **rosette lettuce**, which forms a rosette that can be either harvested entirely or partially cut, depending on the variety.

Lettuce can be **sown from early spring to late autumn**. Sow the seeds in shallow planting furrows, lightly cover them with soil, and water. To achieve optimal growth density and provide space for plant development, it is highly recommended to **thin the seedlings**.

During hot and dry periods, **water the lettuce regularly**. To prevent aphids, practice crop rotation and choose resistant varieties. To protect against **slugs**, scatter gravel or sand around the plants, or use protective nets.

Lettuce is best **harvested progressively**, as this allows new leaves to grow. Soft-leaved varieties can be cut **multiple times**, while more compact head lettuces are harvested **once**.

**DUE TO ITS RAPID GROWTH, LETTUCE IS VERY POPULAR AMONG STUDENTS, AS THEY CAN QUICKLY SEE THE RESULTS OF THEIR WORK. MOREOVER, IT DOES NOT REQUIRE MUCH SPACE, MAKING IT SUITABLE FOR SMALL GARDENS IN THE CITY CENTER.**

15.1.8.1

## Corn salad

Corn salad or **Lamb's lettuce** is a popular salad green, and its cultivation involves sowing seeds on an **open surface**, lightly covered with soil. If sowing in pots, place two seeds in each pot. Corn salad is sown in **August or late summer** when temperatures start to drop.

It is quite **low-maintenance** but requires regular watering and protection from slugs. To harvest the leaves, cut them without removing the entire plant, allowing it to regrow.



Lettuce does not require much space to grow.

As a vegetable in an urban school garden, corn salad is an excellent choice for those who want to garden in the autumn as well.



# U-GROW Educational Programme and Methodology

- Six interconnected thematic modules that are directly linked to the school garden:
  - **Module 1: Food Self-Sufficiency**
  - **Module 2: Environment and Biodiversity**
  - **Module 3: Waste Reduction and Circular Economy**
  - **Module 4: Developing Social Skills**
  - **Module 5: Sustainable Mobility**
  - **Module 6: Energy**

# Example materials

## MOJ MALI RASTLINJAK

1. NA KARTON NARIŠI HIŠKO IN JO IZREŽI. IZREŽI OKNO.



3. V VREČKO DAJ VATO IN SEMENA. VATO NAVLAŽI.



5. ZAPIŠI SVOJE IME IN DATUM SETVE.



NAČRT IZDELAVE ZA UČENCE

2. SVOJ RASTLINJAK POBARVAJ IN GA OKRASI.



4. VREČKO PRILEPI NA ZADNJO STRAN RASTLINJAKA.



6. RASTLINJAK OBESI NA SVETLO MESTO.



VSAK DAN OPAŽUJ DOGAJANJE IN V DNEVNIK NARIŠI, KAKO RASTE TVOJA RASTLINA.

## WASTE SORTING

WORKSHEET

NAME:  
CLASS:  
DATE:

Mark the correct bin for each of the **waste items** listed below that you can find in the school garden or school kitchen. Write whether the item can be **composted**. Add your own ideas at the end.

WASTE ITEM	ORGANIC WASTE	PACKAGING	PAPER	GLASS	RESIDUAL WASTE	COMPOST (YES/NO)
Potato peels	X					yes
Eggshells						
Tea bags						
Tissue paper						













## CARTE DA GIOCO



Imię: \_\_\_\_\_ Klasa: \_\_\_\_\_ Data: \_\_\_\_\_

## Zwierzęta w naszym szkolnym ogrodzie

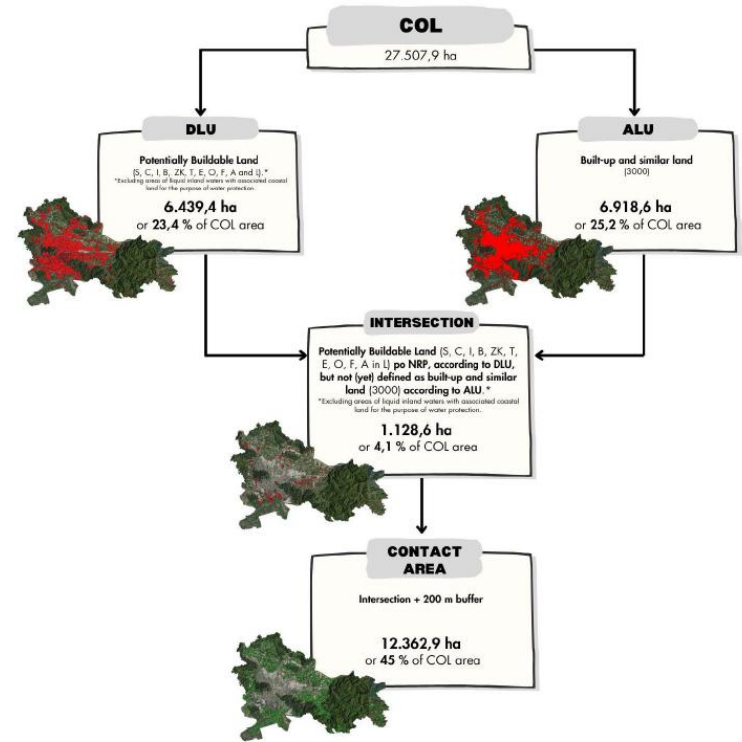
Znajdź zwierzęta przedstawione na obrazkach w swoim szkolnym ogrodzie. Gdy zobaczysz jedno z nich, zaznacz je i zapisz jego nazwę

<input checked="" type="checkbox"/>			
	pszczoła	<input type="checkbox"/>	<input type="checkbox"/>
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# Study of Food Production Potential for Urban Areas in the City of Ljubljana

- The purposes of this study are:
- to identify the areas suitable for food production that are under the greatest pressure for urbanization,
- to develop a model to estimate the food production potential within the COL urban area, and to
- develop a model to estimate the potential carbon sink from food production within the urban area.

City Administration now has an effective tool to explain to decision-makers on the one hand, and to the public on the other, **the reasons for the necessity of preserving agricultural land, preventing the expansion of urban settlements on these lands and the importance of promoting local food production.**



# THANK YOU FOR YOUR ATTENTION

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