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The Waldorf School Offers Gardening Tips to the Community

This past Saturday, April 18, the Waldorf School of Princeton's gardening teacher, Mary Capoferri, shared information about the school's gardening program at the New Jersey Farm to-School Network's inaugural conference. Ms. Capoferri spoke about how the Waldorf School's two-acre biodynamic garden is used as part of the school's integrated curriculum. The gardening program at the Waldorf School deepens students' understanding of classroom lessons and allows them to experience firsthand the interdependence of people and nature. For over twenty years, the Waldorf School has included gardening as part of our curriculum, and we are so glad to see that schools in this community and throughout the state are coming together to help each other bring gardens to schools", said Ms. Capoferri.

As Earth Day beckons, students at the Waldorf School of Princeton have been planting vegetable, herb and flower seeds in the School's greenhouse. The seeds will eventually be transplanted into the students' two-acre biodynamic garden. "At this time of year, parents and educators have an opportunity to demonstrate to their children where food comes from. Now is a good time to get your seeds in and start a garden," said Ms. Capoferri. During the springtime, students at The Waldorf School are also planting seeds that will eventually become part of the school's pizza garden, cultivating crops such as peppers, tomatoes, basil, oregano, thyme and marigold, an edible flower that also helps to keep insects away. "All that is needed to get started are seeds, soil-less soil mix, and potting containers such as milk cartons and yogurt containers. Place your pots in a sunny window, keep moist and wait for seedlings to appear", said Ms. Capoferri.

Mary Capoferri welcomes visitors to the Waldorf School of Princeton's garden. To schedule a visit, please call Mary at 609-466-1970.

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Throughout its 25-year history, the Waldorf School of Princeton has included gardening as part of the curriculum. Using the school garden and greenhouse as their classroom, the students experience the disappearance of the usual physical boundaries of the school building, and immerse their hands and energy in helping to create a healthy, sustainable biodynamic garden.