

# GCJOURNAL

Week of January 14th



## THOUGHT OF THE WEEK

'Why do we need to grow more food?

Food production around the world must rise by half in the next 30 years to sustain a global population expected to top 10 billion by 2050.' [The Guardian](#)

Why YOU should start your own sustainable garden...

- Sustainable gardening is gardening in a smart and eco-friendly way. It the use of gardening practices that cause no harm to the environment.
- The food produced is rich with nutrients and taste! It can bring long-term rewards, such as health benefits and cost-savings. Click [here](#) for more reasons why.
- This targets the Sustainable Development Goal 12: Responsible Production and Consumption

Sustainable Gardening:

- Values eco-systems over aesthetics
- Reduces negative impacts on the environment as much as possible

Work along with nature



## RESOURCES

Find out more:

Check out this [website](#) on how Gardening can help Climate Change

[Here](#) are tips and ideas on Sustainable Gardening

Check out [this article](#) on 20 edibles that are easy to grow from seed!

Check out this [beginner's guide](#) to growing fruit and veg

Watch [this video](#) by National Geographic on a sustainable future with plants

Read [this news feature](#) on the role Supermarkets play in food waste



## CALL TO ACTION

- Start your own mini garden and make your own produce! It doesn't have to be a whole garden, you can start small with one flowerpot!
- Join or start a gardening club at your school to work with others
- Read the links above or do your own research to how you can start creating your own garden and how it can benefit the world around you.
- Think about seasons, and grow fruit that will flourish where you live. (Or by seasonal fruit to avoid shipping carbon footprints!)
- Be conscious of your food waste. Is there food left on your plate?
- Inspire your friends and family by giving them food you have grown!
- Protect the environment by picking up trash and putting it in the correct bin.

