

A botanical illustration featuring several different plant species. On the left, a tall, slender stem rises with a cluster of small, dark, round fruits at the top. Next to it is a plant with a central stem and several smaller, feathery leaves. In the center, a plant has a single stem with a few small, pointed leaves. To its right is a plant with a central stem and a cluster of small, yellow, bell-shaped flowers. Further right is a plant with a central stem and a cluster of small, green, pointed leaves. On the far right, a plant has a central stem with several small, feathery leaves. The background is a light cream color.

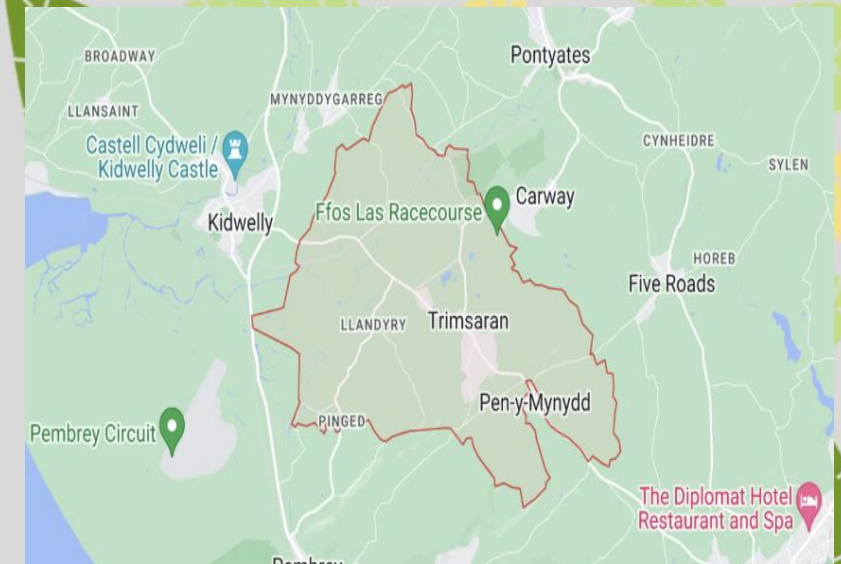
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Sustainability in the
Early Years
The John Muir Award

Discover



As part of the John Muir award, I have chosen my grandmothers garden. I have chosen my grandmothers garden as I spent many years of my childhood playing, planting, and spending time with family here. This garden holds many happy childhood memories and is a calm and safe space for me to come and relax. The garden is surrounded by many trees, plants, animals of nature and a large woodland area.

My grandmothers garden is located in Trimsaran, a small village on the outskirts of Kidwelly in Carmarthenshire.



Explore

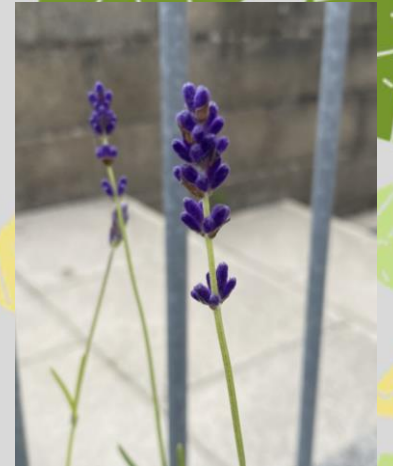


Through exploring my grandmothers garden, I have discovered many different kinds of flowers, plants and trees, various wildlife animals and a variety of fruit and vegetables.



Flowers

Here are a variety of flowers my grandmother has grown in her garden. There are many different and vibrant colours in the garden and there are enough of them to produce pollen for the bees to pollinate.



Fruit of the Garden



This is my grandmothers pear tree. Every winter the tree loses all of its leaves and by April/May the tree is full of leaves. My grandmother has been growing her pear tree for 5 years and only this year it has started to grow pears on it.



She also had three apples trees in her garden. One was grown from a tiny seed by me when I was a child and is still growing in her garden to this day.

FUN FACT
Apple trees usually take 4-5 years to produce their first fruit.



Fruits in the garden



Rhubarb



Red currents



White currents



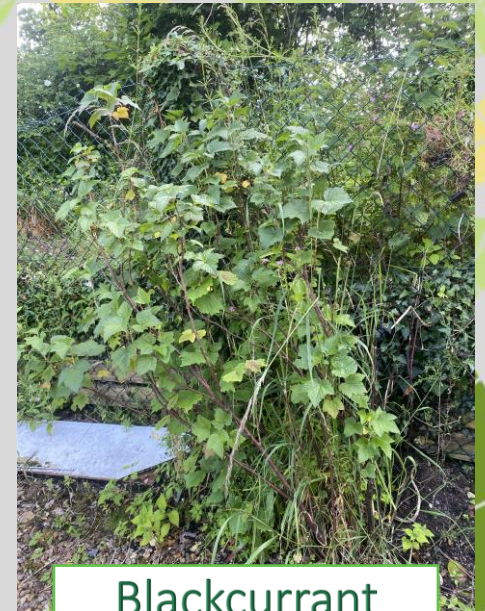
Strawberries



Raspberries



Tomatoes



Blackcurrant

Vegetables of the Garden

My grandmother loves to grow her own vegetables as well as her own fruit. She grows a variety of vegetables in here garden. As a child, me and my sister would love to come and plant vegetables and harvest them. Our favourites would be the carrots and potatoes. We would them eat them with our dinner when we would stay with my grandmother. Here are some of her other vegetables she loves to grow.



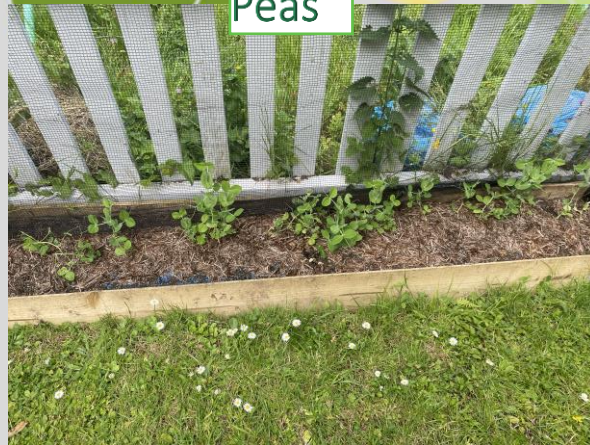
Potatoes



Pepper



French beans



Peas



Carrots



Runner beans

Birds



Wren



Robin



Blackbird



Woodpecker



Blue tit



Jay



Sparrow

Bird watching

Garden Birds Survey

Bird name	Tally	Total
blackbird 		
blue tit 		
chaffinch 		
crow 		
dove 		
jackdaw 		
linnet 		
magpie 		
nuthatch 		
robin 		
sparrow 		
starling 		
swallow 		
woodpecker 		
wren 		

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Me and my younger cousin did some bird watching activities over two weekends and marked down each bird we saw to discover what birds are in the garden. The results show that the most popular bird to visit my grandmothers garden is the blue tit.



DIY Bird Feeder

To create a more sustainable garden, I have discovered how to create my own bird feeders using items I already had in my home. This is a great way to attract various birds to the garden and will promote sustainability. Here are the steps to create your own bird feeders for your own garden.



Step 1: Retrieve all ingredients and equipment to create the bird feeders, this includes toilet roll, cardboard, peanut butter, bird feed and a knife.



Step 3: Once the toilet roll is covered in peanut butter, roll the toilet roll in a bowl of bird feed and ensure it is thoroughly covered in seeds.



Step 2: Using the knife, spread some peanut butter on the toilet roll evenly all the way around it.



Step 4: Once your bird feeder is complete, place it on the branch of any tree in your garden, ensuring it is safely secure in case it falls down.

Step 5: Sit and enjoy watching the birds land and take the seed from the bird feeder.

The Friendly Squirrel



My grandmother has a little squirrel who loves to swing on the bird feeders and take their food. He waits on top of the shed and then sneaks into the garden when all the birds have flown away and takes what food is left in the feeders.



Can you spot the friendly squirrel hiding in the garden?



Here he is on top of the shed



Conserve

Through exploring my grandmothers garden, it has come to my attention that there are not many insects to be seen. It is important to have specific insect in the garden as they support some plants. To attract more insects to the garden, I have discovered a small are to create a bug hotel that will hopefully bring more insects to the garden. This small area would be perfect to make some bug hotels and place them here as the fence blocks off a large bit of woodland, therefore many insects may be attracted to it.



Another item my grandmother has in her garden is plastic bottle feeders. These are easy to create by using a plastic bottle and cutting it in half, then place it in a plant pot and water the plant through the bottle.

Another way to get certain insects attracted to the garden would be to create a bee bath. Attracting bees to the garden is an important way to keep the garden healthy and productive, by doing this, we ensure the bees are keeping hydrated to pollinate our plants.



All that is needed to create a bee bath is a deep dish, some small pebbles, and some water.

Share

To share my thoughts on sustainability, I have spoke to my family and made them aware on how being more sustainable helps our planet. I shared by ideas on sustainability and inspired my family to start planting their own vegetables in their own gardens. My younger cousin who is five years of age has decided to make her own plot in her own garden. She has planted potatoes, carrots and broccoli.



I have also discussed the importance of sustainability to my work colleagues and ways we can promote sustainability in early years. As a setting, we have decided to focus more on outdoor learning and forest school and focus on activities that teach the children about our planet and ways we can help our plant to be more sustainable.