

The Abundant Life Garden Project Bibliography of Resources

Music Resources

Hymns of Glory, Songs of Praise, compiled by The Church Hymnary Trust (Norwich, UK: Canterbury Press, 2008).

Lift Every Voice and Sing II: An African American Hymnal (New York: Church Publishing Inc., 1993).

My Heart Sings Out, ed. Fiona Vidal-White (New York: Church Publishing Inc., 2005).

Voices Found: Women in the Church's Song (New York: Church Publishing Inc., 2003).

Wonder, Love, and Praise: A Supplement to The Hymnal 1982 (New York: Church Publishing Inc., 1997).

Children's Ministries Resources

Jerome W. Berryman, ***The Complete Guide to Godly Play, Volumes 1-7*** (New York: Morehouse Education Resources, 2006).

Jerome W. Berryman, ***Godly Play*** (Minneapolis, MN: Augsburg Fortress, 1995).

Sofia Cavalletti, ***The Religious Potential of the Child: Experiencing Scripture and Liturgy with Young Children*** (Chicago: Liturgy Training Publications, 1992). Available through the National Association of the Catechesis of the Good Shepherd, United States, www.cgsusa.org.

Episcopal Children's Curriculum, available online for free download from Virginia Theological Seminary at www.vts.edu/cmt; click on "Publications."

Archbishop Desmond Tutu, ***Children of God Storybook Bible*** (Grand Rapids, MI: Zondervan, 2010).

Gardening Resources

American Community Gardening Association, communitygarden.org. This website contains a wealth of information on planting community gardens in a nonprofit community setting, including resources on gardening with children.

Saskia Cornes, "A Farm Grows in Brooklyn," Edible Brooklyn, Spring 2008. www.ediblebrooklyn.com/pages/issues/spring2008/homegrown.pdf. This excellent article discusses a community garden involving youth in New York.

Food for ME, "Organizing Your Community Garden," University of Maine Cooperative Extension. www.umext.maine.edu/onlinepubs/htmtpubs/4300.htm. This citizen's fact sheet has information on starting a community garden and recruiting volunteers.

Susan Hamilton, "Grow Backyard Veggies With This a Space-Efficient Gardening Guide," *Tennessee Home & Farm*, February 15, 2011. <http://tnhomeandfarm.com/space-efficient-garden>. This article has tips on raised bed gardens and vertical gardening (with trellises, nets, poles, etc.). Additional resources are also available on this website.

Heirloom Seeds' website, heirloomseeds.com, includes both planting schedules (heirloomseeds.com/schedule.htm) and germination tables (heirloomseeds.com/germination.html).

The Helpful Gardener blog, www.helpfulgardener.com, has information on planting a vegetable garden.

Organic Gardening magazine's website, www.organicgardening.com, has a wealth of information on organic vegetable gardening.

The University of Tennessee Institute of Agriculture's UT Extension site, www.utextension.utk.edu/publications/homegarden/, offers a number of free, downloadable publications related to home and community gardening. (For other states, please check with your state agricultural department or at nearby universities that may have agricultural extension services.)

"Pizza Gardens," The University of Tennessee Agricultural Extension Service, www.utextension.utk.edu/publications/wfiles/W038.pdf. This article has information on how to plant a garden of vegetables for pizza toppings.

"Salsa Gardens," The University of Tennessee Agricultural Extension Service, www.utextension.utk.edu/publications/wfiles/W039.pdf. Another UT how to plant a garden for ingredients of salsa).

"How to Make Seed Tape," HGTV Family Gardening Club, www.hgtv.com/gardening-club-seed-tape/package/index.html. This web page has instructions and a video for a project in which children plant seeds on paper strips for later planting if weather is unfavorable.

Stewardship Resources

For further information and suggestions on how children might learn to share their monetary gifts with others in need, we recommend the curriculum materials designed by Nathan Dungan, *Share Save Spend*. Materials are available at www.sharesavespend.com to lead young people in discussions of stewardship and giving. The *Share Save Spend* Financial Sanity Kit is designed for young people ages 8-18 and includes materials for four one-hour sessions. (A *Money Sanity Solutions* book and DVD are also available for families.)

Free Playtime Resources

KaBOOM! is a national nonprofit with the goal of ensuring that all children have a place to play near their homes. The organization's website has information on new initiatives to promote unstructured playtime for children, including the report, "Play Matters: A Study of Best

Practices to Inform Local Policy and Process in Support of Children's Play"
(www.kaboom.org/bestpractices).

Hilary Stout, "Effort to Restore Children's Play Gains Momentum," *The New York Times*, January 6, 2011.
www.nytimes.com/2011/01/06/garden/06play.html?_r=3&scp=1&sq=movement%20to%20restore%20childrens%20play%20gains%20momentum&st=cse

The US [Play](#) Coalition, based at Clemson University, is a partnership dedicated to promoting the value of free play time for children. Visit usplaycoalition.clemson.edu for more information.

Healthy Snack Resources

A number of websites offer tips, guidelines and recipes for healthy snacks for children. Some of these recipes may include fruits or vegetables grown in your community garden. These websites include:

Disney Family Fun, "International Recipes," familyfun.go.com/recipes/recipes-by-cuisine/.

FoodNetwork.com, "Ellie's Healthy Snacks" videos, www.foodnetwork.com/ellies-healthy-snacks/video/index.html.

Healthy Kids Snacks, www.healthy-kids-snacks.com.

Vincent Ianelli, M.D, "Healthy Snacks for Kids: Child Nutrition Basics," About.com Pediatrics, March 3, 2009. http://pediatrics.about.com/od/nutrition/a/0208_hth_snacks.htm

Jacqueline Plant, Fraya Berg, and Lori Brookhart-Schervish, "The 20 Best Snacks for Kids," *Parents*, n.d.
www.parents.com/toddlers-preschoolers/feeding/healthy-eating/the-20-best-snacks-for-kids/