

HOME IS WHERE THE FARM IS

WORKBOOK



Royal Agricultural Society of NSW



WELCOME

The Workbook

The 'HOME IS WHERE THE FARM IS' workbook is a resource developed by the The Royal Agricultural Society of NSW (RAS) education team to assist schools and the wider community to incorporate environmental and agricultural sustainability into their homes. 'HOME IS WHERE THE FARM IS' shows participants young and old how all-encompassing agriculture is and how easy it is to incorporate vibrant sustainability into your home, regardless of location, space or resources. There is a range of 'how to' guides and activities that can be completed at home.

The RAS

The Royal Agricultural Society of NSW is a non for profit corporation established in 1822 and hosts the Sydney Royal Easter Show every year along with a huge number of year round events. The RAS strives to promote, foster and encourage the sustainable development of agriculture in NSW and across Australia.

About the RASedu Team

The RASedu Team have a long history in Agriculture and Education. They are a passionate team committed to providing learning experiences for teachers, students and the general Show community. The RAS Education Program is engaging, creative and interactive and provides an extensive range of syllabus-based education resources – from Farm Gate to Your Plate!

Meet Clucky!

As you read through our 'HOME IS WHERE THE FARM IS' workbook, Clucky will give you plenty of tips and tricks to help you along the way!

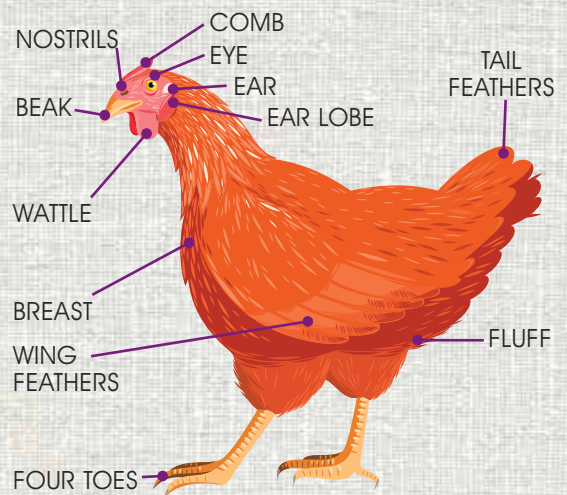
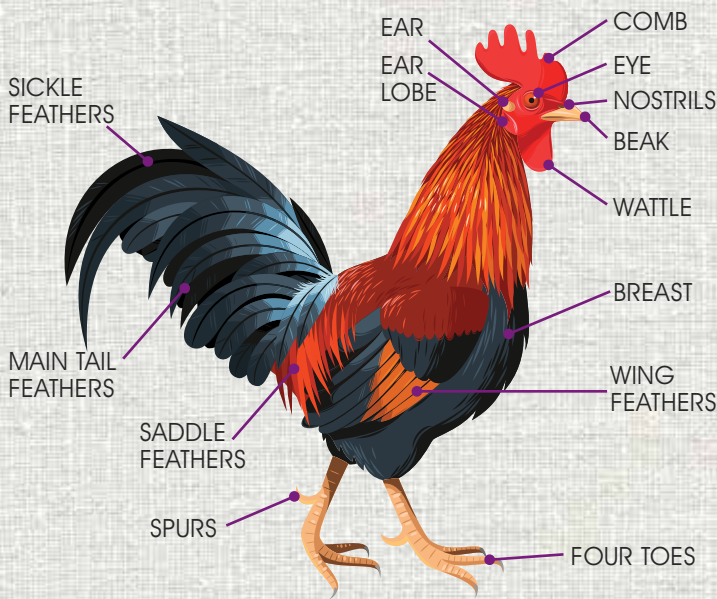


CHECK OUT THE CHICKENS!

Chickens are a favourite addition to many Australian families. They're kept for both their eggs and meat but they are also fantastic for your garden when keeping them in your backyard!

From cleaning up your kitchen scraps to pulling out weeds and bugs in your garden chickens are an important part of the Sustainable Farmer's Cycle in your home!

See below for an overview of the parts of a chicken and make note of what makes them different from us!



Do it yourself!

As you make your way through this workbook and learn how to be a farmer at home, make note of some new words and terms that you learn along the way. In a workbook, make a glossary of farming words from throughout the workbook that are new to you. This will help you remember what words mean and what things are!

Clucky Fun Facts!

NSW chickens produced almost 101 million dozen eggs in 2015. That is enough eggs to cover the Sydney Royal Easter Show over 6 times!



KEEPING CHICKENS AT HOME AND SCHOOL



Housing your chickens

CHICKENS NEED A PLACE TO ROOST, EAT, DRINK AND LAY EGGS.

It is important to buy or build your own chicken coop that will have enough space for all the chickens you plan to bring home. 2 to 3 hens is a good start for a small back yard.

Your chicken coop, nest box (where they will lay their eggs) and any areas that chickens have access to must give protection from sun, wind, rain and predators – like foxes! The coop where the chickens roost at night should be fully enclosed and locked every night to keep them safe!

Cover the floor of the coop and nestbox with straw, sawdust, chaff (cut up grass or hay) or mulch. It will mix with chicken droppings and will be great for composting every few months!

Make sure you have a perch or two off the ground for chickens to roost (what chickens call sleeping!) Your hens will like to get off the ground at night-time – and chickens really can fly!

Feeding your chickens

Chickens are fabulous at turning scraps into eggs! Save any food scraps from the kitchen -like fruit, vegetables, bread and even cut up meat – and feed them to your chickens. They will pay you back with lots of yummy, healthy eggs!

Chickens, just like people, need a healthy, balanced diet – so, they cannot survive on scraps alone. To keep your chickens happy and healthy, make sure they have access at all times to a laying hen pellet, mash or crumble – which are specifically made for chickens and can be purchased from all good pet and stock feed stores.

IMPORTANT: Chickens MUST have access to clean fresh water AT ALL TIMES! Chickens get thirsty just like you!

Tips to keep chickens healthy

If chickens get hungry or thirsty, or feel scared or nervous they cannot just ask for help! So as a good chicken owner, you must provide a safe and healthy environment for your feathered friends!

Chickens can also get colds, flus and other illnesses just like people. Chickens will generally pick these up from other chickens or from wild birds. Make sure you buy chickens from a reputable source and that there is no sign of illness BEFORE you take them home!

If you have any concerns with the health of your chicken, take them into your nearest Vet Clinic, and they will be happy to answer your questions.

Clucky Fun Facts!

Make sure you get a responsible adult to check with your local council for rules about keeping chickens in your area.



EGGS! EGGS! EGGS!

Did you know we eat eggs that come from all different animals including chickens, ducks, geese and even fish!

Many people eat eggs for breakfast, lunch or dinner, and they're even in desserts!

Check out the lifecycles of some of our more common egg producers. How many of these different egg types have you tried before?

Clucky Fun Facts!

Can you guess what we call their babies?!

Chickens – Chicks;


Turkey – poult;

Emu – hatchling;


Fish – fry.




CHICKS HATCH FEMALES
READY TO LAY


 **QUAIL** Day 20 3 MONTHS


 **CHICKEN** Day 21 4 MONTHS

 **DUCK** Day 28 5 MONTHS

 **TURKEY** Day 28 7 MONTHS

 **GOOSE** Day 30 12 MONTHS

 **FISH** Day 45 24 MONTHS

 **EMU** Day 50 18 MONTHS

DO IT YOURSELF!



Now your chickens are ready to lay eggs!

As your chickens start laying eggs, make a record of how many they lay each day.

Do it yourself!

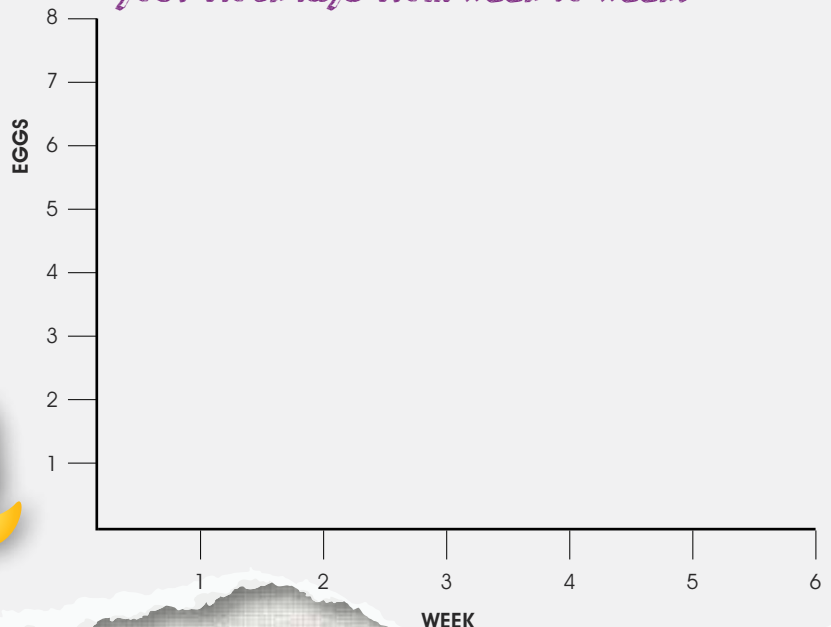
Use this tally table or make your own to see how well your hens are laying.

WEEK	TALLY	TOTAL	WEEK	TALLY	TOTAL
Eg. Week 1 (Starting 6/4/2017)		7			



Do it yourself!

Have a go at graphing how many eggs your flock lays from week to week!



Clucky Fun Facts!

Did You Know?! Some chickens will stop laying eggs during the year! Once in Summer/Autumn when their old feathers fall out and the new ones grow in. They may also stop laying for a short time in Winter when days get shorter and colder! Can you see that on your graph?!

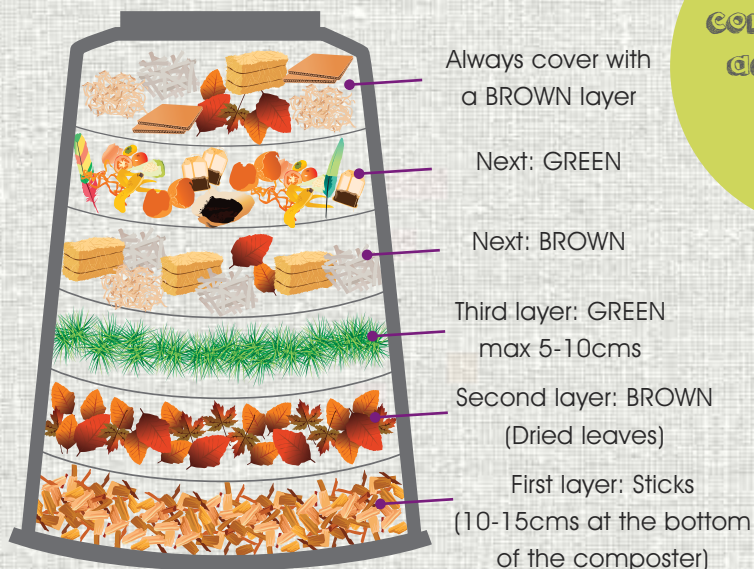


COMPOSTING – A RECIPE FOR YOUR GARDEN

Just like baking a cake, when you compost you need to add the right ingredients, mix it up and 'bake' it - compost fresh from the bin!



Compost recipe



Keep your compost moist, aerated and covered!

Clucky Tips!

Try composting on your balcony! Add your compost ingredients to a 2L bottle with the bottom cut to make a flap lid. Leave it in the sun and roll once a day to mix ingredients for a month or so until the compost is brown and crumbly - then it is ready for planting!



DO IT YOURSELF!



Clucky Tips!

Now you have your chickens, make sure you clean the coop! Every few months, collect the straw and chicken manure to add to your composting.



Do it yourself!

Draw your own compost pile! Decide if you will keep it in a pile, a bin or any other area in your backyard. Use our composting ingredients and draw in the layers in the order you think will make the best compost for your garden!



Dry leaves



Wood chips



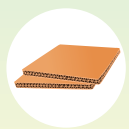
Shredded paper



Sawdust



Hay & straw



Carboard & paper tubes



Feathers



Teabags



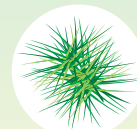
Fruit and vegetable scraps



Coffee ground & filter paper



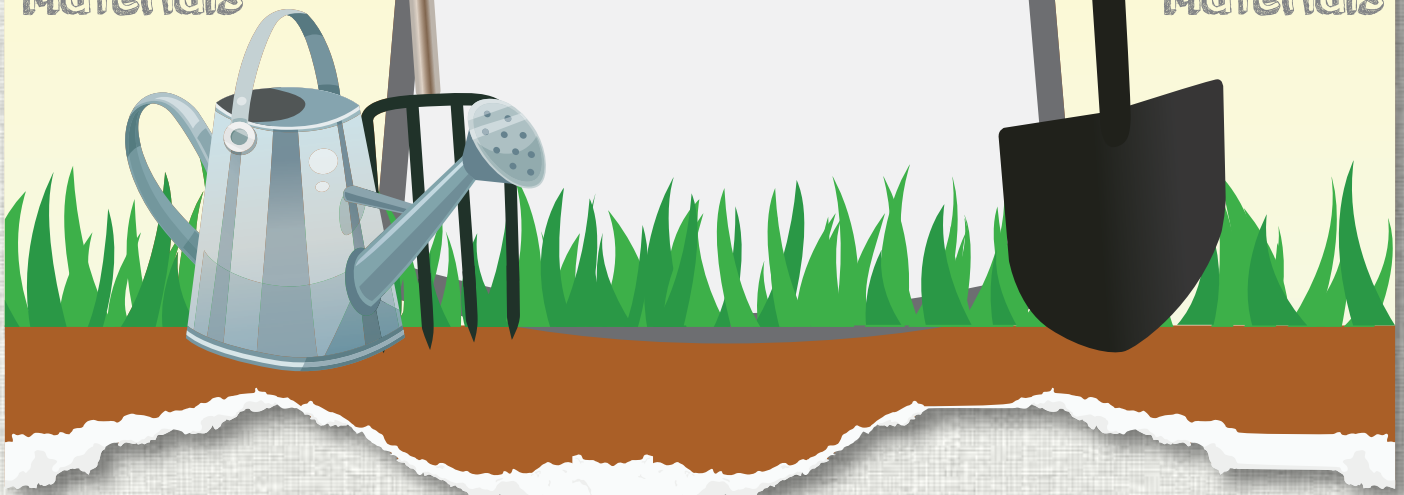
Egg shells



Grass & plant clippings

BROWN Materials

GREEN Materials



GROWING A GARDEN

What type of garden will you grow?

VERTICAL GARDENS

All you need is some pots and a wall to get started! Vertical gardens are great for balconies and apartments with not much space – and they are a great addition to any home or school!

PLANTER GARDENS

Planter gardens are great for a backyard or a balcony.

Planters come in all shapes and sizes and can fit any space big or small. They are great for growing a variety of different plants even in small areas – particularly for plants that need space to grow long or large roots – like carrots!

RAISED BED GARDENS

If you have a bit more space in your backyard, raised garden beds are a great way to grow! Building garden beds up off the ground gives a pathway between your plots and are great for growing fruits, vegetables, herbs and other plants. Raised beds make adding your own soil and fertiliser (compost) easy from the start and are a good way to control weeds and pests like snails and slugs!

GARDEN IN THE GROUND

If you don't have the time or resources for building gardens, don't forget you can plant straight into the soil under your feet! Let your chickens out to help you pick out weeds, bugs and to help turn the soil over – they make great gardeners!

Clucky Fun Facts!

Use your compost pile and add it to your garden as nutritious fertiliser for your growing plants.



DO IT YOURSELF!

Can you tell the difference between fruits and vegetables?

Clucky Fun Facts!

Did you know that tomatoes are actually a fruit! A fruit is the seed protection of the plant like an apple, where as vegetables are any edible parts of the plant like a stalk of a celery plant.



Do it yourself!

Look at the images below and mark the fruits with a circle and the vegetables with a square - be careful, some of them are tricky!



How did you go?

Did you get them all correct?
See if you can find some of these fruits and vegetables at home or school.

SEASONS FOR YOUR SALAD IN NSW

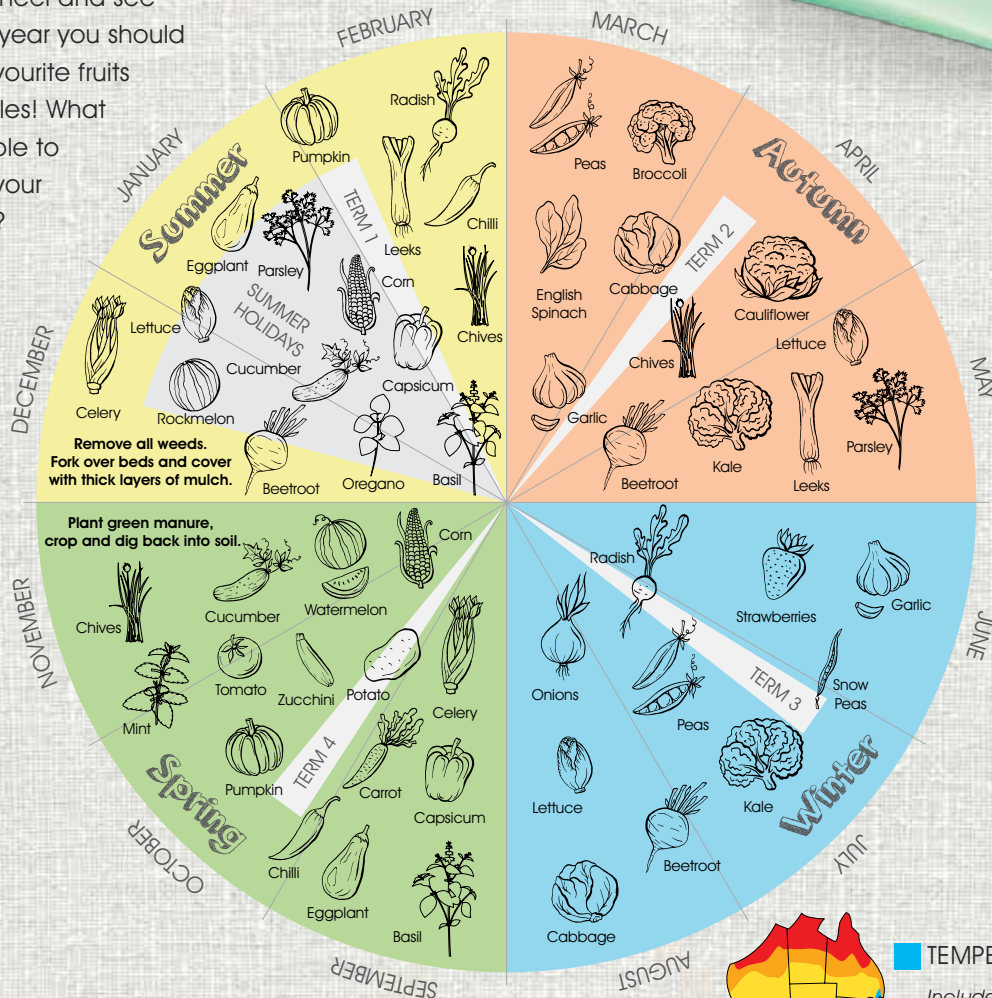
Clucky Fun Facts!

Which fruits and vegetables are your favourites?
Do you think you can grow them yourself?



Seasonal planting guide

Look at the wheel and see what time of year you should plant your favourite fruits and vegetables! What will you be able to plant during your school terms?



Fruit and vegetables in season

The best way to eat fruits and vegetables is when they are fresh and in season! Check and see when your favourites are ripe and ready for harvest!



Summer



Autumn



Winter



Spring

DO IT YOURSELF!



Plan your own garden

What would you plant now to have vegetables ready for the Sydney Royal Easter Show vegetable competition?!



Do it yourself!

Draw your own garden plan below

- Which type of garden will you use?
- What equipment will you need?
- What fruits or vegetables will you plant?



VERTICAL



PLANTER

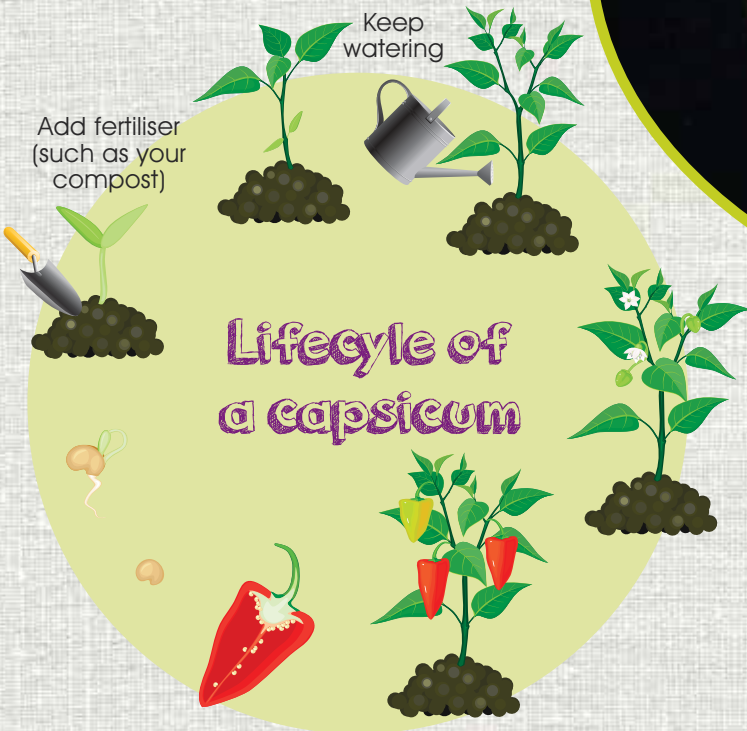


RAISED



GROUND

FROM SEED TO SALAD



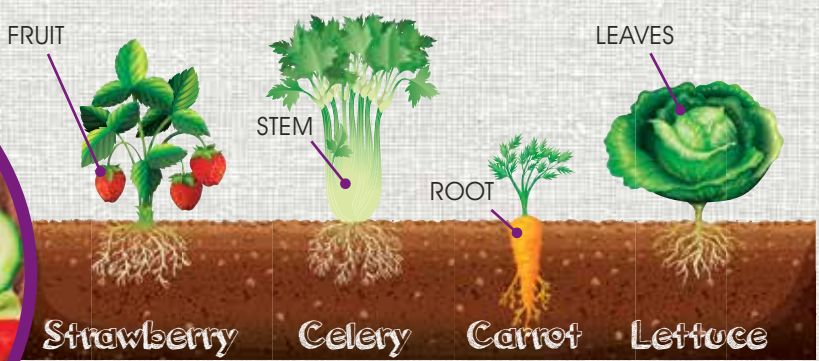
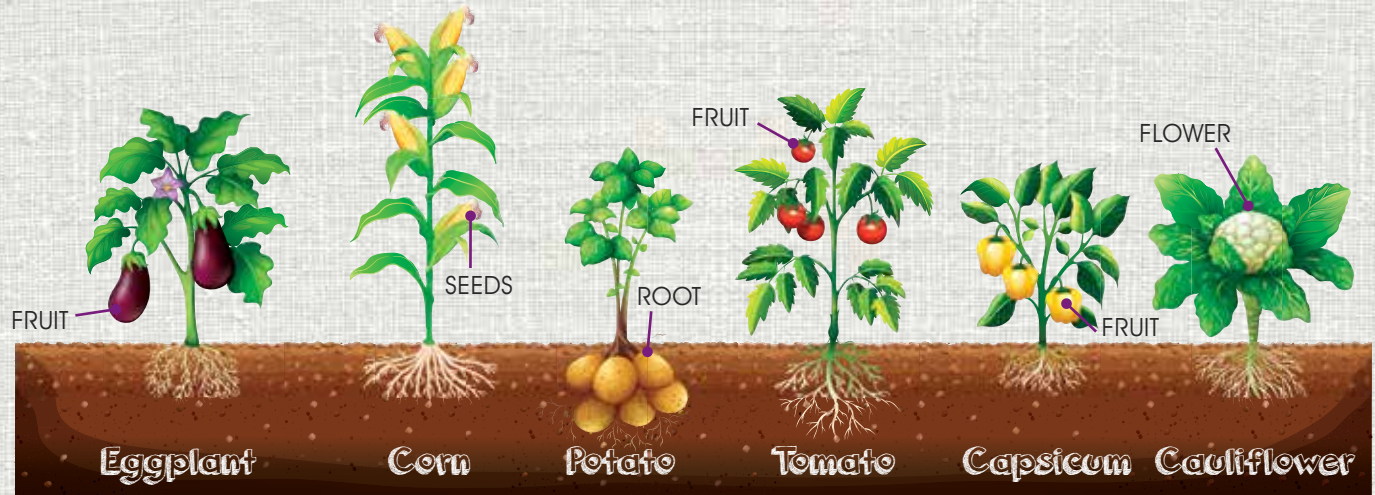
Clucky Tips!

Look at the lifecycle of the capsicum, make sure you remember to help it grow! Plants need:

- fertiliser (you can use your compost!)
- watering
- harvesting when they are ready to eat!



Which parts of the plant do we eat?



DO IT YOURSELF!

Use your produce!

Now you can use the eggs from your chickens plus the vegetables and herbs from your garden to make a yummy and very healthy Vegetable Slice!

WHAT YOU NEED:

- 3 Shallots (roughly chopped)
- 2 sprigs Rosemary (leaves only)
- 1 ½ tablespoons of Olive Oil
- 2 Carrots (grated)
- 1/2 Zucchini (grated)
- 1/2 Red Capsicum (finely chopped)
- 40 g Tasty Cheese (grated), extra for sprinkling
- 3 (or 4 small) Eggs (whisked)
- 6-8 sprigs of fresh Parsley (roughly chopped)
- 3 tablespoons Plain Flour
- Feel free to change and add more vegetables!

Clucky Fun Facts!

Feed your scraps to the chooks, they will love them! This includes peelings, table scraps and garden clippings. Scraps to avoid include: fatty meat and bones, mouldy or stale food. Everything else they will love!



PUT THEM ALL TOGETHER:

1. Preheat oven to 200°C. Grease a 20x20cm tray.
2. Combine all ingredients into a mixing bowl and mix well.
3. Pour mixture into the greased pan, spread to the sides and then sprinkle extra cheese on top.
4. Put into the oven to bake for 15 mins. *Cooking times may vary (depending on vegetables).*
5. Remove from oven and cut into slices. *The slice should be firm enough to hold its shape.*
6. Enjoy your delicious and healthy veggie slice!!



DO IT YOURSELF!

How did your vegetable slice turn out?!
Was it delicious?

Answer a few questions below to see how you scored!

Clucky Tips!

Want the chance to show off your farming skills?! There is a competition at the Sydney Royal Easter Show that is ready for you chooks, eggs, fruits, vegetables and/or cooking! Head to the Easter Show competitions website for more details.



www.rasns.w.com.au/education/competitions

Do it yourself!

a. Was your slice yummy? Give it a score out of 10.

/ 10

b. How many vegetables species did you use? List them below and write the total number in the box.

c. Did you help with the cleaning up after cooking? Score yourself out of 5.

/ 5

d. What was your favourite part of cooking? Cutting, grating, chopping, taste testing?! Write your favourite step below.

e. How many ingredients did you harvest yourself? Eg: eggs, carrots? List them.

f. What fruits, vegetables and herbs would you use from your garden if you were to make this slice in spring?

g. Do you think you will make it again? Score out of 10.

/ 10

How good was your vegetable slice? Add up your score and find out – scores over 10 are brilliant!

/ 10

Did you learn something new?

There has been lots of exciting things to learn in this booklet – what did you learn?

Remember to make a glossary of farming words from throughout the workbook that are new to you. This will help you remember what words mean and what new farming ideas you have!

Chicken



manure and bedding

laying hens

feed the scraps to the chooks



Eggs

turn the eggs into yummy food



Compost

fertilise your garden



Vegetable slice

turn them into yummy food



The sustainable farmer cycle in your home

Have you tried them all?



Fruits & vegetables

harvest lots of healthy food



Garden



Royal Agricultural Society of NSW



Show us your finished products!

PRODUCED BY
The Education Unit
Royal Agricultural Society of NSW
E: education@rasnsw.com.au
www.rasnsw.com.au/education

Upload an image of you Farming at Home or your completed "Do it yourself" activities to the Royal Agricultural Society of NSW Facebook, Twitter or Instagram sites and use the hastag #MyHomeFarming