
La Cité Maraîchère de Romainville

Schools Teaching Pack - year 2021-2022



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**CITÉ
MARAÎCHÈRE**
par ACTES Romainville

ACTES
Romainville



 **Ville de Romainville**
www.ville-romainville.fr

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La Cité Maraîchère in brief...

La Cité Maraîchère is located in the Marcel Cachin district in Romainville, at 6, rue Albert Giry. Dedicated to urban farming and sustainable food, this centre is managed by the Municipality.



Its objectives:

- To **educate** the people of Romainville about **sustainable food, nature in the city** and zero waste through workshops run with schools, children's play centres, local organisations, the Retirement Home, and the wider public (adults, children, young people...);
- Local and environmentally friendly **market garden production**;

Inauguration of the neighbourhood "vegetable" (table for edible landscaping) and composter in July 2021

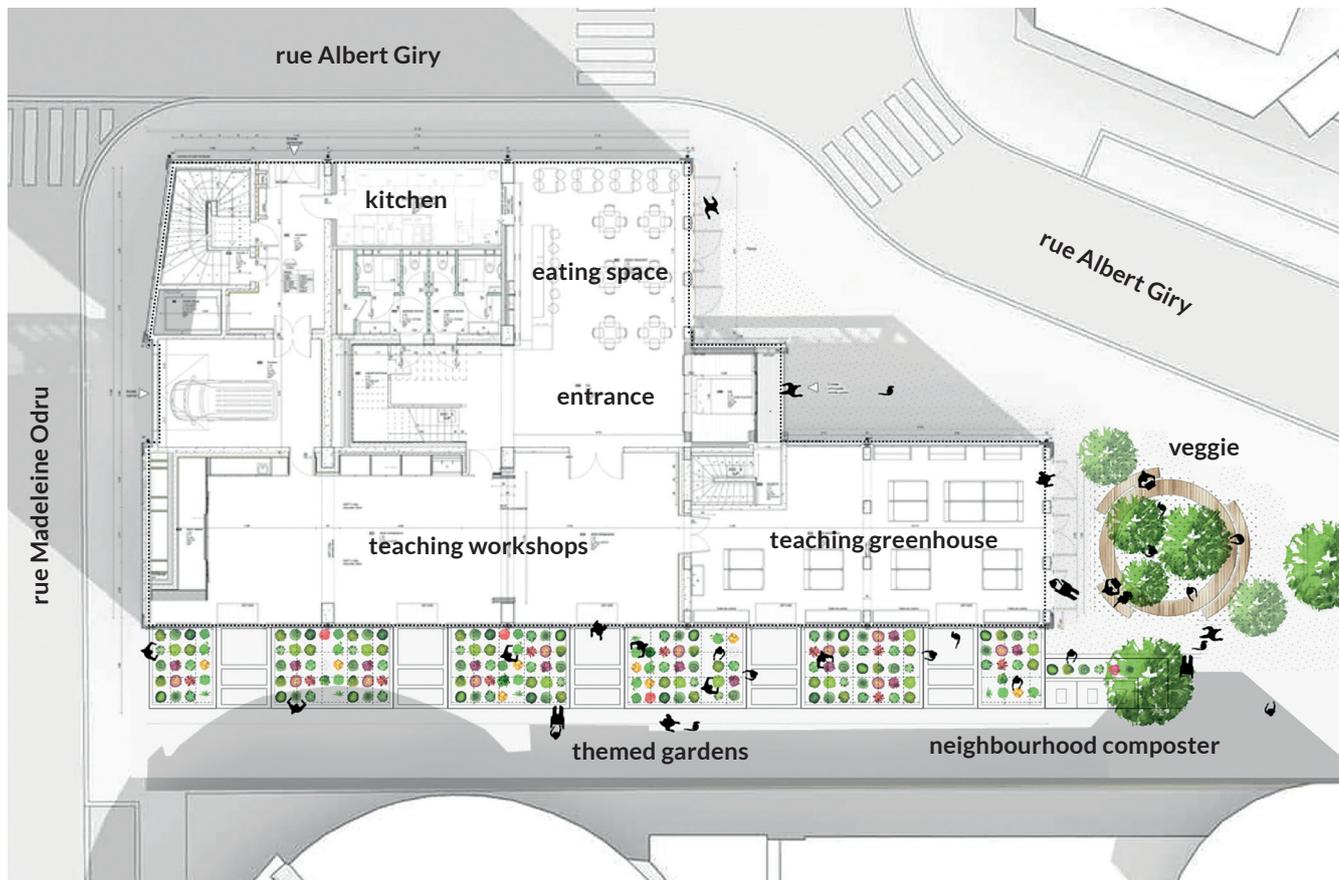
- The creation of a **vibrant new amenity in the Marcel Cachin district**, with eco-cultural events, and outdoor spaces forming an expansive new local landscape
The "végétable" (table for edible landscaping), themed gardens cultivated by local people and a neighbourhood composter;
- A **new ecological community dining room** which opened at the end of September 2021, subject to ongoing health conditions;
- The creation of **new jobs** linked with ecological transition as part of a work integration project headed by Romainville's Agency for Ecological and Community Transition (ACTES)

The building was delivered in February 2021, market garden production began and the first workshops were provided in March 2021 in the form of school-related activities (extracurricular time, children's play centres) or initial "pilot" school courses (nutrition programme run jointly with the Municipal Health centre for a CE1 class at Marcel Cachin School; programme around nature in the city run jointly with the Association des Potagers de la Corniche des Forts for a nursery class at Véronique et Florestan School and a CM2 class at Paul Langevin School). A participatory project was also initiated last spring for the codesign and development of outdoor spaces with local people.



The parts of the Cité Maraîchère dedicated to teaching:

- **L'Atelier** a big open workshop covering an area of 110 m², equipped with a kitchen space available for tasting and cooking workshops. This space is also equipped with a videoprojector;
- teaching greenhouse (90m²);
- A third space (36 m²) on the floor above, "le Perchoir", a "roosting space" for workshops, meetings or courses;
- **Themed gardens** (medicinal plant garden, aromatic plant garden, vegetable garden, milpa, dye plant garden...);
- A **neighbourhood composter** located in the yard, also used as a focus of educational workshops.



Teaching workshops for academic year 2021-2022

For this academic year – from Monday, 27 September 2021 to Friday 1 July 2022 – La Cité Maraîchère offers school workshops (nursery, primary, middle school and lycée) in the form of one-off “turnkey” workshop courses running over five sessions (short courses or courses spread across the year depending on the subject). These courses require teachers to commit to advance preparation, to run intermediate sessions in class between workshops and post-course sessions to help pupils prepare group reports and course projects.

For schools in Romainville, the **Municipality is funding a total of 384 sessions at the Cité Maraîchère this year** for the nursery and primary schools, the middle schools and lycées.

These sessions are shared equitably between the schools, as follows:

For the nursery schools:

- 76 stand-alone “turnkey” workshops;
- 17 5-session courses for 17 classes.

For the primary schools:

- 51 stand-alone “turnkey” workshops;
- 22 5-session courses for 22 primary classes.

	Schools	Number of classes*	One-off workshops	Five-session courses
Nursery school	Hannah Arendt	6	8	2
	Marcel Cachin	10	12	3
	Danielle Casanova	7	9	2
	Charlie Chaplin	6	8	2
	Jean Charcot	7	9	2
	Maryse Bastié	9	11	2
	Jeanne Gallèpe	6	8	2
	Véronique et Florestan	9	11	2
	Total	60	76	17 courses
Primary school	Hannah Arendt	4.5	3	2
	Henri Barbusse	10	6	2
	Marcel Cachin	15	9	5
	Jean Charcot	10	6	2
	Fraternité	10	6	2
	Langevin Wallon	11	6	3
	Gabriel Péri	9	5	2
	P.V.Couturier	10	6	2
	Maryse Bastié	7.5	4	2
	Total	87	51	22 courses

*2 classes 100% success counted for 1 class

For middle schools and lycées:

Two slots a week are set aside for the middle schools and lycées of Romainville and outside.

The municipality is covering the cost of **64 sessions**

– in the form of courses or one-off workshops
– for Romainville middle schools and lycées in 2021-2022.

A first consultation was carried out with Romainville schools in June 2021 to identify needs and establish the initial content. A final equitable distribution of the workshops – courses and stand-alone sessions – will then take place in a meeting with each school's teachers in September 2021.

Registration

Registrations for the whole school year are made in September. In each school, the teaching team decides which classes will benefit from the five-session courses and/or stand-alone workshops. The teachers do not sign up individually: the school directors complete a joint registration for all the classes in their school.

Registration forms should be sent to: alegoff@ville-romainville.fr before 21 September 2021.

An example of a registration form is provided at the end of this brochure.

The Cité Maraîchère team then contacts the teachers individually to confirm their registration and decide the distribution and dates of the workshops. This distribution can vary depending on the geographical location and class levels of the school.

Feel free to ask for further information about the course programmes and registration, by contacting:

Adrianna LE GOFF

Head of promotion at the Cité Maraîchère

alegoff@ville-romainville.fr
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The Courses



Course 1

- **Nature in the city**



Course 2

- **Zero waste**



Course 3

- **Sustainable food**



Course 4

- **From soil to plate**



target learners

From primary to middle school

frequency

5 sessions spread over 1 or more periods

duration

Each session lasts 1 hour for primary school children, 1.5 hours for children aged 6-11 and 2 hours for the 11 to 15 age group.

dates

Period 1, 2, 4 and 5

venue(s)

La Cité Maraîchère (teaching greenhouse and outdoor gardens), schools and outings depending on the locality (Île de loisirs de la Corniche des Forts...)

Possible partners (pending)

the Corniche des Forts family gardens Association, Île de loisirs de la Corniche des Forts, the Romainville Beekeepers Association...

Course 1

- Nature in the city

This 5-the session course teaches pupils the basic notions of gardening: soil, seedbeds, the life-cycle of a plant... as well as introducing the techniques they need to become autonomous when they garden. The motions tackled vary in complexity and the activities are adapted for the different ages.

Each session is based around a theoretical motion that is conveyed through play (picture books, games, video, etc.). Then the pupils given a practical activity so that they can "get their hands dirty" and experience the living world for themselves. The students will also be asked to develop a project as a way to bring the world of plants into their everyday lives (creating a mini garden in class, a tub of aromatic herbs in the school yard, etc.). This is a project that the teachers will be able to pursue after the course.

Session 1 What is soil? Observations and scientific experiments.

Session 2 What does a seed need to germinate? Sowing techniques.

Session 3 What does a plant need to grow? Transplanting techniques.

Session 4 How does a plant live and reproduce? Techniques of cuttings.

Session 5 And how can I make my city green? Gardening project in class, in the school and in the neighbourhood depending on the possibilities open to each school.

**target learners**

Primary to middle school

frequency

5 sessions spread over a period

duration

Session of 1.5 hours for primary and early secondary levels, and 2 hours for later secondary

dates

Period 3

venue(s)

La Cité Maraîchère and at school

Possible partners

(pending) Les Petits débrouillards, Zéro Waste

Course 2 -Zero Waste

This course teaches students how the quantities of everyday waste we produce is a real problem and is having an impact on our environment. The first session will be devoted to listening to the students' ideas and presenting the life-cycle of a piece of waste. The second session will highlight the fact that each product comes with "ecological baggage", in that its production had an environmental cost. We will then explore ways of adjusting how we consume. Starting from the principle that the "best waste is waste that is never produced", section 3 will explain how to reuse and recycle. The last two sessions will explore the best ways to dispose of our waste, by tackling selective waste sorting and composting.

Each session takes on a theoretical notion in a fun way (games, debates, documentaries) and then provides a practical activity. The way these notions are handled and the activities are adjusted to the level of the class.

Session 1 What is waste and where does it go when I throw it in the bin?

Session 2 Where do the products I consume come from? Example of jeans or sandwich spread.

Session 3 Throwing away less... how to reuse and recycle my waste?

Session 4 Throwing away better... what if I sorted my waste?

Session 5 Earth to earth... What is compost?



target learners

From primary to middle school

frequency

5 sessions spread over 1 or more periods

duration

Each session lasts 1 hour for primary school children, 1.5 hours for children aged 6-11, and 2 hours for the 11 to 15 age group.

dates

Throughout the year

venue(s)

La Cité Maraîchère (teaching kitchen) and/or in the schools

Possible partners (pending)

Corniche des Forts Family Gardens Association, Île de loisirs de la Corniche des Forts, l'association des Ruchers de Romainville, les Drêcheurs Urbains, les Petits débrouillards, Ramen tes Drêches, the Municipal Health Centre...

Course 3

- Sustainable food

The aim of this course is to make the students aware that the food they eat has an impact both on their health and on the environment (environmental cost of processed products or food miles...). Without moralising, the sessions will give the students an overview of how they consume. The aim: to go beyond conventional ideas about the “right way to do things”, which is not always so simple (e.g. organic products that are processed and over-packaged), and to realise that we can take charge of our own day-to-day eating habits.

Each session is introduced in a fun way – via a game, pictures, a video, reading an album... – around a notion relating to food (flavours, balanced diet, seasonality, vegetarian diet and food waste). In order to give the students practical things to do, a recipe is produced at each session (varying in difficulty depending on the age groups).

Session 1 What are the 5 basic flavours? Blind taste test and taste test with full information.

Session 2 Eating a balanced diet, where to start? Preparing a balanced meal.

Session 3 Tomatoes and strawberries all

year round? Preparing a seasonal recipe.

Session 4 Meet at every meal?

Preparing a vegetarian recipe, rich in protein and delicious!

Session 5 How to limit food waste? Preparing a low food-waste recipe.



target learners

From primary to middle school

frequency

5 sessions spread over 1 or more periods

duration

Every session lasts 1 hour for primary pupils, 1.5 hours for middle school, and 2 hours for secondary

dates

Throughout the year

venue(s)

La Cité Maraîchère (teaching greenhouse, outdoor gardens and teaching kitchen), in the schools and external outings depending on the neighbourhood (Île de loisirs de la Corniche des Forts...)

Possible partners(pending)

Association des jardins familiaux de la Corniche des Forts, Île de loisirs de la Corniche des Forts, l'association des Ruchers de Romainville, les Drêcheurs urbains, les Petits débrouillards, Ramen tes Drêches, Municipal Health Centre...

Course 4

- From soil to plate

This course is a hybrid of the three previous courses. It links together gardening workshops, cooking workshops and zero waste practices. Pupils learn where their food comes from (the importance of the soil, the time between sowing and harvest, the efforts required to grow a crop...). They thus get to understand the seasonality of fruit and vegetables and think about what they can do in their own lives to avoid food waste.

One session is devoted to the preparation of a class or school project (creating a bed of aromatic herbs, a vegetable patch,...). This project serves both as teaching material and as a way to pursue the activities in class after the course.

The sessions are adjusted to the student level. Each session approaches a notion in a fun way and culminates in a practical activity (work in the garden or preparation of a meal recipe).

Session 1 Where does my food come from?

Creating a seedbed of vegetable plants.

Session 2 What is soil? Observations and experiments.

Session 3 All these efforts to end up in the bin? Preparing a low food-waste recipe.

Session 4 So how can I produce what I eat? Project for a class, school or neighbourhood vegetable garden, depending on the possibilities open to each school.

Session 5 Harvest time. Preparing a seasonal recipe with the plants that the pupils have sown.

duration

1 hour for primary,
1.5 hours for middle
school,
and 2 hours for
secondary school

dates

Throughout the year

venue(s)

La Cité Maraîchère or
in the
school (depending on
the workshops, the
location of the school
and the level of the
class)

Stand-alone “turnkey” workshops

The stand-alone workshops run over a single session and are primarily open to classes that are not following the courses.

The sessions are adjusted to the level of the class. Each tackles a subject in a fun way (visit, reading, game, video, mobile debates...) and leaves plenty of time for a practical activity (preparing a food recipe and tasting, working in the garden, making objects...).

Theme 1 – Nature in the city

Theme 1 – Nature in the city – Primary level

- Tour of the Cité Maraîchère
- What are we sowing? - seedbeds in pots
- What is this plant? My first herbarium
- 1001 insects – Introduction to animal biodiversity
- All about mushrooms
- Group gardening: I sow, I take cuttings, high transplant and I maintain my garden
- Introduction to aromatic plants
- Sensory stroll through the garden
- Land art

Theme 1 – Nature in the city – Middle school

- Tour of the Cité Maraîchère
- What are we sowing! - seedbeds in pots
- What is plant biodiversity? Creation of a herbarium
- 1001 insects – Introduction to animal biodiversity
- All about mushrooms
- Group gardening: I sow, I take cuttings, high transplant and I maintain my garden
- Introduction to aromatic plants
- Greening the city – making seed bombs

- Introduction to families of vegetables
 - Multiplying plants: cuttings and company
 - Land art
-

Theme 1

- Nature in the city

- Secondary school

- Tour of the Cité Maraîchère
- What are we sowing? - seedbeds in pots
- What is plant biodiversity? Creation of a herbarium
- 1001 insects – Introduction to animal biodiversity
- All about mushrooms
- Group gardening: I sow, I take cuttings, high transplant and I maintain my garden
- Introduction to aromatic plants
- I'm greening the city – Making seed bombs
- Urban farming in Romainville... and around the world!
- Making a planting plan
- Learning about jobs associated with urban farming
- Pollination
- Multiplying plants: cuttings and company
- Photosynthesis
- Land art

Theme 1

- Nature in the city

- Upper secondary school

- Tour of the Cité Maraîchère
- **What are we sowing?** Seedbeds in pots
- All about mushrooms
- Group gardening: I sow, I take cuttings, I transplant and I nurture my garden
- Introduction to medicinal plants
- Greening the city – Making seed bombs
- Urban farming in Romainville... and around the world!
- Climate issues – Climate fresco for kids
- Making a planting plan
- Learning about permaculture
- Learning about jobs associated with urban farming
- Photosynthesis
- Pollination
- Land art
- Natural farming and green fertiliser

Theme 2

– Zero waste

Theme 2

–Zero waste

–Primary level

- Introduction to composting
- Learning to sort my waste

Theme 2

–Zero Waste

–Middle school level

- Introduction to composting
- Learning to sort my waste
- Let's organise a zero-waste picnic

Theme 2

–Zero Waste

–Secondary school

- Introduction to composting
- Making recycled paper
- Learning to sort my waste
- I'm organising a zero-waste picnic
- I'm organising a zero-waste party

Theme 2

–Zero Waste

–Secondary school

- Introduction to composting
- Learning to sort my waste
- I'm organising a zero-waste event
- I make my own tote bag and shopping bags

Theme 3

– Sustainable Food

Theme 3

– Sustainable Food

– Primary level

- Making a recipe without cooking
- Making a seasonal recipe
- Making a recipe without food waste
- Cooking local!
- Tomatoes for all tastes
- Exploring flavours – Blind taste test
- Let's prepare a high-protein and delicious vegetarian recipe!

Theme 3

– Sustainable Food

– Middle school level

- Let's prepare a balanced breakfast
- Let's make a balanced afternoon snack
- Making a seasonal recipe
- Making a recipe without food waste
- Cooking local!
- Tomatoes for all tastes
- Exploring flavours – Blind taste test
- Let's prepare a high-protein and delicious vegetarian recipe!

Theme 3

– Sustainable Food

– Secondary school

- Let's prepare a balanced... and tasty breakfast!
- Tablets prepare a balance... and unforgettable afternoon snack!
- Making a recipe without cooking
- Making a seasonal recipe
- Making a recipe without food waste
- Cooking local!
- Tomatoes for all tastes
- Exploring flavours – Blind taste test
- Let's prepare a high-protein and delicious vegetarian recipe!

Theme 3

– Sustainable Food

– Lycée

- Let's prepare a seasonal menu
- Disco-soup: say no to food waste!
- Cooking local!
- Rediscovering flavours – Blind taste test
- Preparing a vegetarian recipe that is both high in protein and delicious!
- Organic, local, seasonal... or none of all that?!
- Questioning my consumer choices

Registration Form

For printing, downloading or reproducing on loose paper,
adding as many lines as the number of workshops and/or courses wanted.

School name :
School director :
(Name, phone number and email:

	Class level	Numbers in class	Name of teacher	Teacher's phone number	Email address	Preferred period
Chosen course <input type="checkbox"/> Nature in the city <input type="checkbox"/> Zero waste <input type="checkbox"/> Sustainable food <input type="checkbox"/> From soil to plate OR Preferred stand-alone workshop:						
Chosen course <input type="checkbox"/> Nature in the city <input type="checkbox"/> Zero waste <input type="checkbox"/> Sustainable food <input type="checkbox"/> From soil to plate OR Preferred stand-alone workshop:						

Comments :
.....

Example :

School registration

CouCourse Nature in the city	CE1	12	Mme Durand	06.06.06.06.06	durand@mail.com	2nd period
From soil to plate	CM2	22	M. Dupuis	07.07.07.07.07	dupuis@mail.fr	Over the whole year
Atelier Land Art	CM1	23	M. Dupond	07.07.07.07.07	dupond@mail.fr	3rd term