



HARVESTING A FUTURE



A COMPREHENSIVE GARDEN RESOURCE GUIDE



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INTRODUCTION

Introduction

Special thanks go to the Community/School Garden Resource Work Group for their giving their time, effort and knowledge to this project.

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The Garden Resource guide grew out of the need for a simple way to find resources and expertise for those developing a community garden. From this concept, experts in community gardening were brought together to develop a simple resource document that would assist individuals or groups with gardening basics, who to involve, benefits of a garden, how to find funding for your garden, sustaining a garden and finally challenges that you may encounter when building a community, school or specialty garden.

There are many obvious benefits of a community garden, but some are not quite so obvious. Our main goal is to increase physical activity and healthy eating, but as you browse the resources located under benefits in each section, you will learn that the benefits of a community garden are numerous. In most instances, you are going to need community involvement and funding in order to see your dream of a community garden become reality. The sections on who to involve and how to fund a community garden will assist you with whom to recruit and how to pay for your project.

After all of the hard work you have done to complete a community garden, it is logical that you would want to sustain it for more than one growing season. The resources around sustaining a community garden will help during the years after the garden has been established. Resources focusing on challenges will assist you to consider challenges before they ever occur. And finally, a success story has been added at the end of each section to demonstrate how one organization successfully constructed a community garden.

We hope you find this Garden Resource guide to be helpful to you in your community garden efforts and we wish you success in growing your garden!



COMMUNITY GARDENS

Community Gardens

Community gardens are becoming increasingly popular, yet many gardeners do not have the expertise to gain the greatest potential from a community garden. This section on developing a community garden will equip you with the resources necessary for getting the most out of your community garden, who to involve, the possible benefits of a garden, funding for your community garden and challenges that you can address before you even begin. Follow the advice found in these resources and you will be well on your way to having a successful community garden.

Basics of Developing a Community Garden

It does not matter if you are a novice gardener or an advanced master gardener, when beginning to build your community garden; it is good to begin with the basics. It has been said that you can simply put a seed into soil and add water and it will grow. However, by following some basic advice found in these resources your garden will flourish.

- **Knoxville Area Guide to Community Gardens -**
<http://www.cityofknoxville.org/boards/food/toolkit.pdf>
- **USDA Garden Resources -**
http://www.usda.gov/wps/portal/usda/usdahome?navid=GARDEN_RT3&parentnav=PEOPLES_GARDEN&navtype=RT
- **Community Gardens -**
www.dhhs.nh.gov/dphs/nhp/healthygardens.htm
- **Portland Parks and Recreation Community Gardens Toolkit -**
<http://www.portlandonline.com/parks/index.cfm?a=282909&c=39846>
- **ACGA Starting a Community Garden -**
<http://www.communitygarden.org/learn/starting-a-community-garden.php>
- **UT Institute of Agriculture Resources for Starting a Community Garden -**
<http://communitygardening.tennessee.edu/starting.htm>
- **Let's Move Community Garden Checklist -**
<http://www.letsmove.gov/community-garden-checklist>
- **The Masters Gardener Articles -**
<http://www.emmitsburg.net/gardens/articles.htm>
- **University of Missouri Extension "Composting"-**
<http://extension.missouri.edu/publications/DisplayPub.aspx?P=G6957#.T0UMmD89MeA.facebook>
- **How to Build Raised Beds -**
<http://growtest.org/resources/how-to-build-raised-beds>



COMMUNITY GARDENS

Who to Involve and How to Gain Support

Depending on the size of your community garden, chances are you can use as much help as possible to have a successful project. You may also need approval to begin a garden on a public land space. These resources will guide you to who to involve and how to gain support for your community garden.

- **Start a Community Garden: Get the Community Involved -**
<http://www.houselogic.com/home-advice/gardens/start-community-garden/>
- **The Basics of Organizing a Community Garden -**
<http://feeds.uwex.edu/about/startingacommunitygarden.cfm>

Benefits of a Community Garden

Community gardens offer a wealth of benefits to both the individual and the community. Everyone will benefit from working in the garden and eating the fruits and vegetables harvested. But there can be many unseen benefits of a garden and this section will bring these to your understanding.

- **Garden Works “The Multiple Benefits of Community Gardens” -**
http://www.communitygarden.org/docs/learn/articles/multiple_benefits.pdf

How to Fund a Community Garden

A community garden does not have to cost very much, but in order to sustain the garden will probably require some revenue from somewhere other than volunteers. This section outlines a number of excellent resources to assist in funding your garden.

- **USDA Financial Resources -**
http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=financial_resources.html
- **Food Corps -**
<http://foodcorps.org/our-structure/site-eligibility>

Sustaining a Community Garden

Planning and developing a community garden requires considerable work if for only one growing season. Once you have done the intense work of planting that first garden, it just makes sense to have a plan in place to sustain the garden for years to come.

- **Creating and Sustaining a Community Garden -**
<http://www.downtoearthnw.com/stories/2008/oct/28/creating-sustaining-community-gardens/>
- **Carbon Masters Community Garden Project -**
<http://whatcom.wsu.edu/carbonmasters/documents/CommunityGardenProject.pdf>

Challenges

As with any project you embrace, there are going to be challenges that must be overcome. This section will help you address possible challenges in the beginning and therefore minimizing the hurdles you will need to work through for a successful community garden.

- **Ground Rules “A Legal Toolkit for Community Gardens” -**
http://www.state.nj.us/health/fhs/shapingnj/work/publications/CommunityGardenToolkit_Final.pdf
- **Challenges and Solutions to Community Gardens -**
http://www.localharvest.org/blog/20618/entry/challenges_and_solutions_to_some



COMMUNITY GARDENS

Success Story

The following thoughts are on how to have a successful community garden such as the one in Lake County, Tennessee. For a community garden to be successful, one needs many volunteers that are willing to help. Contributions of land, tools, seeds, fencing, soil improvements or money are all vital to a successful community garden. It takes planning, support from your suppliers and favorable media coverage and you have the makings of a wonderful marketing opportunity and a great community garden. In our county, we were blessed to have media, community support, elected officials, land owners and many senior citizens willing to carry the load. The number one task was to get the right people in place in the beginning. These people

need to have a positive attitude and be well liked in the community. A good example is the mayor of the county. This person will have contacts and be able to make arrangements and get things moving quickly.



Our garden was also a huge success due to the media attention which drew interest of the community. Each week the local newspaper featured a photograph and an article to update the community of the progress of the garden. The site needs to be easily accessible also. The one we chose was located in the city park. This was very easy for parents and grandparents to bring their children along while harvesting or working in the garden. The city already has insurance and the garden could fall under the umbrella policy.



Connie Hopper, Lake County Tennessee Garden Project



SCHOOL GARDENS

School Gardens

School gardens are becoming increasingly popular, yet many gardeners do not have the expertise to gain the greatest potential from a school garden. This section on developing a school garden will equip you with the resources necessary for getting the most out of your garden, who to involve, the possible benefits of a garden, funding for your garden and challenges that you can address before you even begin. Follow the advice found in these resources and you will be well on your way to having a successful school garden.

Basics of Developing a School Garden

It does not matter if you are a novice gardener or an advanced master gardener, when beginning to build your school garden; it is good to begin with the basics. By following some basic advice found in these resources your school garden will flourish.

- **USDA The People's Garden -**
http://www.usda.gov/wps/portal/usda/usdahome?contentid=garden_based_curriculum.html&contentidonly=true
- **Food Security Partners of Middle Tennessee "Growing Healthy Kids" -**
<http://www.communityfoodadvocates.org/growing-healthy-kids/resources.php>
- **Wisconsin Department of Public Instruction "Childcare Gardens" -**
<http://ne.dpi.wi.gov/files/ne/pdf/ne-garden-bk.pdf>
- **Healthier Generation "How to Start a School Garden" -**
http://www.healthiergeneration.org/uploadedFiles/For_Schools/1_SnacksMeals/GardenTK.pdf
- **Florida Agriculture "Gardening for Grades" -**
<http://www.flagintheclassroom.com/gardening.html>
- **How to Build Raised Beds -**
<http://growtest.org/resources/how-to-build-raised-beds>

Who to Involve and How to Gain Support

If you are building a small raised garden or a very large school garden, chances are you can use as much help as possible to have a successful project. You will most likely need approval to begin a garden on a school property. These resources will guide you to who to involve and how to gain support for your community garden.

- **Setting up and Running a School Garden -**
<http://www.fao.org/docrep/009/a0218e/A0218E03.htm>

Benefits of a School Garden

School gardens offer a wealth of benefits to school and the students. Everyone will benefit from working in the garden and eating the fruits and vegetables harvested. But there can be many unseen benefits of a garden and this section will bring these to your understanding.

- **Child in the Garden: An Evaluative Review of the Benefits of a School Garden -**
<http://www.csupomona.edu/~smemerson/business318/articles101/childrens%20gardens.pdf>
- **Gardens for Learning -**
<http://www.cfaitc.org/gardensforlearning/>



SCHOOL GARDENS

How to Fund a School Garden

A school garden does not have to cost very much, but in order to sustain the garden may require some revenue from somewhere other than volunteers. This section outlines a number of excellent resources to assist in funding your garden.

- **Florida School Garden Competition -**
http://gardeningsolutions.ifas.ufl.edu/schoolgardens/school_gardens/funding.shtml
- **School and Community Garden Grants -**
<http://gardenabcs.com/Grants.html>
- **Community Garden “Fundraising” -**
<http://www.communitygarden.org/rebeltomato/roots/fundraising.php>

Sustaining a School Garden

Planning and developing a school garden requires considerable work if for only one growing season. Once you have done the intense work of planting that first garden, it just makes sense to have a plan in place to sustain the garden for years to come.

- **Nashville School Garden Coalition -**
<http://nashvilleschoolgardens.com/nsgc/creating-and-sustaining-your-garden>
- **Sustaining Community School Gardens -**
<http://brattf2s.wordpress.com/2011/09/14/sustaining-school-community-gardens/>

Challenges

As with any project you embrace, there are going to be challenges that must be overcome. This section will help you address possible challenges in the beginning and therefore minimizing the hurdles you will need to work through for a successful community garden.

- **School Garden Wizard “Challenges -**
<http://www.schoolgardenwizard.org/wizard/keep/challenges.php>
- **10 Challenges to Sustaining a School Garden -**
http://www.burlingtongardens.org/Sustaining_%20school_%20gardens.pdf
- **Public Health Law Center -**
<http://publichealthlawcenter.org/topics/healthy-eating/gardens>



SCHOOL GARDENS

Success Story

In spring, 2012, Lipscomb Academy kindergartners in Nashville, TN became square-foot gardeners. Partnering with Lipscomb University's food service head chef, (also a master gardener) one class worked in an experimental plot to determine the feasibility of the project. After experiencing a huge success, the program was adopted in fall, 2012, for all kindergarten classes and expanded for year-round crops.



4 x 8 ft. bed frames were built and each class was taught how to build a "lasagna garden". Students put down repurposed cardboard as a weed barrier, then added layers of sand, cow manure, composted leaves, top soil, potting soil, mushroom medium and then mixed in lime. Strings were tied across the bed at 1 ft. intervals in both directions to form a square-foot grid. Each child was given their very own square foot for planting. The students added one broccoli set and two spinach seedlings in each square. Basil, rosemary, and "zombie plants" were set in the middle sections of each bed.

The students loved the idea of zombie plants! The bulb ends of green onions and leeks were used after using the green parts in dishes cooked at the university. When the bulbs (which had looked dead) were planted and watered, they quickly began to grow new greens. In two days, they had grown 4"! The children were amazed to see them "come back to life".

When the children were given their broccoli and spinach sets to plant, they said, "Yuck!" However, after caring for them during the fall, they were so proud of their plants that they were very excited to harvest and sample the vegetables. Many were converted to eating these green vegetables after growing their own. They ate all their produce and begged for more!

After harvesting in the fall, each class sowed seeds for a variety of salad greens: mixed lettuce, red lettuce, spinach, arugula, and Swiss chard. PVC pipes were added as hoops so that plastic could be laid over and clipped into place, forming a greenhouse for each bed. In less than 30 days, new greens had sprouted. Students now look forward to eating salad from their squares.

The kindergartners have learned a lot about planting and weeding while working in the garden. It has proven to be a great place for all kinds of cross-curricular learning, as well. Students practice creative writing as they journal the progress of their gardens. They discovered worms, caterpillars, bees, butterflies, and ladybugs and learned about these creatures. The children are practicing math skills by measuring plant growth and rainfall, counting the time from planting to harvest, counting the weeds they have pulled and comparing amounts. The garden is a great place for story time and talking about the five senses. Students are observing the effects of weather patterns on the garden. Pollution, recycling, and composting have also been discussed as we work to make our gardens grow.



SPECIALIZED GARDENS

(FAITH BASED, INTERGENERATIONAL)

Specialized Gardens (Faith Based, Intergenerational)

Specialize gardens include faith based, intergenerational or other varieties of community gardens. This section on developing a specialized garden will equip you with the resources necessary for getting the most out of your garden, who to involve, the possible benefits of a garden, funding for your garden and challenges that you can address before you even begin. Follow the advice found in these resources and you will be well on your way to having a successful garden.

Basics of Developing a Specialized Garden

It does not matter if you are a novice gardener or an advanced master gardener, when beginning to build your garden; it is good to begin with the basics. By following some basic advice found in these resources your garden will flourish.

- **Why Every Church Should Plant a Garden...and How -**
<http://arocha-usa.org/wp-content/uploads/2012/05/GardenManual.pdf>
- **EHow “How to Design a Church Garden” -**
http://www.ehow.com/how_5138697_design-church-garden.html
- **The Center for Closing the Health Gap “Church Based Community Gardens” -**
<http://closingthehealthgap.org/communities-putting-prevention-work/right-church-based-community-gardens/>
- **Let’s Move Faith and Communities -**
http://www.hhs.gov/partnerships/resources/Pubs/lets_move_toolkit.pdf
- **National Gardening Association “Intergenerational Gardening Keeps You Active” -**
<http://www.garden.org/articles/articles.php?q=show&id=3107>
- **Intergenerational Gardens -**
<http://www.nationalgardenmonth.org/index.php?page=200903storyline>
- **How to Build Raised Beds -**
<http://growtest.org/resources/how-to-build-raised-beds>

Who to Involve and How to Gain Support

If you are building a small raised garden or a very large garden, chances are you can use as much help as possible to have a successful project. You may need approval to begin a garden on the planned garden site. These resources will guide you to who to involve and how to gain support for your community garden.

- **How to Start a Faith Based Garden -**
<http://health.usnews.com/health-news/blogs/eat-run/2012/10/29/how-to-start-or-revive-a-faith-based-garden>



SPECIALIZED GARDENS

(FAITH BASED, INTERGENERATIONAL)

Benefits of a Specialized Garden

Gardens offer a wealth of benefits to everyone involved. From the exercise benefits of working in the garden to the nutritional benefits of eating the fruits and vegetables harvested. But there can be many unseen benefits of a garden and this section will bring these to your understanding.

- **Tips for Starting Community Faith Based Gardens -**
<http://www.montgomeryvictorygardens.org/documents/pdf/Tips%20for%20FBCG.pdf>
- **Kid Gardening “Intergenerational Gardens” -**
<http://www.kidsgardening.org/node/11424>

How to Fund a Specialized Garden

A garden does not have to cost very much, but sustaining the garden may require some revenue from somewhere other than volunteers. This section outlines a number of excellent resources to assist in funding your garden.

- **USDA Financial Resources -**
http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=financial_resources.html
- **Food Corps -**
<http://foodcorps.org/our-structure/site-eligibility>
- **Grants and Funding -**
<http://grants.kidsgardening.org/>
- **Garden Grants for Seniors -**
http://www.ehow.com/list_6637177_garden-grants-seniors.html

Sustaining a Specialized Garden

Planning and developing a community garden requires considerable work. It just makes sense to have a plan in place to sustain the garden for more than one year. Once you have done the intense work of planting that first garden, these resources will offer advice on sustaining the garden.

- **Creating and Sustaining a Community Garden -**
<http://www.downtoearthnw.com/stories/2008/oct/28/creating-sustaining-community-gardens/>
- **Carbon Masters Community Garden Project -**
<http://whatcom.wsu.edu/carbonmasters/documents/CommunityGardenProject.pdf>

Challenges

As with any project you embrace, there are going to be challenges that must be overcome. This section will help you address possible challenges in the beginning and therefore minimizing the hurdles you will need to work through for a successful garden.

- **Ground Rules “A Legal Toolkit for Community Gardens” -**
http://www.state.nj.us/health/fhs/shapingnj/work/publications/CommunityGardenToolkit_Final.pdf
- **Challenges and Solutions to Community Gardens -**
http://www.localharvest.org/blog/20618/entry/challenges_and_solutions_to_some



SPECIALIZED GARDENS

(FAITH BASED, INTERGENERATIONAL)

Success Story

Homer Dudley had no idea that the Master Gardner course his son signed him up for upon his retirement would have such a profound effect on his life.

After attending the course, he approached leaders at his church, College Hills Church of Christ in Lebanon, Tennessee, about using part of the property for a community garden and they agreed.

The community garden at the church began in 2009. They plant 48-50 rows that are 50 feet long which constitutes approximately a 1/3 of an acre. Homer uses a method called “drip irrigation” that Bill Chafin, a 94 year old man from NY, designed and is used in 150 countries. The drip method is one of the best ways to grow vegetable gardens in middle TN. There is a 5/8 inch tape that has a “drip” point every 12 inches. One uses a barrel placed 40”-42” off of the ground. Pressure drives water down the line and will evenly water plants to the end of the tape and back. This ensures that the water goes directly to the plants and roots

especially in the traditionally dry months of June and July.

They have been successful in growing cauliflower, broccoli, cabbage, green beans, lima beans, tomatoes, and eggplant. All food is donated to the federal housing unit of Upton Heights, the Brook House (women’s shelter), and to Joseph’s Storehouse (local food bank). They harvested 90 gallons of tomatoes a week in season. Homer, who works closely with Justin Stefansi (a University of Tennessee Extension agent), master gardeners, and other volunteers, he hopes to expand and start a garden in the local federal housing



unit. Because of this work, Homer has expanded his sites to Africa and other countries as well as a Navajo Reservation in New Mexico. He believes in today’s time no one should go hungry. We are reminded that he is going one step further than donating food, he is teaching people how to sustain this effort with the knowledge of how to produce foods in areas that were barren before.

There is usually no shortage of volunteers to help harvest the bounty from the garden. Some days however there is a shortage of people to help weed and maintain the garden. One of the nice things about the garden is it is visible from the major road in front of it so more and more members of the community are becoming aware of it. Homer hopes to get more volunteers from the church and community to help continue the garden for years to come.

Many faith based organizations are leaders in their community in feeding those in need. With help from the master gardeners in Wilson County as well as University of Tennessee Extension, your church can have a garden too. What a great way to provide fresh fruits and vegetables to food boxes, teach youngsters about healthy food and where it comes from, and a way for your parishioners to have physical activity and fellowship in service.



ADA GUIDELINES

ADA Guidelines

Community gardens offer so many benefits, gardening should be accessible to everyone, including those with physical disabilities and the elderly. All gardens should be constructed following the ADA guidelines as much as possible. This section will give you specific guidelines to accommodate everyone and make gardening safe, accessible and enjoyable to all.

- **ADA Accessibility Guidelines -**
<http://www.access-board.gov/adaag/html/adaag.htm>
- **US Department of Justice “ADA Guidelines” -**
<http://www.ada.gov/stdspdf.htm>
- **Handicap Accessible Gardening -**
<http://www.inthecountrygardenandgifts.com/jspece/gardening/accessible.html>
- **Accessible Gardens for All Resources -**
<http://accessiblegardens.blogspot.com/p/resource-list-accessible-gardens-for.html>

