



# **Edible Community Garden Guide**

## **Tips for Gardening at your Faith Community**



# Edible Community Garden Guide

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# Setting Up a Garden

Good gardens need good bones and can easily be successful by carefully planning what type of garden makes sense; from both a spiritual and practical context

Some criteria are;  
function, location,  
soil, budget, time  
commitment, and  
size

Take photos of the  
proposed garden  
site and map out  
the garden with a  
grid drawing



## Mapping

Take photos of the proposed garden area, from as many angles as possible

Then begin to sketch the outline of the garden



Shalom Jeremiah Community Garden Photo Computer Sketch



## Mapping

Draw in all vertical elements such as fences, buildings, trees; as well as hoses, paving stones and parking access

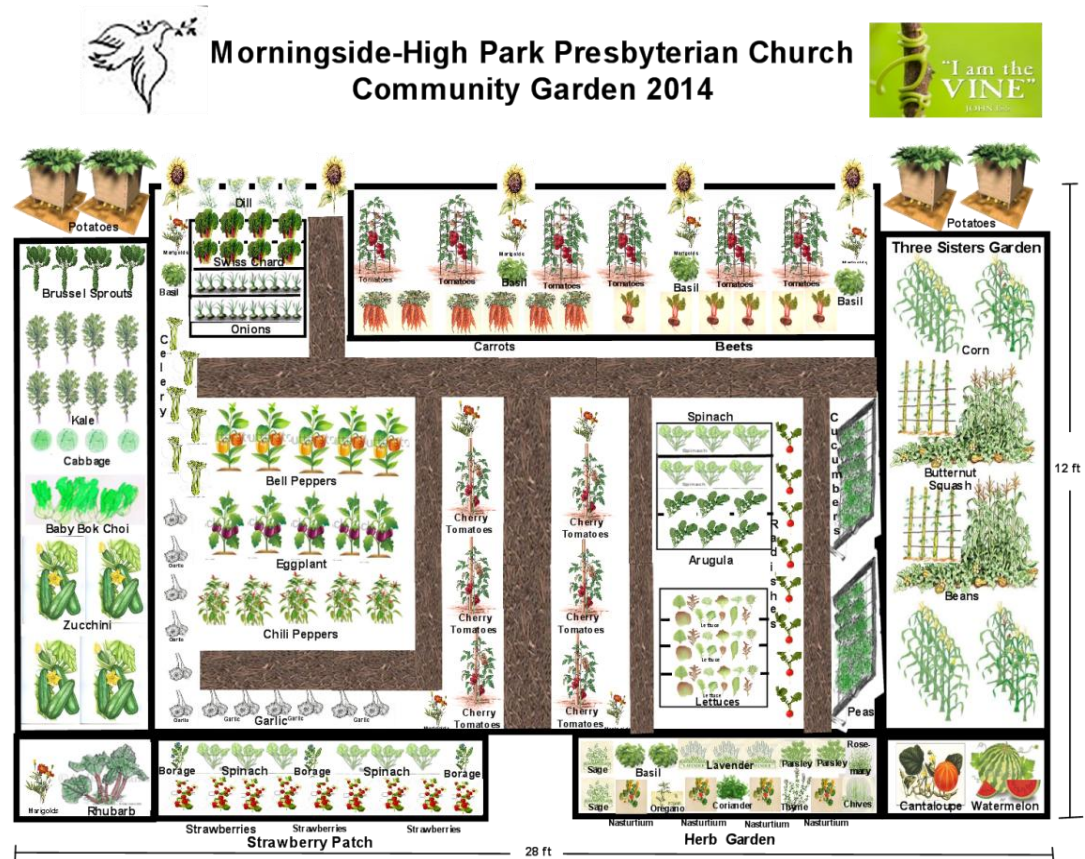


# Mapping

Make a list  
of plants that  
you would  
like to grow

**Vegetables** - Cherry  
Tomato, Heritage Tomato ,  
Red Pepper, Bright lights  
Chard, Russian Kale, Pole  
Beans ( 3 types), Pole  
Peas, Zucchini, Cucumber,,  
Beets, Onions, Chives

**Herbs** - Genovese Basil,  
Italian Parsley, Thyme,  
Mint, Sage, Lemon  
Verbena, Rosemary





# Forming a Volunteer Team

## Volunteer Strategy

Start with those who belong to your faith community

Reach out to members, partners, and other groups that lease space

Ask members and community groups to spread the word to other people who may also be interested



# Forming a Volunteer Team

- Invite volunteers in person; identify their skill set and tell them why you want them on your team
- Invite them to a meeting
- Appoint a project leader to lead the project and a “scribe” to take notes and be in charge of communication
- Show the garden drawing and obtain their feedback; then make revisions to get everyone “on board”



Greening Sacred Spaces community volunteers, in Cambridge, Ontario



# Forming a Volunteer Team

Having youth on your team teaches gardening and brings the community together



**“The Giving Garden”, Islington United, with their youth team at work in their garden July 2014**



# Planting a Garden



The objective is to have a deep, well-drained, organically rich garden

Morningside High-Park Presbyterian Planting the garden May 2014



# Planting a Garden

Some criteria to consider; depth of planting, drainage, organic matter, brown to green (3- 4 times brown versus green)

Identify plants with markers

Put a sign up with the garden's name on it



Leave a garden map in a plastic cover at garden entrance



# Planting a Garden

## Islington United Community Garden

8 day old  
Cipollini Red,  
Cipollini Yellow  
& Walla Walla  
Onion  
seedlings  
planted in  
reusable  
containers,  
by  
Islington  
United  
Green  
Team





# Maintaining a Garden

**A successful garden is the result of a dedicated team of community volunteers**

**Decide who will do the tasks;  
weeding, watering, harvesting,  
and pest control**

**Publish the work plan;  
put it in a google doc  
and distribute to the team,  
also place it at garden**

**Develop a contingency  
plan for those who are  
on vacation**

**Send out email update  
every week**

2014 Shalom Garden Volunteer Schedule

Name		Day	Phone	Email Info
Meg	W	Tue	416-488-2354	mwalker@hotmail.com
Saeed	Wa	Thu	647-934-0606	skanji@sympatico.ca
Molly	We	Tue	416-485-8723	molly@yahoo.ca
Sigh	Wa	Thu	647-916-3323	slipman@gmail.com
Marg	Harv	Tue	647-934-9042	mmctee@rogers.com
Ron	Harv	Thu	647-934-9042	ronmctee@rogers.com
Tom	Pest	Tue	416-322-4455	tgreen@hotmail.com
Denise	Proj Lead	Tue Thu	416-889-9925	denise@dhebert.com
Haania	Scribe	Tue	416-322-2451	haania@hotmail.com

# Maintaining a Garden

**Water and  
sunshine = magic  
ingredients**

Besides water and sun, weeding must be done on a regular basis and garden pests must be kept at bay

Proper garden tools such as a hoe and garden claw, will help dispose of weeds on weekly basis





# Maintaining a Garden

Poles and fences  
Provide climbing  
aids for beans and  
peas

Corn provides natural  
support for beans and  
squash “3 sisters  
planting”





## Maintaining a Garden

Be creative; recycle items around the home; branches, hockey sticks and nylon stockings, which when cut into strips, make great plant ties





# Harvesting the Garden

**Enjoy the  
abundance of  
nature's gift**

There is a  
tremendous  
sense of pride in  
growing one's own  
food

A sense of  
being self sufficient  
and living off the  
land



# Harvesting the Garden

## Allow volunteers to take home the harvest

The best part is picking the vegetables and bringing them home to eat

And there is the benefit of having Fresh vegetables; that are full of vitamins, minerals, calcium, iron and carbohydrates





# Harvesting the Garden

It is important to measure the outcome of the harvest.

A weekly journal will chronicle the successes and failures

Comments and reasons for success or failure, will help the team to grow an even better garden the next year



# Harvesting the Garden

**Freezing:** The most common method of preserving vegetables is freezing. All vegetables can be frozen, but root crops are better stored, as they keep better

**Storing:** Root crops, which include beets, carrots, parsnips, turnips and potatoes, can be kept in the garden until mid-November, after the frost. They can be stored on a shelf in a cool basement.

**Fermenting:** Peppers, tomatoes, eggplants, onions, cabbage and cucumbers are the most common vegetables that can be preserved by fermenting.





# Local Gardening Resources

- TD Friend of the Environment Foundation “Taking Root” quarterly newsletter <https://secure-fef.td.com/taking-root>
- Live Green Toronto [http://www.toronto.ca/livegreen/greenlife\\_getgrowing.htm](http://www.toronto.ca/livegreen/greenlife_getgrowing.htm)
- Evergreen Community Greening [www.evergreen.ca/en/resources/community-greening/](http://www.evergreen.ca/en/resources/community-greening/)
- TRCA Pollinator Guide and Tree Planting [www.trca.on.ca](http://www.trca.on.ca)
- Container Gardening [www.container-gardening-for-food.com/](http://www.container-gardening-for-food.com/)
- Rooftop Gardening [www.greenroofs.com](http://www.greenroofs.com)
- Rainbarrel [www.rainbarrel.ca](http://www.rainbarrel.ca)
- Urban Harvest [www.uharvest.ca](http://www.uharvest.ca)
- Seeds of Diversity [www.seeds.ca/ev/events.php](http://www.seeds.ca/ev/events.php)
- Veseys Seeds [www.veseys.com](http://www.veseys.com)
- Stokes Seeds [www.stokeseeds.com](http://www.stokeseeds.com)



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