



# PLANTPURE COMMUNITIES

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## ACTION SHEET: OVERVIEW OF CONDUCTING A GARDENING INITIATIVE **Gardening Toolkit**

Is your community considering conducting a Gardening project? This Action Sheet has been crafted to provide Group Leaders with an overview and roadmap to inform the Pod decision-making process.

Here are three broad categories of ways to support or develop gardening in your community:

### 1. Create a [Square Foot Garden](#)!

- The *Info Sheet: Overview of Square Foot Gardening* and the *Info Sheet: Step-by-Step Square Foot Gardening Method*, together provide an introduction to SFG and the basics about how to build a garden in backyards, on rooftops, or from inside houses!
- *Action Sheet: Organizing a Workshop on the SFG Method* teaches Pods and community members how to build a Square Foot Garden.
- If you are conducting an Oasis Pilot Initiative in your community and want to offer the Workshop to the participants, refer to *Action Sheet: Organizing a Workshop on the SFG Method for an Oasis*.

### 2. Conduct/Start A Local Joint Project:

- **Community Garden:** A community garden could be planted in a fertile patch of land in a local community space. Is there an existing community garden that needs fixing up? A community center which could donate/share land? Empty fields owned by the town which have no use? This option would allow the Pod to get involved with the greater community, could potentially attract new Pod Members, and would create a meaningful way for everyone to get involved! Refer to *Action Sheet: Creating a Community Garden* to get started.
- **School Garden:** Does your Pod want to work with children to build a garden for the school and the community? It could be a local elementary, middle, or high school that has space to build a garden, which everyone can enjoy! This option would allow Pod Members to teach the younger generation about the importance of gardening and eating fresh, whole foods. Learn more about school gardens, how to get started, picking a theme, and the benefits of a school garden, [here!](#)

### 3. Support Local Gardening Efforts

- **Sustainable Food:** In order to support local gardening efforts and farmers, you can buy from Farmers Markets, local food co-ops, CSAs (Community Supported Agricultural programs), or others! These options increase business for local growers, and support local plant-based foods in the community. Not only that, Pod Members will know where their fresh produce is coming from, as they are supporting local farmers who may be struggling. This also minimizes transportation costs and pollution. Win-win! Find out more about why it's important to buy [local food](#).
- **Farm-to-table:** According to The Spruce, "Farm-to-table" means the food on the table came directly from a specific farm, without going through a store or distributor. This can happen at the farm where the food was grown, or more commonly in a restaurant that has a partnership with a local farm. Farm-to-table relationships support local growers and allow fresh produce to be served to customers - maybe only hours after it has been harvested! Search for "Farm to Table" restaurants near you on [Yelp!](#) (Note, Farm-to-table does not mean vegan/plant-based restaurant).
- **Seed Bank/Swap:** Your Pod may want to create or participate in a Seed Bank with the intention of preserving the biodiversity of crops. The film *Seed: The Untold Story* goes into depth on the topic and has info about [how to take action](#). Seed Savers Exchange, a non-profit organization located in Iowa, collects, grows, and share heirloom seeds and plants.

*We welcome your suggestions and ideas! Please send them to [info@plantpurecommunities.org](mailto:info@plantpurecommunities.org). This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated January 2020.*