

Backyard Garden Program

The backyard garden program aims to give participants an opportunity to learn how to grow their own food in their own yard at home. Participants are provided with the seed as well as assistance in determining the placement of their garden bed. Grow Food, Grow Hope volunteers will make a weekly house call at your convenience to check on your garden's progress and discuss next steps, work with you on any maintenance, and answer any questions you may have.



This program asks for a donation of \$25 to cover the expenses of lumber, soil, seed, and all other supplies. There are sponsorships available for those who would like to participate. This program brings participants together for an end of season cookout to celebrate the harvest and learning, as well as opportunities to learn how to preserve their fresh produce. The season for backyard garden visits typically runs from May through September.



For more information or if you are interested in participating, please contact the Grow Food, Grow Hope team.

Applications will be available January 5, 2011 to help determine which program would be the best fit for each participant.

On the web:

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www.twitter.com/growfoodandhope

www.facebook.com/growfoodgrowhope

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Wilmington College Grow Food, Grow Hope Community Garden Initiative



Community Garden and Backyard Garden Programs 2011

Grow Food, Grow Hope: By growing a little food, we can sow a lot of hope.



Wilmington College Grow Food, Grow Hope Community Garden Initiative started in June 2009, and is staffed by nine Americorps* VISTA full-time volunteers. We are a Wilmington College sponsored project which seeks to raise awareness of the benefits of local and sustainable food production, and in turn combat the effects of poverty. Grow Food, Grow Hope is active in areas including food access, nutrition education, farmers markets, youth and community outreach and assisting the local economy through the "Buy Local" campaign and Fresh Network. This is in addition to the community and backyard garden programs.

Wilmington College Friends of Hope Community Garden

Where: 40 garden plots across from Pyle Center parking lot on the Wilmington College campus.
When: Tuesday nights at 7 pm or Saturday mornings at 9 am. Participants sign-up for the time they are available and attend that time each week. The scheduled garden meetings are typically from May through late July.

What happens during scheduled garden time?

During the scheduled garden time each week, participants are planting, tending, harvesting, watching and sampling dishes from the cooking demo, and children participate in planned children's activities as well. This program is FREE for participants and they are supplied with all of the necessary tools to use during the scheduled garden time, and will be provided with all the plants and seedlings. Participants are able to take all of the produce that is grown in their plot. If you don't have any gardening experience, don't worry. Participants are matched with a mentor for the garden season, an experienced gardener in the community, and they guide participants through the gardening process. Participants



are welcome to come to their plot any time in addition to the scheduled time and can harvest and tend as needed.

Cooking Demonstration

Each week of harvest, there is a cooking demonstration using at least one of the foods that was harvested in the garden that week. Participants watch as the food is prepared and taste a sample of the fresh dish. Volunteers go over suggestions on how to use the produce harvested that week and nutrition facts. Participants receive a recipe card to take home so they can try the recipe in their own kitchen, and are always welcome to share any tricks they have learned or ways they like to prepare the produce with the group.

Children's Activities

Each week, there is a children's activity during the scheduled garden time. We encourage children to harvest and tend in their family's plot, and then to join the activities in the children's garden plot. Past activities have included stories, songs, games, planting, tending, and harvesting from the garden, as well as trying samples of dishes. These activities are designed with children of all ages in mind to interact and learn more about what happens in the garden.

