

Thanks for joining us!



Bill McKelvey
Project Coordinator



POWER UP YOUR PANTRY



Interdisciplinary Center
for Food Security



Power Up Your Pantry

How this webinar works

- The webinar is being recorded
- Everyone is muted at the moment
- Please type questions into the chat box anytime
- At the end, if you'd like to ask a question, unmute yourself and please ask your question
- For those joining by phone, we'll try to have you speak your questions.



Power Up Your Pantry



POWER UP YOUR PANTRY

Power Up Your Pantry is a University of Missouri program intended for food pantries and other hunger relief groups looking for ways to enhance their current operations and better meet the needs of the people they serve.



Power Up Your Pantry

There are many ways to connect with us!

- Power Up Your Pantry *Lunchbox Learning*
 - Webinars/online sessions
- Power Up Your Pantry *Connection*
 - One-on-one technical assistance
- Power Up Your Pantry *Meet-ups*
 - Regional meetings starting in the spring of 2019
- Power Up Your Pantry *Guide Sheets*

Power Up Your Pantry

- Website at foodsecurity.missouri.edu/power-up/
- Visit our website and complete the short survey at <http://bit.ly/power-up-app> to be added to our mailing list!!!



<https://www.facebook.com/powerupyourpantry/>

POWER^{UP} YOUR PANTRY

Go Local! Series Community Gardening



Community gardens find their roots in unique ways. Some gardens begin with the goal of volunteers growing produce for a food pantry. Other gardens adopt a more interactive approach by letting people grow their own produce and giving gardeners control of what they plant, how they take care of their plot, and when they harvest.

Still others focus on demonstration and education with the aim of helping people see what is possible, learn gardening skills, and build the confidence to try gardening on their own.

Ultimately, there is no right or wrong way to organize a community garden. In fact, many gardens promote a variety of goals to attract a wide range of participants and meet their individual needs.

Food pantries that want to start a community garden have a range of options to choose from. In this guide, we'll share best practices and options for creating a successful and sustainable garden.

Getting started

Community gardens work best when a variety of people can get their hands dirty in the planning stages. A plentiful group of partners provides a broad, well-rounded perspective for the garden from the beginning. We recommend starting with a core group of five to seven people who are willing to plan the garden- and organize and recruit early gardeners. Be sure to ask local businesses, civic and youth organizations, and related agencies about getting involved. Try to be inclusive of people from different backgrounds.

The core group's first task is to have a conversation about the goals of the garden. Here are a few guiding questions:

- What do you want to accomplish?
- What type of garden do you envision?
- Who will be involved?
- Who will do the work?
- Are your goals compatible with the desires of the broader community?
- **Most importantly, do your goals allow food pantry clients to contribute in a meaningful way?**



POWER UP YOUR PANTRY

This series is intended for food pantries and other hunger relief groups looking for ways to enhance their current operations and better meet the needs of people who use their services.

The information provided is based on survey and other research conducted by the Interdisciplinary Center for Food Security at the University of Missouri.



Download at:

<http://foodsecurity.missouri.edu/power-up/>



Additional Resources

- Supporting Client Choice
- Communication
- Cultivating Self-reliance
- Fundraising Options
- Grant Writing
- Helping People Grow Their Own
- Harvesting and Handling Produce Safely
- Partnering with Farmers and Gardeners
- Raising Money from Individuals
- Volunteers



Power Up Your Pantry

Community Gardening

Community Gardening



Why start a Community Garden?





"We can begin by doing small things at the local level, like planting community gardens or looking out for our neighbors. That is how change takes place in living systems, not from above but from within, from many local actions occurring simultaneously."

- **Grace Lee Boggs,**
author and social activist

Spotlight: Bethel Baptist Church Community Garden



For help getting started,
go straight to the
source-
your clients!





EVERY GARDEN IS *UNIQUE*













ASH ST. GARDEN

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COLUMBIA SANITARY LANDFILL & COMPOST FACILITY
REMI & MARK STEVENSON

CALL THE COMMUNITY GARDEN COALITION
FOR MORE INFO: 875-5995

This community garden is reserved for and for the gardening members



Create a core group of
5-7 people



What do you want to accomplish?
What type of garden do you envision?
Who will be involved?
Who will do the work?
How will you help clients feel welcomed?
What does the community want?

Try a survey - <http://bit.ly/commgardensurvey>





Next Steps...

Do some additional outreach

Elect a leader or co-leaders

Land

Your Garden needs....

Access to water

6+ hours of sunlight per day

Soil test: <http://bit.ly/musoiltesting>

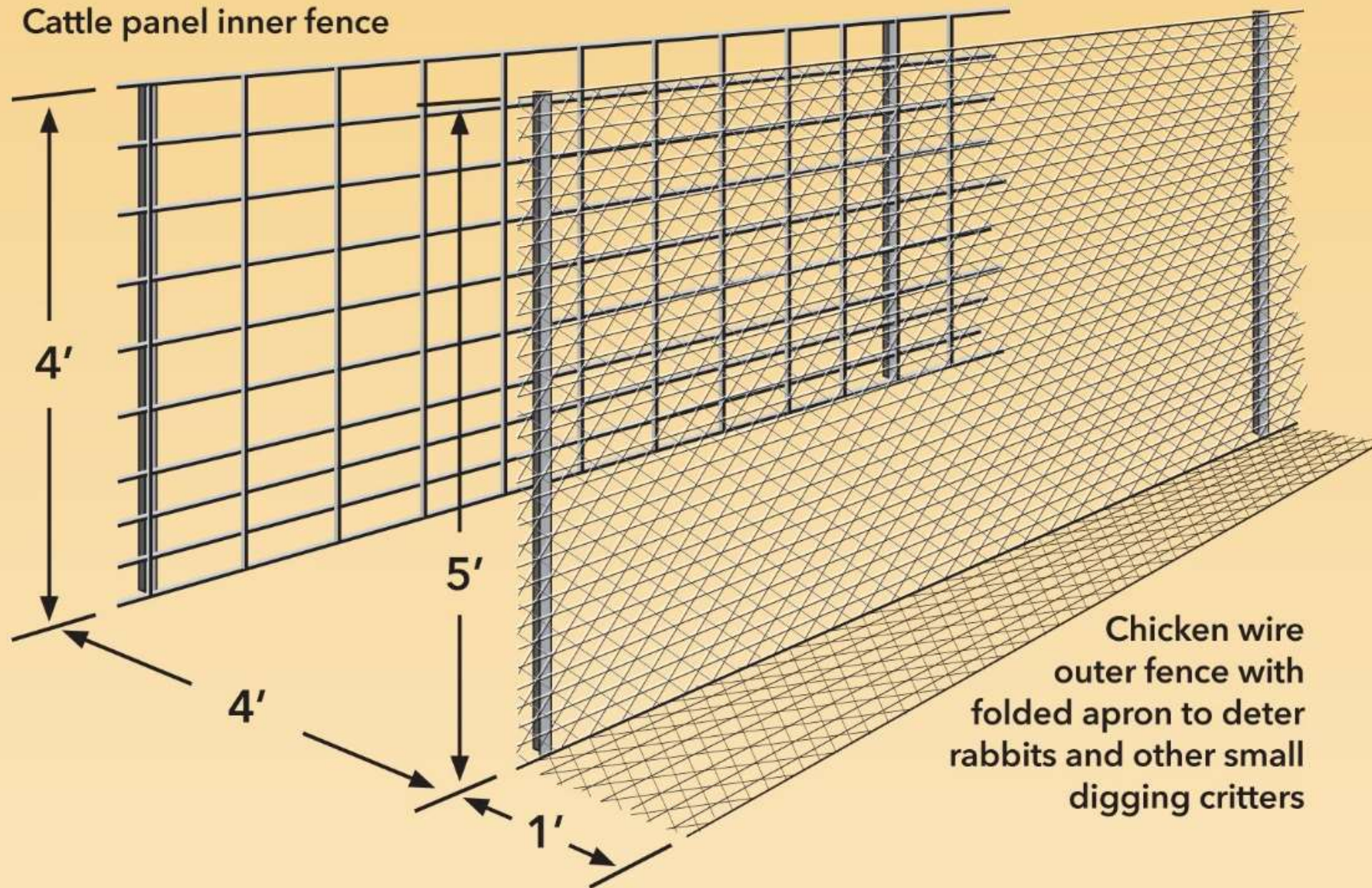
A plan to deal with wildlife!

<http://bit.ly/preventgardenpests>

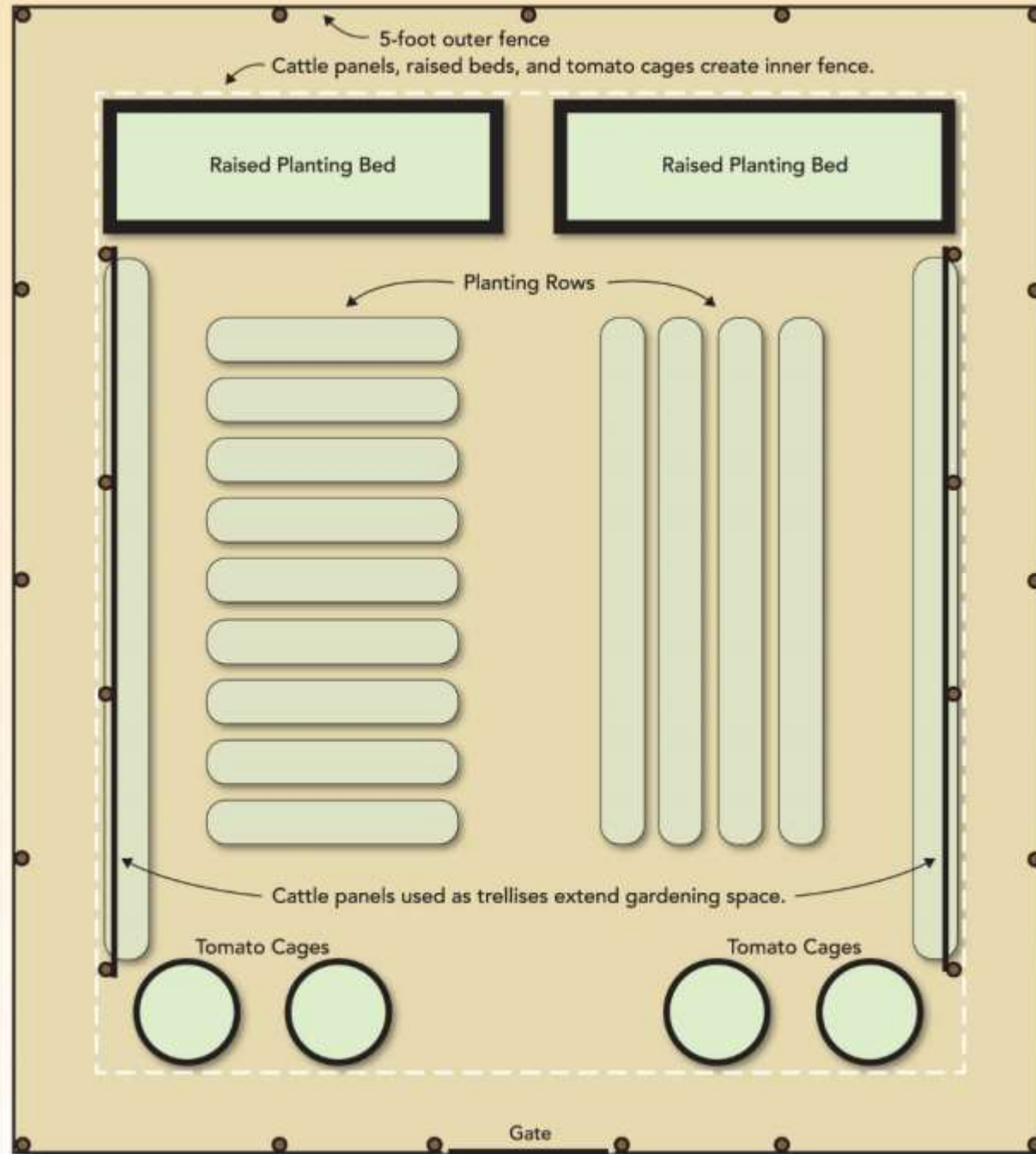
http://bit.ly/mdc_keepingwildlifeawayfromgardens



The double fence defense



Sample garden plan using structures to create a double fence



Resources

Local Farmers for plowing/tilling

*Call I-800-DIG-RITE first

City for compost or mulch

Thrift stores/Craig's list for gardening tools

Eagle Scouts for construction projects

MU Extension Horticulture Specialist and Master Gardeners



MU Extension county office contact info: <https://extension2.Missouri.edu/locations>

A screenshot of the MU Extension website's 'Locations' page. The page is titled 'Locations' and shows a search interface with filters for 'Within 50 miles of' and a 'Enter ZIP code' field. Below the search bar is a 'You've Selected' section with a list of counties: Adair, Andrew, Atchison, Audrain, Barry, Barton, Bates, Benton, Bollinger, and Boone. The 'Results' section shows three entries for MU Extension offices in Barry County, Adair County, and Andrew County, each with contact information and a 'CONTACT US' button. The page indicates '1-10 of 10 results' and 'PAGE 1 OF 1'.

Spotlight: Bethel Baptist Church Community Garden



Guidelines

If you assign plots, a few guidelines can promote clear understanding of community gardening etiquette

Example: <http://bit.ly/gardeningguidelines>



Home About Donate Gardens Get a Garden Plot Resources

- Do not apply anything to or pick anything from another plot without their express approval. You may lose your gardening privileges as a result.
- PLEASE REMEMBER to turn off the water, roll up the hose at the faucet area, return tools to the shed and lock the shed before leaving the garden.
- At the end of the gardening season, all dead plants and non-plant materials (string, wire, wood, metal, plastic, etc.) should be removed and disposed of properly and all gardens left neat and tidy. If your garden is not cleaned-up at the end of the season, you could loose your gardening privileges for the next season or be reassigned to a new, smaller plot.
- Smoking and chewing tobacco are discouraged in the gardens; tobacco can transmit a lethal virus to tomatoes, and cigarette butts are loaded with toxins.
- Use common courtesy, be considerate of your gardening neighbors, and enjoy.
- At this time, the CGC does not charge gardeners a fee for gardening. However, we encourage you to make a donation of any amount you can afford to help cover the cost water, insurance, compost, tools, supplies, and other expenses. Your contribution will go a long way towards sustaining the CGC and your own community garden.

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period of time. If you plan to discontinue use of your space, please let a leader know as soon as possible so that your plot can be assigned to another gardener.

- Organic gardening is required in the Claudell Lane garden and strongly encouraged in the other gardens. If you need assistance, we have experienced gardeners who can help.

Accessibility

Make your garden accessible for everyone!

Examples

<http://bit.ly/accessibleraisedbeds>

<http://bit.ly/muraisedbeds>

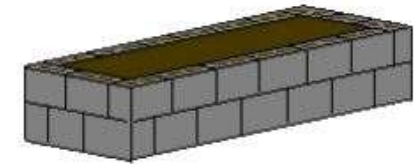
Other Options for Materials and Design

- A) Purchase a raised bed kit from Lee Valley and assemble using wood and concrete pavers. The kit includes the metal brackets that hold it together and detailed instructions- you provide the lumber and pavers. In Madison, you can check out this design at Troy Gardens on the north side. Or visit the Lee Valley website: <http://www.leevalley.com/garden/page.aspx?c=2&p=47455&cat=2>
- B) Make beds out of concrete blocks and rebar, as described in the book "Cinder Block Gardens" by Lynn Gillespie. In Madison, Quann Community Gardeners are building this type of bed in spring of 2005 on the south side.
- C) Use a children's wading pool raised off the ground by an old table. Be sure to drill holes in the pool before planting. Kids like to swim- but vegetables don't!
- D) Create a table top garden for wheel chair accessible gardens. For a diagram and instructions on how to build this type of bed, look at UW Extension publication (A3384) "Specialized gardening techniques: wide-row plantings, square-foot gardening, and raised beds." You can print the publication for free on-line at: <http://cecommerce.uwex.edu/pdfs/A3384.PDF>
- E) Dowling Community Garden in Minneapolis created a wonderful document detailing their process for building 12'x5' raised beds. They used recycled composite decking and Geoblock porous pavement for wheelchair access. See their website at <http://www.dowlingcommunitygarden.org/PDF%20files/AccessibleRaisedBeds.pdf>

A. Lee Valley kit



B. Concrete blocks



C. Wading pool



D. Table top





Leverage community connections to help build and maintain the garden!

Have Fun!

Schedule work days

| Invite the community

| Gather materials and tools

| Be ready when they show up

Spotlight: Broadway Christian Church Community Garden



Maintaining Momentum

Involvement
Schedule work days
Recruit additional
leaders
Host pot lucks,
workshops, etc





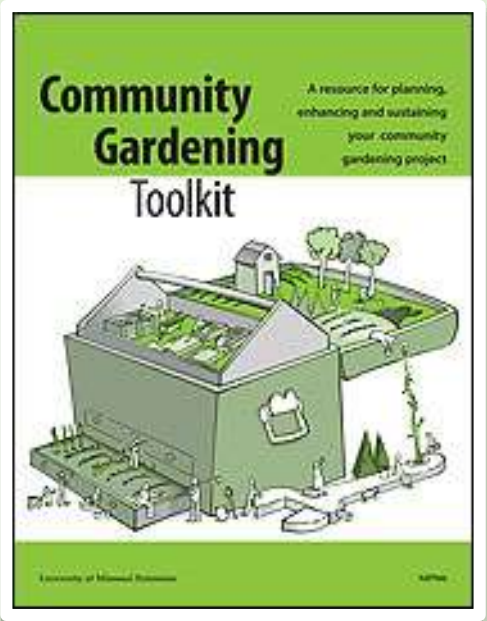
Resources

You can download free copies of **Power Up Your Pantry's Community Gardening** guide sheet and **Grow Well Missouri's Garden Starter** at:

foodsecurity.missouri.edu.

The **Community Gardening Toolkit** can be downloaded at

<https://extension2.missouri.edu/mp906>





Wrap-up

- Your questions or comments
- Look for a link to a short evaluation in your email
- Attend two more webinars to receive a \$15 gift card
 - Please also complete the application at <http://bit.ly/power-up-app>



Upcoming webinars

- Client Choice on Oct. 17, Noon to 1pm
- SNAP Outreach on Oct. 31, Noon to 1pm
- Meeting Broader Needs through Partnerships on Nov. 13, Noon to 1pm
- Fundraising Series starting in Jan. 2019
- Find information at <http://foodsecurity.missouri.edu/power-up-lunchbox-learning/>



GET INVOLVED



LIKE "POWER UP YOUR PANTRY" ON FACEBOOK.



DOWNLOAD "POWER UP YOUR PANTRY" GUIDE SHEETS FOR FREE AT: [FOODSECURITY.MISSOURI.EDU/POWER-UP/](https://foodsecurity.missouri.edu/power-up/)



CONTACT US FOR QUESTIONS OR INPUT. WE APPRECIATE THE FEEDBACK!

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for Food Security