



This is a “pass it forward” program. Participants receive assistance and materials from Loving Garland Green volunteers to set up their garden. In return, the participants take care of the garden and share 10% of the produce from the garden with their neighbors or a charity.

In addition, for the first year, they keep detailed records of their crop yields that they share with Loving Garland Green. We also ask participants to help another resident to start their own urban garden—by encouraging them to do so and ideally, by helping them set up a garden if possible.

TO LEARN MORE ABOUT US, VISIT [Http://lovinggarlandgreen.org](http://lovinggarlandgreen.org)

The sample signage shown on the next page serves as an example of the information that will be posted on each 4 x 4 and 4 x 8 Square Foot Garden that Loving Garland Green installs. It will feature the name(s) of the urban farmer(s) who are responsible for the garden. It will also feature a map of the first crop planted in the garden and a little overview about square foot gardens. Prior to the installation of the garden, the Garland urban farmers will provide a representative from Loving Garland Green with a list of crops they want to plant in each square. The size of the plant at maturity will determine the number of seeds or transplants allowed per square.

In addition to installation assistance, participants in the 4 x 4 Square Foot Garden will receive:

1. 4 x 4 square foot frame for the bed that is divided into 16 squares, or a 4 x 8 square foot frame divided into 32 squares.
2. One wire cage to hold leaves for compost.
3. One small container for the kitchen counter to hold vegetable scraps for the compost.
4. Seed and transplants for each of the 16 squares
5. The necessary soil (a mixture of 1/3 compost, 1/3 vermiculite and 1/3 peat moss)
6. Forms for keeping record of their crop yields.

We want to set people up to be successful gardeners because it is a human tendency to build on happy, successful experiences and pursue more of them. Establishing a garden can be a little expensive for families—especially in our tight economy. However once the garden is established, it is almost self-generating from that point forward. For example: It takes approximately \$140.00 to \$160.00 in materials to build these gardens. This includes all material cost: lumber, soil, compost cage, seed, transplants, etc. However, after the first season, the gardeners only need to put a layer of compost on top of the existing soil and provided they saved their seeds, they don't have to purchase seeds. The entire system is already in place. If they harvest rainwater, they will have more than enough water to supply a 4 x 4 or a 4 x 8 bed with needed water. [*However setting up rain barrel systems is not part of this program. Although these gardens are designed to conserve water with the soil mix and with the underground watering system of ollas.*]



ANOTHER URBAN GARDEN

OUR SQUARE FOOT GARDEN

Urban Farmers in Charge of this Garden:

ABOUT SQUARE FOOT GARDENS

Many people don't realize how much fun and easy it is to garden. A man named Mel Bartholomew introduced the square foot garden method to the world in the early 1980's. This method of gardening divides the plot into approximate one-foot squares. Depending upon the size of plant, the gardener plants, one, four, eight, or sixteen plants per square. The soil mix is 1/3 compost, 1/3 vermiculite, and 1/3 peat moss. The gardeners participating in this program agree to start a compost pile at the time of the installation of the garden. Each new season the gardener will spread a new layer of compost on top of the soil. The Garland urban farmers participating in this *Loving Garland Green* program will be provided sheets on which to record their crop yields on a weekly basis during harvest season. Yields will vary from one square foot garden to the next (according to what is planted and according to total square footage). However, on average a 4 x 4 square foot garden (16 square feet) can feed two children, or one adult all their daily needs for vegetables during one season (3 to 4 months). We also ask the person receiving the garden to "pass it on" within the year by either sharing 50% of their produce with their neighbors, or by helping another Garland resident to install and care for their own urban garden.

SUMMER SQUASH MARCH 25	RADISHES MARCH 1	LETTUCE MARCH 1	TOMATO APRIL 10
CARROTS MARCH 1	OKRA APRIL 5	SPINACH MARCH 1	ENGLISH PEAS MARCH 1
KALE MARCH 1	BEANS MARCH 20	FLOWERS TBD	CUCUMBERS AFTER MARCH 20
CARROTS MARCH 1	TOMATO APRIL 10	RADISHES MARCH 1	ZUCCHINI AFTER MARCH 20



ANOTHER URBAN GARDEN

OUR CONTAINER GARDEN

Urban Farmers in Charge of this Garden:

ABOUT CONTAINER GARDENS

Not everyone has the space for even a small raised bed; however most people have room for a few containers. It is amazing the food that can be grown in a pot. For example, in 2013, Liz Berry grew four of the best tasting cantaloupes from a pot holding about 2 square feet of soil.

We also ask the person receiving the garden to “pass it on” within the year by either sharing 50% of their produce with their neighbors, or by helping another Garland resident to install and care for their own urban garden.

For this program we estimate the set-up cost per container garden at \$35 and \$55. This includes the container, soil and seedling transplants or seeds.



Bib Lettuce/ June and July 2013/ Garland, Texas/ supplied enough lettuce from this container for 20 salads.
Estimated savings of \$25.00.