



Gardening for Good DIY Project

Civic Circle Area: Volunteer

The impact of COVID-19 continues to change our daily lives and routines, but volunteering and civic engagement are just as important as ever. This project can be modified to adhere to social distancing guidelines set by local and national authorities, to do virtually, or to do at home and deliver via mail or drop off.

Food insecurity can be related to a range of different health problems including diabetes, depression and heart disease. Help feed your community by growing a community garden with healthy, fresh produce to donate to a local shelter or food pantry!

What You Need:

- A space to plant your garden. You can ask permission to use a greenhouse, an approved vacant lot, raised garden bed or flower pots;
- Planting soil;
- Seeds, such as tomatoes, pumpkins, beans, bok choy, radishes, carrots, potatoes, basil, rosemary, flowers. Research what crops grow best in your area.
- Gardening tools: gloves, small shovels, trowels
- Water and sunshine!

Steps:

1. Find a location to plant the seeds. Whether it's a windowsill, a raised garden bed, or your whole backyard! Make sure it has plenty of sunshine.
2. Decide which organization or group to donate the produce to. Some suggestions are a local food bank or seniors at a local senior center. Contact the organization and make sure they are able to accept your donation.
3. Gather family, classmates, or friends to help plant and maintain the garden. You can even check with your school or community to find out if they have space to donate.
4. Get the soil ready:
 - Clean the area you plan to use for planting of any debris like twigs, garbage or rocks.
 - Aerate the soil by using a shovel or trowel to mix up the dirt.
 - Add potting soil or compost to the soil so it's rich in nutrients.
5. Place the seeds in the ground under soil. Each plant has different requirements for depth and space between seeds, so make sure to read the package for these restrictions.
6. Set up regular schedule for maintenance of the garden or plants. Coming up with a schedule is a great way to make sure that no plant goes un-watered!
7. Keep a watch over your seedlings as they grow into healthy produce.
8. Donate your produce to the organization of your choice!

Reflection Questions:

- What was your favorite part of gardening?
- What did you learn about hunger by doing this project