

The Garden's Edge



VOLUME 1, NUMBER 2, FEBRUARY 2010

VOLUNTEER OPPORTUNITIES

Volunteers help Grow And Share meet its goals and ensure many gardeners growing food and sharing it with the needy. If you are looking for a way to make a difference, please volunteer. Help we need right now includes:

- Watering plants in the greenhouse Wednesday or Saturday mornings
- Organizing a food collection and distribution in your area where gardeners can drop off each week
- Fundraising with our team in the Great Human Race 5K (March 27)
- Arranging for Grow And Share to present to your local school, scout troop, 4H, or children's group
- Calling food banks and soup kitchens to help build our list of produce-accepting locations
- Setting aside part of your yard or patio for a Sharing Garden, and sharing your harvest
- Helping a neighbor build a garden so they may grow their own healthy foods to eat and share

If any of these tasks spark your interest, sound like fun, or both, please call for more details.

GRANT AWARDED BY ANNIE'S HOMEGROWN

In late 2009, Grow And Share received a grant from Annie's Homegrown of Napa, California. This "Grants for Gardens" award provided funding for Grow And Share's gardening education programs in 2009-10.

The grant has funded purchase of garden seed and growing supplies, creation of educational materials, and personnel for group events. Educational planting events are being held during which children learn about growing their own food and assist with seed planting. The resulting gardens will be harvested and their produce distributed locally.

Across these children's lifetimes, what they learn can impact how they think about healthy foods.

"At Annie's, we believe that gardens are important places to connect kids with real food," said Aimee Sands, Marketing Director at Annie's Homegrown. "There's something magical about watching a child sample the lettuce they've grown, or dig up new potatoes for the first time. We're proud our Grants for Gardens encourage and support this type of education at community gardens across the country."

From the Annie's website, www.annies.com: *Annie's Homegrown is driven by a team of folks who are passionate about three things: food, people, and the planet we all share. The Napa-based company's philosophy is "Eat Responsibly. Act Responsibly."*



FRANKLIN COUNTY SCHOOLS GROW

Elementary school teachers are going green in Franklin County, North Carolina with installation of school gardens.

Grow And Share is working with teachers at different grade levels and Dale Byrns, Creative Education Office for Franklin County Schools.

"Franklin County Schools recognizes that proper nutrition and healthy living habits are very important for a child's education," Franklin County Superintendent Dr. Eddie Ingram said. "We are

thankful for the efforts Grow And Share is putting forth to help the children and staff of Franklin County schools make healthy decisions.”

The schools gardens are scheduled to be in full swing by April, allowing students to harvest food before school ends for Summer Vacation. All students participating in the program will give back to the community while learning to feed themselves.

Teachers are adding gardening to their lesson plans for science, nutrition, and other subjects. Produce grown in these gardens will feed the students, the teachers, and other local residents.

These school are helping the next generation hear the message: you can grow your own food. As adults, each will decide if gardening is something they want to do. The teachers and administrators are providing the opportunity to work on life-oriented projects like the school gardens.”

Long Mill Elementary

Several gardens were installed at Long Mill Elementary. Built in November 2009, over 80 elementary school students will be growing food for themselves, learning about nutrition, working in the garden, and sharing their produce.

Five raised beds were installed November 4th at Long Mill Elementary. These raised bed gardens are overseen by first grade teachers, first graders, volunteers, and Grow And Share representatives.

Businesses in the community dove in and helped these schools. Their contributions kept the total garden costs under \$50 for all the school



LONG MILL ELEMENTARY SCHOOL GARDEN INSTALLATION DAY

gardens. Grow And Share delivered the supplies and donated landscape timbers for the beds.

Over three tons of organic garden soil were used to build the gardens, with all the soil donated by Old Castle Lawn and Garden of Louisburg. Woodlief Supply Co. of Youngsville provided greens seed for some experimental Fall planting. Spring seeds and plants will be provided by Grow And Share during March and April 2010.

At Long Mill Elementary, the teachers are using this gardening experience to teach the students hands-on about the parts of a plant and how plants grow (a science objective). Growing plants lines up with the teachers' objectives of teaching science lessons on what a plant needs to grow. "The students will also be learning about health and nutrition as part of our health initiatives... good choices, food pyramid, etc.," says First Grade Teacher Laurie Baker.

From Kimberly Ferrell, Long Mill Elementary School Principal: "It was an awesome opportunity for our First Grade students to see and understand the process of starting a garden. At Long Mill Elementary School our goal is to educate our students about healthy living and choices. This project is part of our Wellness program that leads to greater rewards in living fit."

Franklinton Elementary

With the help of a multi-grades teacher, Franklinton Elementary will install a school garden March 2010. The garden will be used to teach the "AIG" students on a variety of topics



LONG MILL ORGANIZERS

Ground breaking is expected in early March, with seeds and plants installed throughout April and May. Students from grades 1 through 5 in the AIG program at Franklinton Elementary will share their garden's harvest with a local senior center.

Michelle McGhee, AIG Specialist at Franklinton Elementary, is in charge of that school's garden. She says, "I am excited about getting in the dirt and providing my students hands-on gardening instruction. We will be

learning about plants in our science study and will integrate the study throughout math and reading in my AIG classes for grades 1-5. My students will engage in planting seeds, pulling weeds, and harvesting the produce. We will distribute the vegetables at our local senior center where we can also provide community outreach. We just can't wait to experience our own gardening."



FRANKLINTON ELEMENTARY SCHOOL GARDEN-TO-BE

GARDEN PLANT GIVEAWAYS COMING SOON

To help more US residents become gardeners, Grow And Share is holding several Garden Plant Giveaways in April 2010:

- Saturday, April 17, 2010
10:00am to 12:00pm
Mt Zion United Methodist Church
15772 NC 50 North
Garner, NC 27529
- Saturday, April 17, 2010
1:00pm to 3:00pm
Private Residence; call for details
Knightdale, NC
- Saturday, April 24, 2010
10:00am to 12:00pm
Pilot Baptist Church
8103 NC 39 Highway
Zebulon, NC 27597
- Sunday, April 25, 2010
1:00pm to 3:00pm tentative
Capital Boulevard
Location To Be Announced
Raleigh, NC

To receive our free garden plants, gardeners fill out and sign our pledge to share their harvest with those in need. So, come to one of the giveaways listed above, select your plants, sign our pledge, and get ready

to grow your garden and share it with your community!

For more details, or to be added to our email notification list, contact us at info@growandshare.org.

GROW AND SHARE SHOWS YOUNGSVILLE GIRL SCOUTS AND BROWNIES HOW TO GROW

Saturday, November 21st, Grow And Share gave a presentation on plant growth and development to Troop #1878.

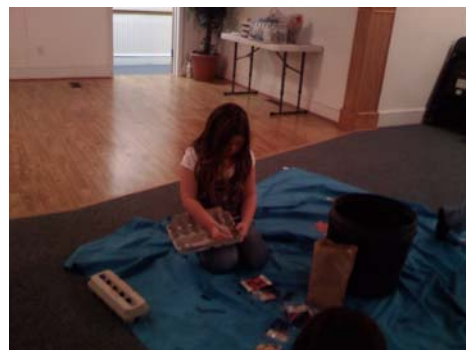
During the event, the girls learned about seeds, how they come in all shapes and sizes, and what they need to grow from seeds into plants. Pepper seeds, greens seeds, and melon seeds were examined, and a live, growing pepper plant provided not only a “prop” for the presentation, but its few hanging fruits were passed out to several girls to take home at the end of the day.

GIRLS SCOUT TROOP MEETING IN FRANKLINTON

Monday, February 15th, Grow And Share went to the Franklinton Girl Scout meeting with pails of soil and

bags of seeds. We spent the better part of an hour talking about seed types, planting depth, and more. The resulting 600 planted “pots” are to be taken to a greenhouse for two weeks and then brought back to the troop.

All these plants grown are going to be used for a garden that will be harvested to feed residents of a local senior center. This is the troop’s 2010 Community Service project.



FRANKLINTON GIRL SCOUTS

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Grow And Share
70 Harrison Street
Zebulon NC 27597

