

Resilience gardening at-home:

How to prepare for the garden season amid
COVID-19

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Who are we?

Hands on science and sustainability education.



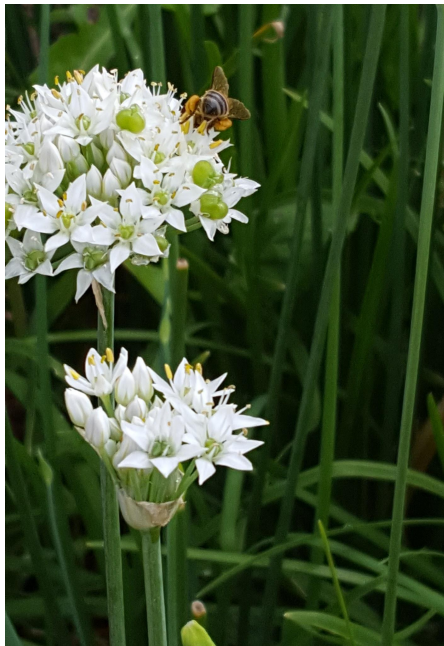
Introductions + Agenda Overview

Agenda

- Gardening in the time of COVID-19
- Best Practices for Raised Bed and Container Gardening
- Garden Planning and Preparation from Home
- Garden Activities for Kids to do at home
- Q+A

Zoom Logistics

- **Recording:** This webinar will be recorded and posted online at [Spark-Y.org](https://www.spark-y.org)
- **Mute:** Please remain muted throughout the webinar, unless you are selected to ask a question at the end
- **Chatting:** Use the “chat” feature to get questions answered during the presentation.
- **Raising Hands:** Use the “raise hand” feature during Q & A if you would like to ask a question



MPS CWS Update

- ***School Garden Access:*** District guidelines for accessing school gardens during COVID-19 school closure
- ***Outdoor Water Access:*** Online form to request outdoor water spigots be turned on and flushed
- ***Free Compost for Eligible Schools:*** Schools that participate in organics recycling collection are eligible to receive a free delivery of compost from Hennepin County

***Watch for a follow-up email from
MPS Culinary & Wellness Services!***



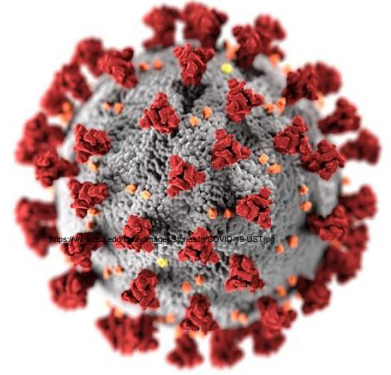
MINNEAPOLIS
PUBLIC SCHOOLS
Culinary & Wellness Services

COVID-19 and Gardening

During COVID-19 school closure, access to outdoor MPS school gardens is permitted. You must follow these requirements when accessing your school's garden:

- ***PPE:*** Follow MDH guidance regarding hygiene and safe distancing. Staff and volunteers are responsible for their own PPE (personal protective equipment).
- ***Clean up*** garden space after each work session. Please remember that NO building access is permitted.
- ***Sign-in sheet:*** Maintain a sign-in sheet to track staff and volunteers in garden.
- ***Stay home if you are sick.*** Symptoms include: fever, coughing, and shortness of breath.
- ***More info:*** For additional guidelines for safe garden practices, please see the [City of Minneapolis' Community Garden Recommendations](#).

COVID-19 and Gardening

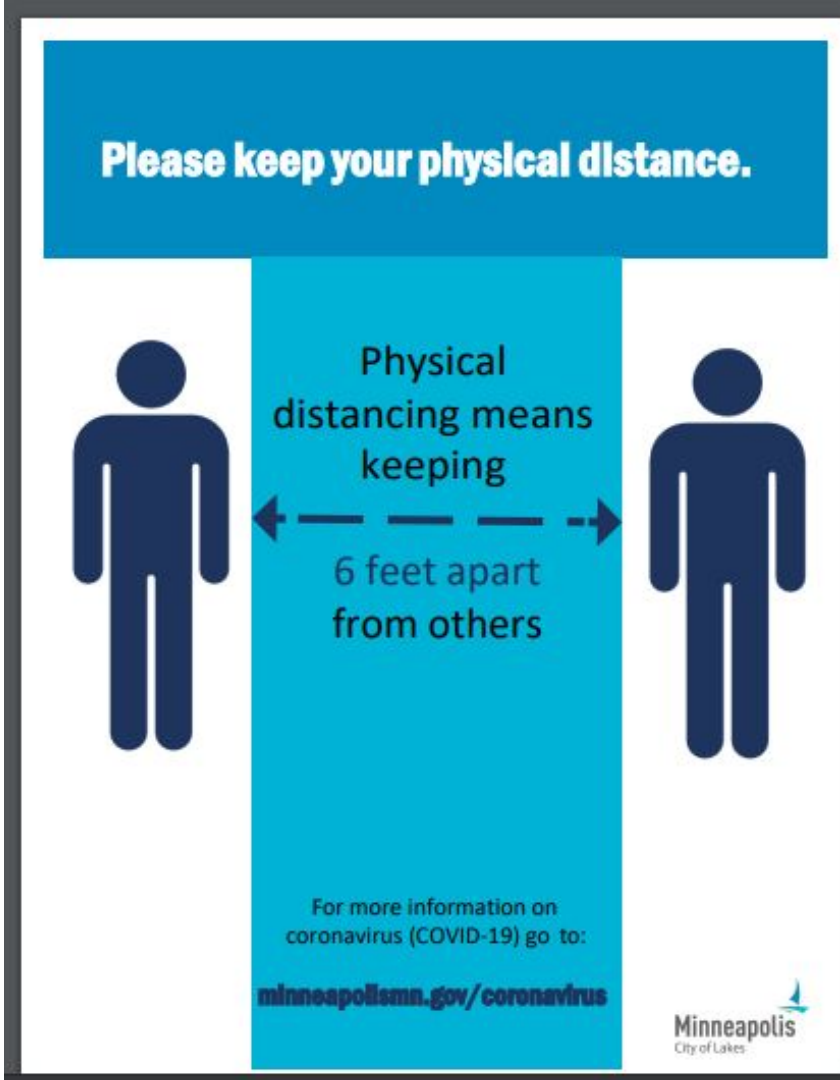


City of Minneapolis - [Community Garden Recommendations](#)

- ***Social Distancing:*** Remain 6 feet away from others.
- ***Limit gatherings*** to 10 people or less, and ensure there is adequate space in your garden area to maintain 6 feet of distance.
- ***Cleanliness***
 - If possible, set up a handwashing station. Ask gardeners to wash hands before entering the garden and as they leave
 - Do not share gloves or PPE
 - Disinfect shared materials before and after use, such as: tools, buckets, gate handles, etc.,
- ***Communicate*** these expectations to anyone involved with the garden

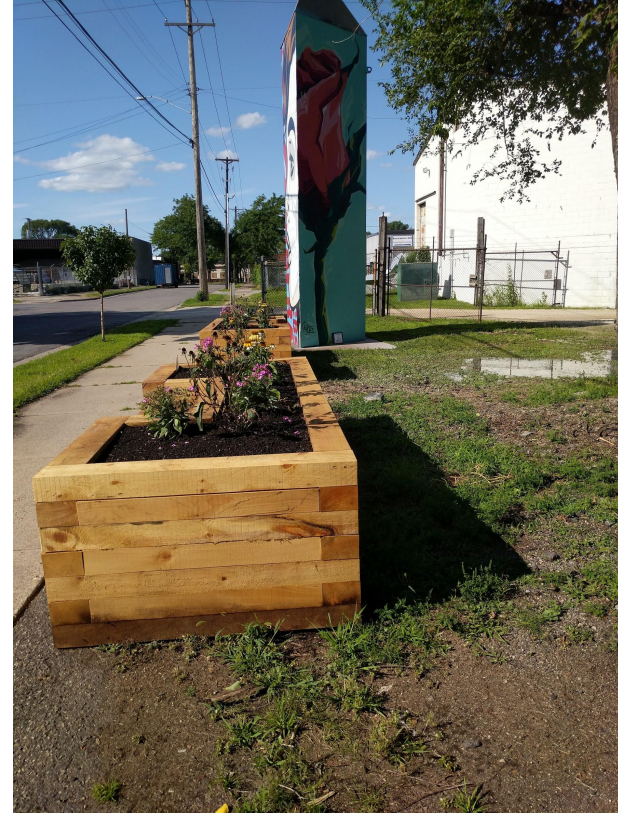
COVID-19 and Gardening

- **Posters** - Hang posters around the garden with social distancing expectations
- **Directing Traffic** - Use markers or create lines using stakes and tape to direct traffic flow in and out of the garden to maintain 6 feet of distance.
- **More info** - Find more information and Coronavirus posters in multiple languages at:
<http://www.minneapolismn.gov/coronavirus/index.htm>



Raised Garden Beds and Container Gardens

- ***Benefits of garden beds and container gardens***
 - Clear walking paths
 - Minimal tilling necessary
 - Less soil compaction
 - Barrier between plants and weeds
 - Better drainage
 - Easier on your back
 - Plant earlier
 - Keep the critters at bay



Raised Garden Beds and Container Gardens

- Pick your plot
- Get creative with stuff you have around the house.



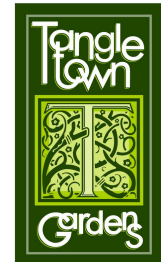
Raised Garden Beds and Container Gardens

- ***Things to consider***
 - Full sun or partial shade
 - Choose the right plants
 - Size of your garden bed or container
 - Pest management
 - Soil amendments
 - Compost



Raised Garden Beds and Container Gardens

- Where to buy Compost and other garden supplies
 - **Mother Earth Gardens**
 - Curbside pickup available
 - Working on delivery option
 - Closed to customer traffic
 - **Sunnyside Gardens**
 - Curbside pickup and delivery available
 - Open to public with posted list of rules
 - **Tangletown Gardens**
 - Curbside pickup and delivery available
 - Open to public with implemented measures to protect staff and community.



the absolute
urban garden
center experience.

Resources for Gardeners

- [U of M Soil Testing Laboratory](#)
 - Soil testing and nutrient recommendations

- [University of MN Extension](#)
 - Focus on pest management in the Midwest.

- [HomeGrown MPLS](#)
 - Tons of resources for gardeners.

Compost Programs

Free or reduced cost compost is available for school and community gardens.

- **Schools:** MPS schools that participate in organics recycling collection are eligible to receive a free delivery of compost from Hennepin County this spring. If your school is eligible and would like to request compost, please email Kira.Berglund@mpls.k12.mn.us by April 30.
- **Community Gardens:** Homegrown Minneapolis offers free or reduced cost compost to community gardens in the spring and fall. Visit: <https://tinyurl.com/yb6rpaum> to learn more



Preparing gardens from home

- Decide What to Grow

- **Analyze your eating habits** - list the vegetables you eat the most
- **Consider the purpose of your garden** - will the food be used for school lunches? Donation to food shelves? Used at a celebration? - Get input from the end users.
- **How much space do you have available?** This may also influence what will and won't do well in your garden.



Preparing gardens from home

- Start seeds indoors
 - Use empty egg cartons or TP rolls
 - Place in a south facing window
 - Plants to start now for transplant outdoors: tomatoes, peppers, flowers, eggplant, broccoli, cauliflower, brussel sprouts, kale, etc.,
- Make your Garden Layout/ Map
 - A garden map will help you determine:
 - How much space you have
 - What to plant where
 - Succession planting schedule



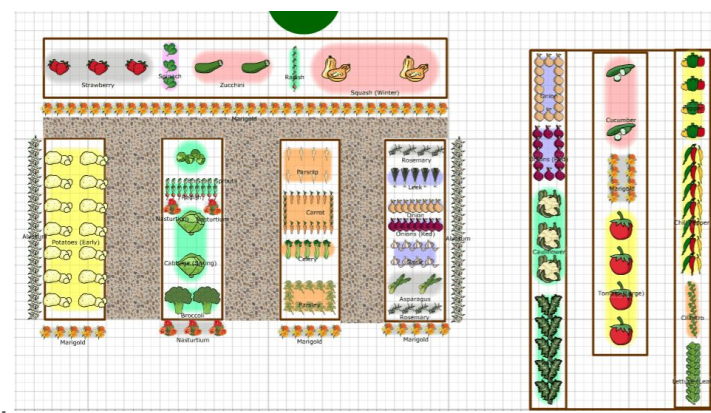
Preparing gardens from home

- Garden Mapping

- **Step 1:** Measure your garden spaces
- **Step 2:** Outline each garden space on graph paper
- **Step 3:** Research the amount of space each plant needs (this can usually be found on the back of the seed packet or on a seed supply websites)
- **Step 4:** Draw the plants within the outlines of your garden using the scale of your map and your research on spacing needs.
- **Pro Tip:** Plant tall items in the back, or on the northernmost edge, so they don't shade other plants.

- Online Garden Mapping Resources

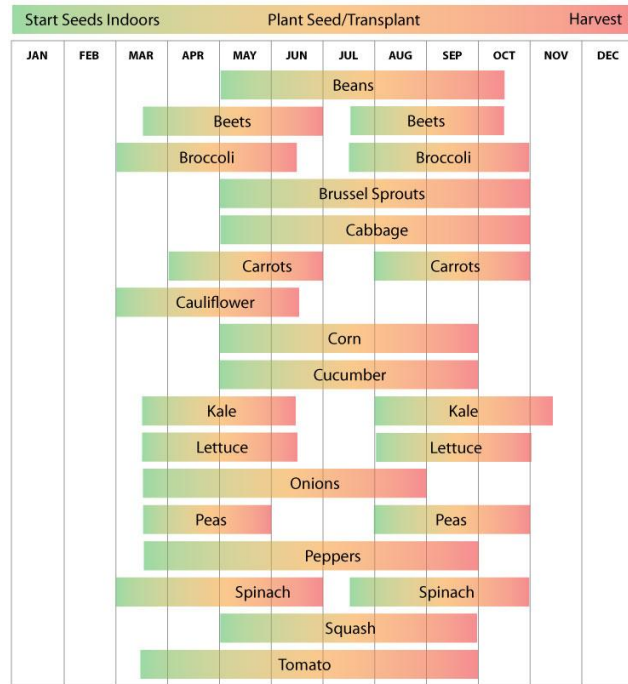
- There is software online that can help you make a garden map. See these links from: [Gardeners](#), [Mother Earth News](#), and [Better Homes and Gardens](#)



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Preparing gardens from home

- Develop a **Succession Planting Schedule** - A guide for planting and harvesting throughout the season for continual harvests and maximum space use.
- Depending on how many days it takes one crop to reach maturity, it is possible to have 3-4 rotations of plants in the same space throughout the season.
- Online software and spreadsheet templates are available to help develop succession planting Schedules. See: [Johnny's](#), [The Old Farmers Almanac](#), and [Smart Gardener](#)

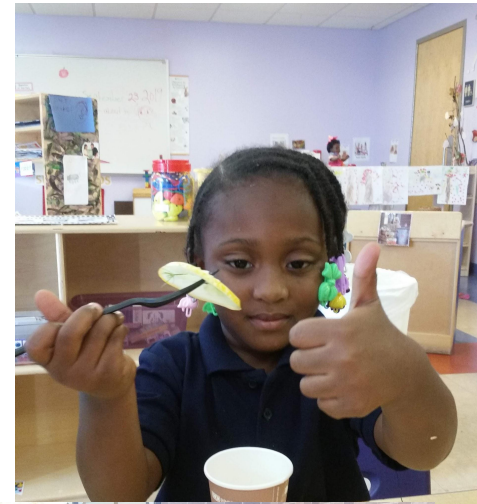


	Early Spring	Summer	Fall/Winter
Bed 1	Oregon Giant Dwarf Snow Peas (70 days)	Blush Eggplant (85 days)	Broad-Leaved Batavian Endive (90 days)
Bed 2	Turga Parsnips (100 days)	Rainbow Swiss Chard (60 days)	Nabo Roxo Comprido Turnip (80 days)
Bed 3	Cosmic Purple Carrots (70 days)	Eva Purple Ball Tomato (78 days)	Lutz Green Leaf Beets (76 days)
Bed 4	Early Jersey Wakefield Cabbage (64 days)	Charleston Hot Pepper (72 days)	Lacinato Kale (60 days)

Get youth involved!

Bring in the kiddos - Getting kids involved in gardening helps them understand where their food comes from, and can lead to less picky eaters.

- Ask kids what vegetables they like, or what they're excited to grow.
- Let them help design the garden map and succession planting schedule.
- Have fun!



Activities for kids to do at home

- Planting seeds and germination experiments
 - Comparing different seeds
 - Different amounts of light
 - Planting in different substrates (soil vs. wet paper towel)
- Garden planning
 - Plant research
 - Companion planting matching game
 - Learn about square foot gardening and practice designing a garden
 - Play [City Farm](#) virtual game on PBS



Activities for kids to do at home

- Learn about food systems and health
 - Investigate food deserts on the U of M's [Environmental Justice Atlas](#)
 - Learn about Seasonal Food ([seasonalfoodguide.org](#) is a great option)
 - Learn about what's on nutrition labels and what it means, then spend some time keeping a food journal

Produce Available in Minnesota in Early April



Arugula

Like most tender greens, arugula is perishable and needs to be used



Bok Choy

You might see this green listed as "pac choi" or "ioy chov" in Trinidad.



Chard

While commonly referred to as Swiss chard, this leafy green is



Chives

European chives are considered both the smallest and most

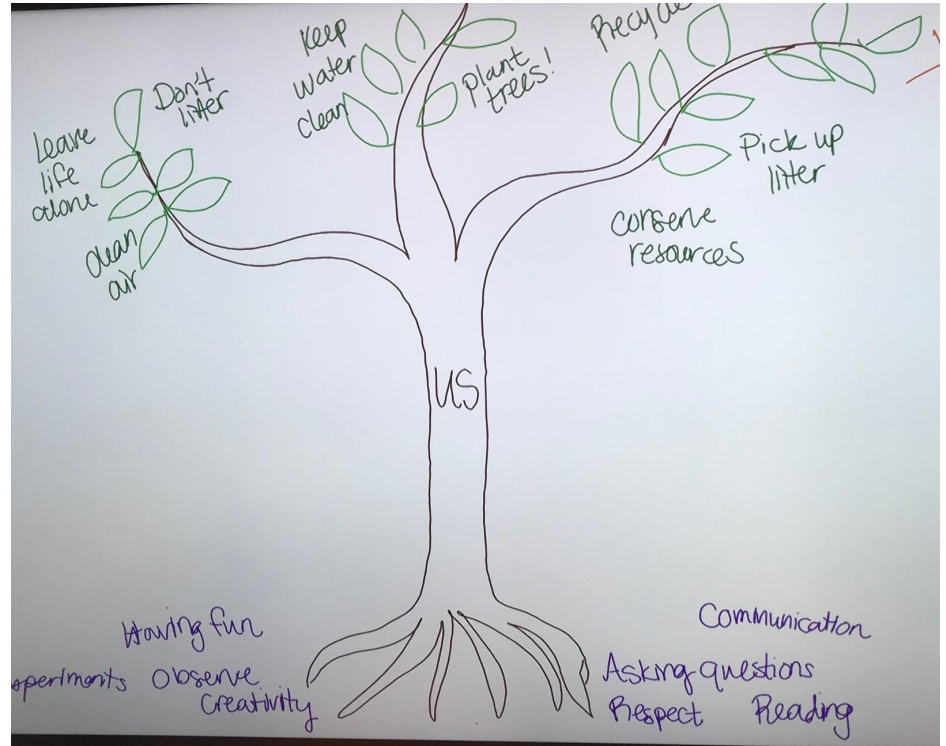


Cilantro

Both cilantro leaves and dried coriander seed are stable seasonings of

Activities for kids to do at home: Get Creative

- Create art related to an environmental issue you care about
- Create a Personal Sustainability Tree
 - Roots: your strengths
 - Trunk: your name
 - Branches: what you can/will do



Activities for kids to do at home:

Learn other ways to be an eco-superhero!

- Waste Management Eco-Hero
 - Learn all about composting and recycling, and practice sorting waste
 - Map where your local recycling facilities are
 - Keep track of what waste you create in a day or a week
 - [Hennepin County Environmental Education](#) has tons of great activities
- Urban Naturalist Eco-hero
 - Explore local wildlife populations: what all insects can you find in your backyard? How many different bird songs can you hear?
 - [Ebird.org](#) and [iNaturalist.org](#) are great resources

Q & A

- **Raise your hand** - Click “participants” and use the “raise hand” feature in the bottom right-hand corner to indicate that you have a question to ask.
- **Unmute** - When your name is called, unmute your microphone and ask us your question.
- **15 minutes** - We will keep Q & A to about 15 minutes. If you have a question that didn't get answered, please send it to caitlin@spark-y.org

Thank you!

