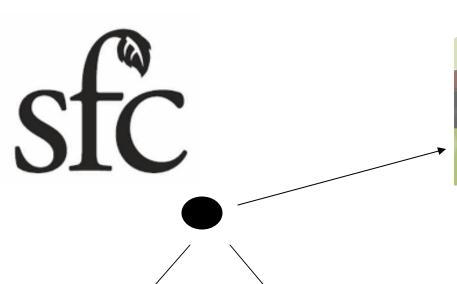
Sustainable Food Center & How to Start a Community Garden



Sustainable Food Center cultivates a healthy community by strengthening the local food system and improving access to nutritious, affordable food.

December 9, 2008







FOOD & NUTRITION

The Happy Kitchen
Facilitator Training
Healthy Habits to Go
Nutrition and Healthy
Cooking Programs



GROW LOCAL

Spread the Harvest
Community Garden Sponsorship
School Garden Support
Workshops and Technical Assistance



FARM DIRECT

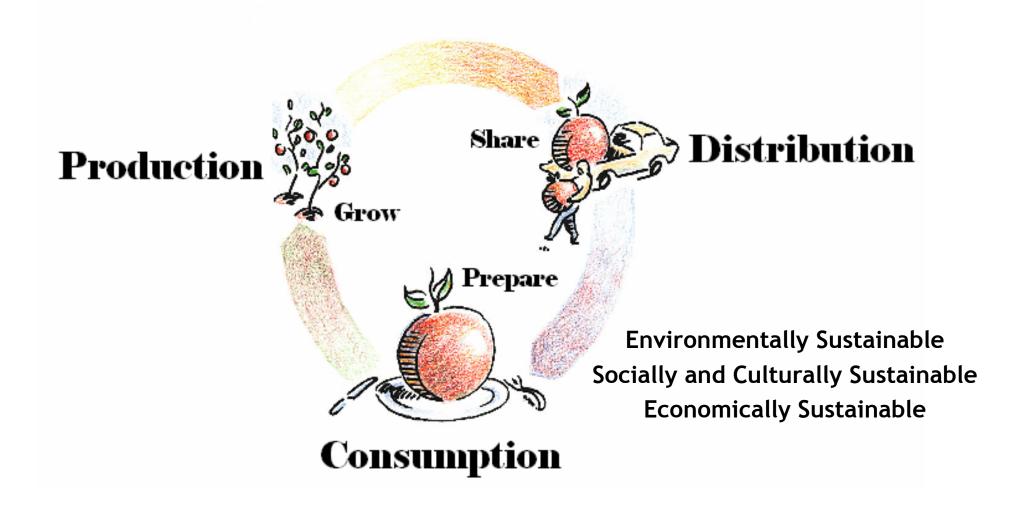
Austin Farmers' Market EBT/ATM Initiative, WIC FMNP Farm-to-Cafeteria

COMMUNITY FOOD SECURITY

The ability of a community to provide **nutritious**, **affordable**, **culturally appropriate**, **accessible** food through non-emergency means



FOOD SYSTEMS



The Happy Kitchen/La cocina alegre

- 6-class series (English & Spanish)
- Free for participants
- Learn how to prepare a new recipe each class
- At the end of each class, participants receive a free bag of groceries containing the items to prepare the featured recipe
- Class series are taught by trained, community facilitators

Farm Direct Program

- Austin Farmer's Market
 - Downtown Market at Republic Square Park
 - Triangle Market between Lamar, 45th, and Guadalupe
 - Farm Stands at WIC Centers

Grow Local Program

- Spread the Harvest Project
- Classes & Workshops
 - Basic Organic Gardening (English & Spanish)
 - Guest Speaker Workshops
 - Compost & Seed Saving Sessions
- School Garden Mentor Program
- Support for Community Gardens

COMMUNITY GARDENS

Will you have a part



"Every Garden a Munition Plant"

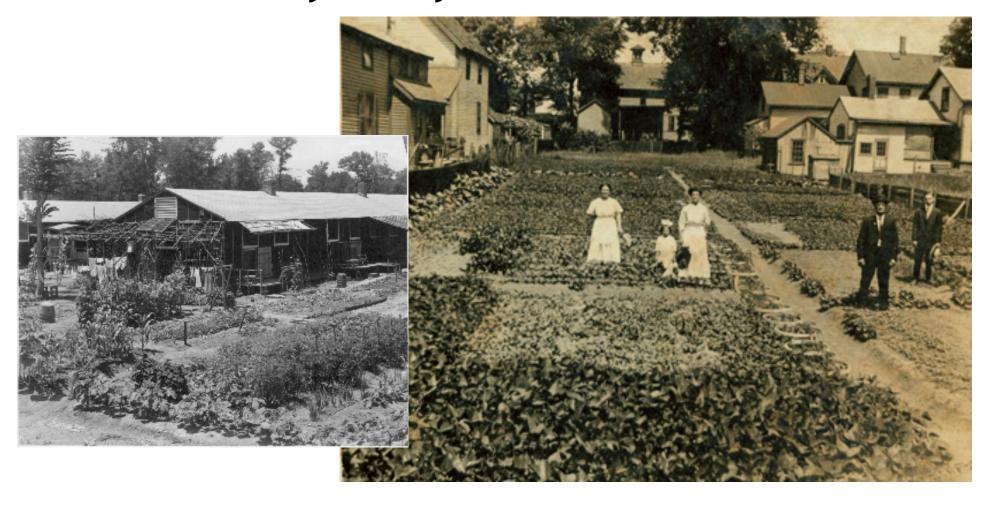
THIS POSTER, USED IN 1918, AND WITH DIFFERENT SLOGANS IN 1919, WAS POPULAR WHEREVER IT APPEARED AND DID MUCH TO EXTEND THE WAR GARDEN MOVEMENT

A LITTLE BACKGROUND TO COMMUNITY GARDENS

 During WWI and WWII, the United States government asked its citizens to plant gardens in order to support the war effort.



• In 1943, Americans planted over 20 million Victory Gardens, and the harvest accounted for nearly 1/3 of all the vegetables consumed in the country that year.



 Emphasis was placed on making gardening a family or community effort --not a drudgery, but a pastime, and a national duty.





by Andrew S. Wing Secretory-Manager National Victory Garden Institute

LAST year, challenged by the possibility of the greatest food crisis in history, 20,000,000 American families rolled up their sleeves and planted Victory Gardens. As a energy permit. result we have had plenty of food this winter for home use and the fighting men on all few people, watching the points go down, have, like the grasshopper in the fable, questhis summer or not.

The answer to these slightly disillusioned temporary signs of a food surplus, for this is more apparent than real. Food officials in Washington and authorities everywhere are really concerned about the needs for food that lie just ahead, after the invasion starts.

Even if this were not the prudent as well as the patriotic course to follow, millions of fronts as well as our gallant allies. Canned Americans, having enjoyed for the first time goods have recently been so plentiful that a the flavor and quality of garden-fresh vegetables, would undoubtedly plant a food garden this year just to have their own good food for the table or for canning, freezing o

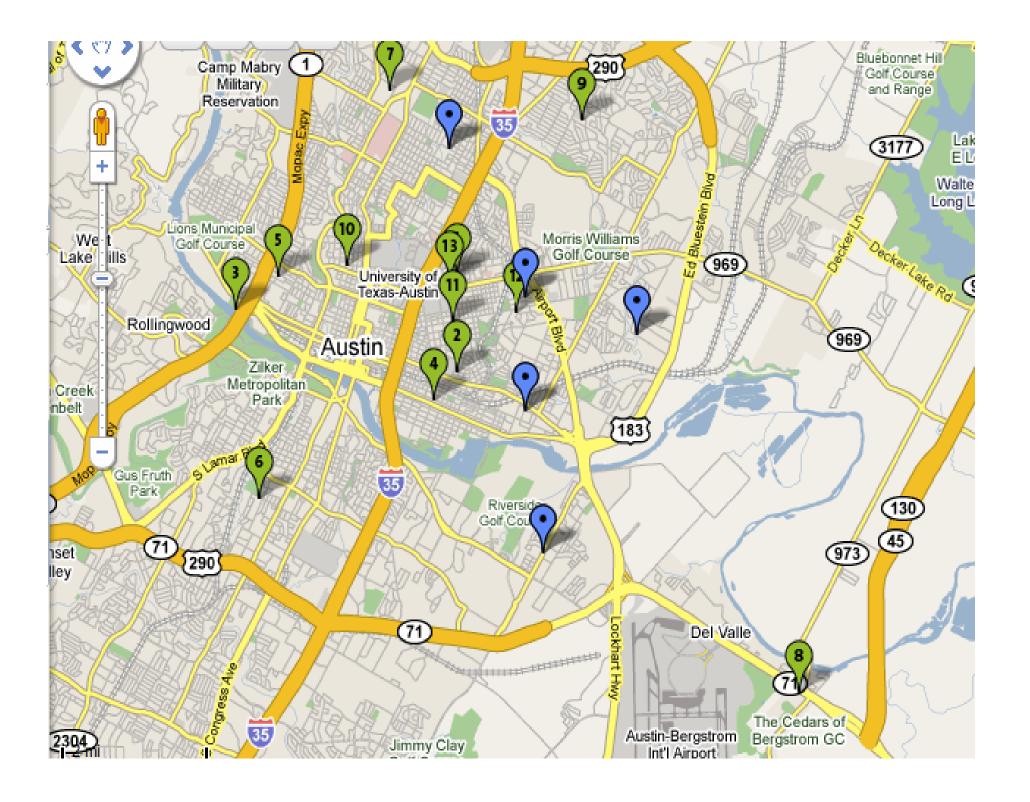
Garden chairmen and leaders agree persons is that they mustn't be fooled by any certain lessons were learned last season that all can profit from, even experienced gardeners. Some plots were much too large, but more of them were too small to be given a profitable return on the time and supplies invested. At least 1,500 square feet, that is

COMMUNITY GARDENS TODAY



BENEFITS OF COMMUNITY GARDENS







HOW TO START A COMMUNITY GARDEN



To start a community garden...

1) Get organized

2) Identify land

3) Locate resources (including funding)

GET ORGANIZED

- Invite a variety of neighborhood representatives
- Tap into
 existing
 organizations
 (PTAs, churches,
 neighborhood
 assoc.s)



INVOLVING THE COMMUNITY

A successful community garden is welcoming and inclusive, and provides benefits to a wide array of community

members.



FORM A PLANNING COMMITTEE

At least 10 committed people

 Hold a meeting to talk about goals and purpose of garden, and short & long term

objectives



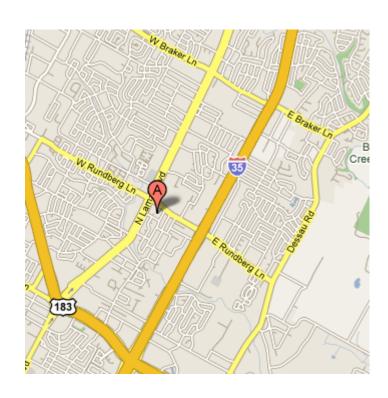
ID YOUR COMMUNITY'S ASSETS



Asset Based Community Development:

"Neighborhood regeneration can be achieved by locating all of the available local assets within a community and connecting them with one another in ways that multiply their effect" (American Community Garden Association, 2001, p. 54).

Review North Lamar Combined Neighborhood Planning Area's Assets



FIVE CATEGORIES OF ASSETS

- Individual Gifts
- Associations
- Institutions
- Land and Buildings

• The Local Economy





WHAT TO LOOK FOR

• Site Requirements:

- Sunlight
- Water
- Soil (test?)
- Accessibility
- Visibility

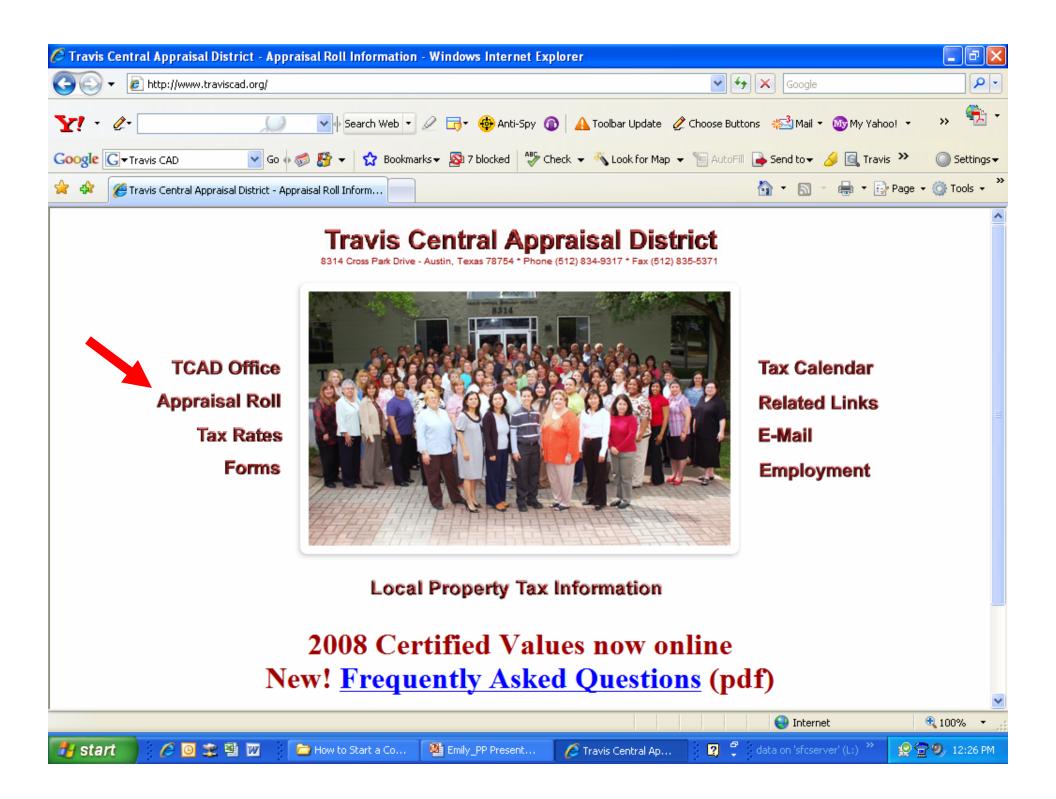


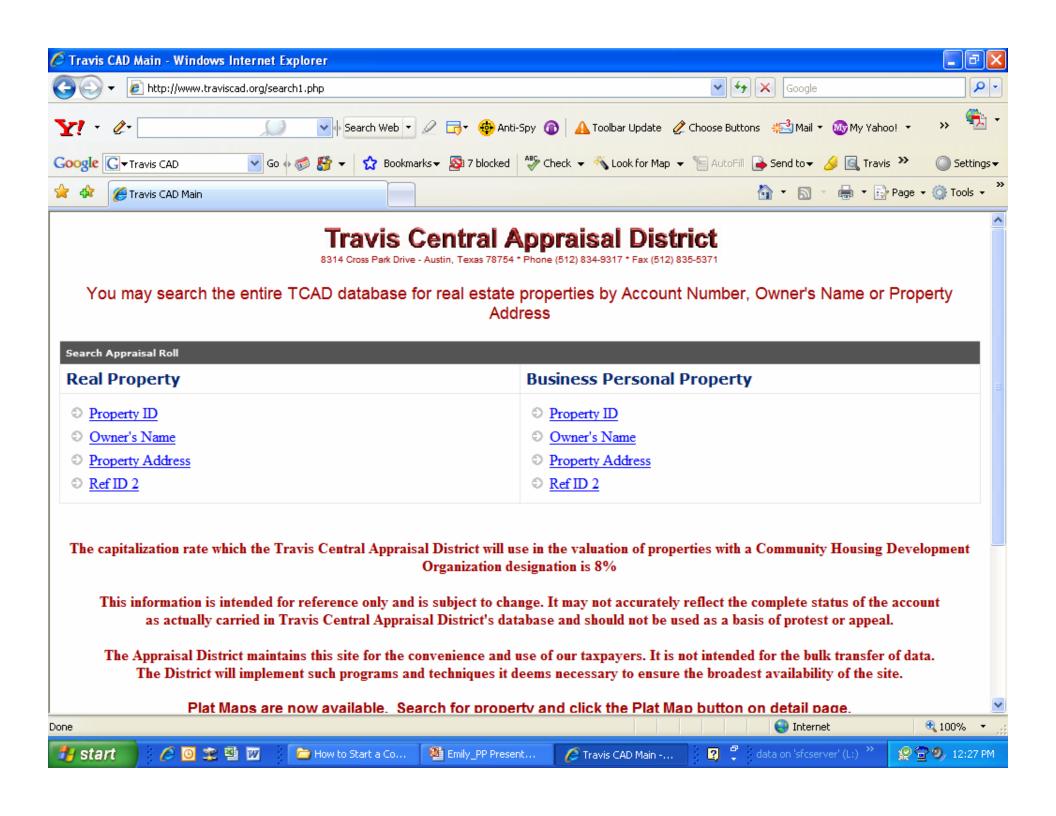


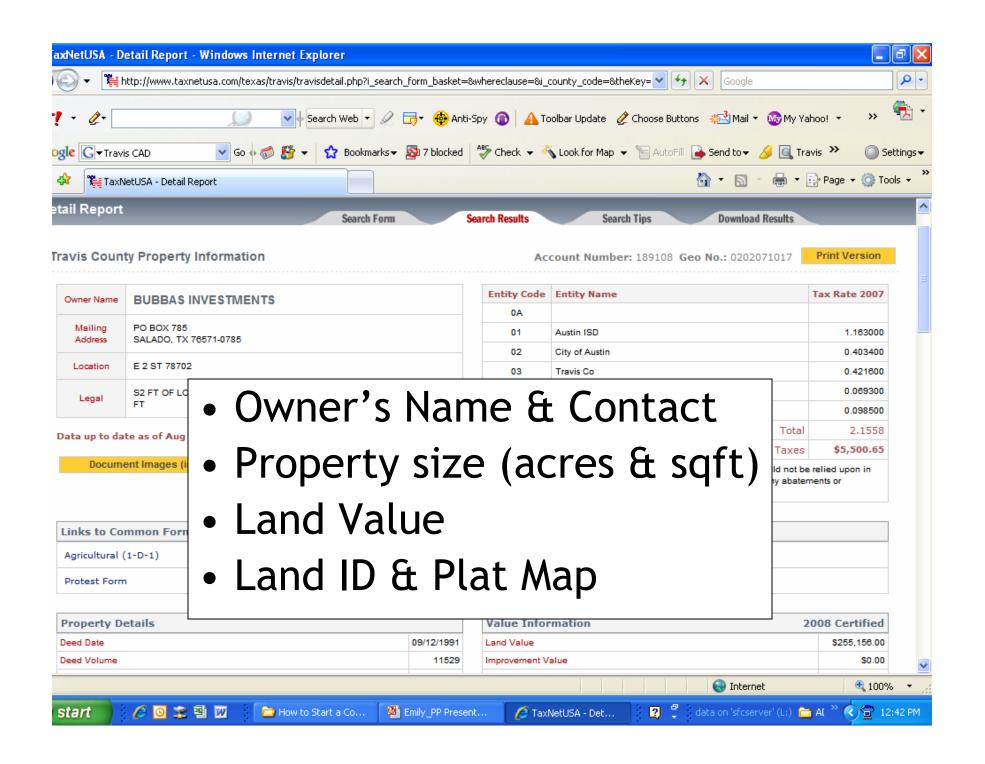
HOW TO FIND LAND www.traviscad.org

8314 Cross Park Drive

834-9317







USING CITY LAND

- Open-ended agreement to use property
- Liability Insurance Required
 - Minimum \$500,000 for city land
 - Price depends on: Acreage, Amount of coverage, Property (tool sheds, irrigation systems, etc.)

Other fees Include:



Texas Printers Insurance

Doreen (800) 293-0434 ext. 122

BLACKSHEAR NEIGHBORHOOD COMMUNITY GARDEN'S STORY



USING PARK LAND

- 2-3 community gardens per year on park land adjacent to recreation centers, PARD will provide
 - Purchase, installation of fencing, tool shed, irrigation line & spigots
 - Initial tilling of groung
 - Lumber for raised beds
 - Mulch
 - Payment of monthly water bills



MONTOPOLIS COMMUNITY GARDEN'S STORY



USING PRIVATE LAND

- Long-term lease agreement of at least 5-10yrs (in writing)
- Growing on church land



HYDE PARK COMMUNITY GARDEN'S STORY



WATER

- Water Meters
 - Residential 1"Lines
 - Commercial1.5" Lines
- Water Bills
 - what to expect



WHERE TO FIND FUNDING

- Austin Parks Foundation
- Keep Austin Beautiful
- City of Austin Neighborhood Housing and Community Development Department
- Local businesses, church parishes
- Individual donors/sponsors
- SFC will act as fiduciary agent







What are the most effective ways to raise \$\$\$?

- Face to Face: 50-75% yes rate, effective with donors and some prospects
- Phone: 25-60% yes rate, effective with donors and prospects
- Mail: 1-10% yes rate, less intimate and therefore less effective
- Events: Lots of work, not necessarily cost effective (but often useful for outreach or PR)

(American Community Gardening Association 2001)

RESOURCES

- SFC
 - Spread the Harvest
 - Support on grants written by gardeners
 - Technical support
- Coalition of Austin Community Gardens
- Master Gardeners
- Garden Clubs
 - Austin Organic Gardener
- **Neighborhood Associations**









American Community Gardening Association

SFC can provide...

- Technical Support
- Fiduciary Agent for grants
- Spread the Harvest

GROW LOCAL PROGRAM STAFF

Sari Albornoz, 236-0074 ext. 110

sari@sustainablefoodcenter.org

Emily Neiman, 236-0074 ext. 105

emily@sustainablefoodcenter.org



