

real food market & deli



**Sunday, April 22,
we're donating our day's profit*
for community gardens.**

Working for Equality and Economic Liberation (WEEL) and the Alternative Energy Resource Organization (AERO) are developing the Growing Community Project to bring community gardens within walking distance to every neighborhood in Helena.

For more information, please contact

Kathryn Hutchison, at 443-7272, k_hutchison@aeromt.org, or
Rachel Conn at 495-0497, rconn@mtlsa.org.

*3% of our day's sales goes to WEEL.

1096 Helena Ave. • 443.5150 • Mon-Sat 8-8, Sun 9-7

Join the **Earth Day Helena 2007** festivities

Sunday, April 22, at Carroll College

noon to 4 pm! See our ad on page 13 for more details.



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plant a seed

Nothing's more local than your own back yard.

If you're looking for good answers to global climate shock, one solution is in your own back yard. A lot of good things are being done to use more local foods, but nothing beats growing your own.

Think about it. Berkeley's famous Chez Panisse restaurant—once honored as the best in America—recently quit serving bottled water, because it's hard to imagine a greater transportation waste than shipping water from Italy. When you ask yourself what would be the opposite extreme, garden seeds should pop to mind. Not only are they practically weightless, but they become something much larger. They grow into foods that are miraculously fresh, nourishing, beautiful and yummy.

We've chosen with care the seeds we sell: exotic, heirloom, traditional, suited to our climate. The Seeds of Change line is certified organic, and the Seed Savers Exchange preserves the richness of the genetic heritage we leave to our children.

For those of us who lack the soil or prefer to share the load, the Real Food Market is supporting the Growing Community Project, whose goal is to have a community garden within walking distance of everyone in Helena. We donated our Earth Day profit (and then some) to that effort. You can get more information on community gardens from Kathryn Hutchison at 443-7272 or Rachel Conn at 495-0497.

You can work on your garden any time of year, but there's no time like now, when the land comes alive. Gardens, like kids, sound like a lot of work; but once you have one, you wouldn't want to think of giving it up.

earth day,
mother's day,
every day,
love your
mother





real food market & deli help support community gardens

In honor
Earth Day we'll
be selling our
canvas bags
with original
artwork by classes
from Hawthorne
Elementary School
as a fundraiser
for the Growing
Community Project.



Special thanks to Ben Franklin for donating the paint.

For only **\$12.99** you can buy a
colorful canvas bag and:

- support the community gardens
- keep plastic bags out of our landfills
- **SAVE 1%** on your Real Food purchases
every time you use this bag!

406-443-5150 1096 helena ave helena

open mon-sat 8-8; sun 9-7 www.realfoodstore.com

feed your dreams



The Growing Community Project is a collaborative effort between AERO and WEEL, to develop community gardens within walking distance of every neighborhood in Helena. Visit helenagcp.wikidot.com for more info.





real support community gardens
food
market
& deli

Buy one a canvas shopping bag decorated with original artwork in Earth Day themes

- Proceeds of sales go to support the Growing Community Project
- Keep thousands of plastic bags out of our landfills
- SAVE 1% on Real Food store purchases every time you use our canvas shopping bag!

• **ONLY \$12.99 • LIMITED QUANTITIES LEFT!** • CHECK WITH CUSTOMER SERVICE
feed your dreams

1096 helena ave helena open mon-sat 8-8; sun 9-7 www.realfoodstore.com



real food market & deli

ONLY
\$12.99

support
community
gardens

Buy one of the 83 canvas shopping bags decorated with original artwork in Earth Day themes!

- Proceeds of sales go to support the Growing Community Project*
- Reusable bags keep plastic bags out of our landfills
- You SAVE 1% on Real Food store purchases every time you use our canvas shopping bag!

**Meet the Artists Reception on
Earth Day, April 22 from 4-6 pm**



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feed your dreams

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WELCOME TO THE GARDEN CITY HARVEST NETWORK OF COMMUNITY GARDENS!

The Garden Organizer for this site is _____ phone # _____. You can also reach the Garden City Harvest, Community Garden Director at 550-3663.

RENTAL FEES: The plots are 15'X15' and cost \$25 (+ \$15 refundable deposit) for the season. Money from the rental goes back into upkeep and supplies for the garden.

COMMUNICATION: A bulletin board is located at each garden to assist with questions and answers for the Garden Organizer and as a means for community gardeners to communicate information to each other. Please feel free to use it. Leave notes to other gardeners on the blackboard, check for notices about garden potlucks, learn about composting, potato bug patrol, and special workshops this season. The garden map will help you identify other gardeners. Please feel free to contact GCH with any questions, issues or concerns at any time throughout the season.

HOLD HARMLESS CLAUSE: I understand that neither Garden City Harvest nor owners of the land are responsible for my actions. I therefore agree to indemnify, defend and hold harmless Garden City Harvest and owners of the land for any liability, damage, loss or claim that occurs in connection with use of the garden by me or any of my guests. Each gardener must sign a garden contract including the Release of all Claims before any work in the garden can begin.

NO TOLERANCE POLICY: I understand that harassment and threatening behavior is unacceptable at any Garden City Harvest affiliated site and will not be tolerated. Reports of such activities will be acted on quickly. Continued unacceptable behavior will be grounds for immediate eviction from the site and loss of all plot rental fees and deposits.

ABANDONMENT POLICY: You are responsible for keeping your garden plot weeded and watered all season long. If for any reason you need to discontinue your gardening mid-season, you must tell the Garden Organizer or Garden City Harvest, immediately. Plots that are neglected for two weeks or more will be reassigned to another gardener. The negligent gardener will receive one warning call before the plot is reassigned. If you are going to be out of town on vacation, tell your Garden Organizer and ask one of your fellow gardeners to weed and water for you. Otherwise you might come home to an unfamiliar plot.

TOOLS: Tools are stored in the tool shed and are for use at the community garden only. Let the garden organizer know if a tool breaks or if you think we need a particular kind of tool. The garden organizer will inventory the tools periodically.

WATERING: GARDENERS ARE RESPONSIBLE FOR WATERING THEIR OWN PLOTS. Please wind up the hoses when finished. This helps extend the life of the hoses. If you notice a hose leak, let the garden organizer know. **Practice water conservation and courtesy.** This means waiting patiently for free hoses, looking out for plants as you move hoses, watering only as much as you need, mulching to conserve water in hot months.

WEEDS: A weedy abandoned plot can be a serious source of invading weeds and consternation for other gardeners. You are expected to keep your plot reasonably free of weeds. Ask, if you're not sure what this means. Gardeners with plots going to seed will receive a warning call, and will be expected to weed within one week.

SAFETY: Safety guidelines for the gardens are posted on the bulletin board. Make yourself familiar with them and check out the first aid kit in the tool shed.

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ORGANIC GARDENING: The Community Gardens are organic. No synthetic pesticides, herbicides, or chemical fertilizers are allowed. The garden organizer would be happy to answer any questions you may have. Garden City Harvest also has a lending library at our main office (103 Hickory St, Msls.) with a few good books on the topic. If you are not sure, please ask!

VOLUNTEER PLOTS: There will be a few plots set aside to produce food for garden volunteers and Missoula feeding agencies at larger community gardens. Talk to your garden organizer if you wish to volunteer in exchange for vegetables.

KID'S GARDENING: Children are welcome at the gardens, and with a little supervision can be a great help. Children must be accompanied by an adult and supervised at all times.

COMPOST: The compost bins are for everyone's use. Please talk with the garden organizer about how the composting system works and communicate with your fellow gardeners if they seem confused. Bring your kitchen scraps (no cooked food with oils or meat) from home if you like. Finished compost is available to everyone to use at the gardens, but only take from the finished bin.

ROCKS and TWINE. Please help by placing rocks you find in the designated rock pile. Please do not use rocks as borders or decorations in your garden and do not toss rocks into the field (lest they mangle a mower blade!). You may use string, sticks or low fences to mark of your garden but no fishing line! All string and twine must be detached from stakes and removed from the plot at the end of the season.

PERENNIALS: Check with the Garden Organizer about major plans. It is OK to plant perennials in your plot, but it is your responsibility to dig out the perennials at the end of the season if you do not plan to return.

VANDALISM: The best defense against vandalism is taking care of the gardens and maintaining a presence at the gardens. If plots look taken care of and vegetables are harvested when ready, vandalism is less likely to occur. Watch the gardens while you are there and talk with people who appear to be taking vegetables or damaging plots. Let kids know what is and is not appropriate (invite them to the kids garden). **Please contact GCHP if you are having trouble, or suspect vandalism.**

CLEAN-UP: In early October we will set a closing day for clearing out the gardens and putting them to bed for the winter. This is a chance to celebrate the end of the growing season and prepare for next season. **All gardeners need to attend this end of the year workday to be eligible for plots next year and to have your plot site deposit returned.** Talk to your organizer if this date and time does not work for you.

This is your garden! Let us know if you have questions and ideas, suggestions for workshops and events or concerns about how the season is going. Happy planting!

www.gardencityharvest.org, 550-3663.

GARDEN COURTESY AND COMMUNICATION

One of the main goals in community gardening is to work together or next to each other in harmony. Please be courteous in all interactions and work together to resolve any disagreements. Contact the Garden Master or Chair for guideline clarifications

ORGANIC ONLY:

- Herbicides and insecticides made from synthetic chemicals are *not* permitted. Organic fertilizers are preferred (fish or kelp fertilizer, alfalfa meal, etc.) however MiracleGro will be permitted.

MAIN GATE & SERVICE GATE:

- Please keep the Main Gate closed at all times.
- If you need to use the service gate, please contact the Garden Manager in a timely manner.

PLOT MAINTENANCE

- **Plots Must Be Reasonably Maintained:** Reasonably maintained means weeds under control and plants are regularly cared for, watered and harvested. Plants must not exceed plot boundaries. By the end of the gardening season, all non-wintering plants must be removed as well as stakes, walls of water, row covers, etc. You may not store black plastic bags of leaves/organic matter over the winter.
- **Plot Neglect/Abandonment:** Plots must be prepared and ready to plant by June 1st (weather permitting). Abandoned or unattended plots will be reassigned. Please notify the Garden Manager if you are no longer able to tend your plot; will be absent for a long period of time; or have asked a friend to tend your garden.
- **Individual Delineation:** Separation of individual plots is allowed, e.g. with rocks.
- **Weeds:** There will be many weeds in the community garden. Weeds compete with other plants in your garden and can quickly become invasive. If weeds are left to go to seed they will affect your neighbors' gardens as well. Gardeners are responsible for keeping their plot weed-free by planting a cover crop or mulching. Weedy plots are subject to warning and cancellation

PATH MAINTENANCE

- Pathways around each plot are to be 4 feet wide.
- It is each gardener's responsibility to keep the paths on each side of his/her plot clear, weed-free, and well mulched.

USE OF COMMUNITY WATER:

- Please conserve the use of water. Mulch with leaves, grass clippings, or straw to reduce water evaporation.
- Water in the gardens will be available May 15th through October 1 (weather permitting).
- Unattended watering is not permitted. Notify the Garden Manager of any leaks in the water line.
- Make sure all faucets are off when you leave the garden. Keep hoses neatly rolled up near the water bib. Check hoses for leaks.

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COMPOSTING & MULCH:

- Manure, mulch, and compost are available for everyone to share. Please take a moderate amount so we all may benefit.
- Please dispose of weeds and plant materials in designated compost areas. Chopping of material is preferred before putting it in the piles.

DISPOSAL OF TRASH:

- No debris of any kind should be left at the site. Please dispose of trash in the receptacle in the alley by the service gate.
- Please recycle your glass and plastic in the appropriate bins in the garden.

PARKING:

- Parking is allowed on 6th Street in the designated spots. Please observe the *Disability Only* spot.

VANDALISM:

- Most gardens experience occasional vandalism. The best action you can take is to replant immediately. If you suspect any acts of vandalism, please notify the Garden Manager immediately.

NOT ALLOWED IN THE GARDEN:

- tires
- pressure treated wood
- carpet
- barbed wire
- uncovered black plastic
- smoking and use of alcoholic beverages
- amplified music (use headphones please)
- selling produce is not allowed at garden site
- pets are not welcome inside the fenced area. Please park your pets outside.
- young children should be supervised so they don't disturb other gardens or gardeners.

I agree to respect the above guidelines of the Big Timber Community Garden.



SIGNED _____ PRINTED NAME _____

DATE _____

ADDRESS _____

PHONE _____ E-MAIL _____

Helena Community Garden Contract
 Growing Community Project
 32 S. Ewing St.; Suite 109
 Helena, MT 59601
 (406) 495-0497

1. I will pay a fee of \$25, or I will volunteer 5 hours to the Volunteer for Veggies program, for the use of my plot.
2. I will have something planted in the garden by June 1st and keep it planted all summer long.
3. If I must abandon my plot for any reason, I will notify the garden leadership.
4. I will keep weeds at a minimum and maintain the areas immediately surrounding my plot if any.
5. If my plot becomes unkempt, I understand I will be given 2 week's notice to clean it up. At that time, it will be re-assigned or tilled in.
6. I will keep trash and litter out of the plot, as well as from adjacent pathways and fences.
7. I will participate in the fall cleanup of the garden.
8. I will plant tall crops where they will not shade neighboring plots.
9. I will pick only my own crops unless given permission by another plot user.
10. I will not use non-organic fertilizers, insecticides or weed repellents.
11. I agree to volunteer hours toward community gardening efforts.
12. I will use water wisely.
13. I will be responsible for pets and guests I bring to the garden.
14. I understand that neither the Growing Community Project nor the city of Helena is responsible for my actions. I therefore agree to hold harmless the Growing Community Project and owners of the land for any liability, damage, loss or claim that occurs in connection with use of the garden by me or any of my guests.

I have read and understand the application and accept these rules, terms, and conditions stated above for the participation in the Exploration Community Garden.

Signed : _____ Date: _____
 Gardener

Approved: _____ Date: _____
 Garden Manager

Helena Community Garden Contract
Growing Community Project
32 S. Ewing St.; Suite 109
Helena, MT 59601
(406) 495-0497

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Gardener

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Garden Manager