

# GARDEN NOTES

[GLFoodBank.org/GardenProject](https://GLFoodBank.org/GardenProject)

Beacon of Hope Garden



GREATER LANSING  
**foodbank**  
GARDEN PROJECT

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The mission of Garden Project's work is to partner with mid-Michigan communities to increase access to nutritious food by providing garden space and food-growing resources. Last year more than 975,000 pounds of food were grown collectively across 92 gardens in our network. Gardeners report this food was very important, even essential, to their family's diet!

But gardening grows so much more than just good food. Gardening is proven to burn calories, lower blood pressure, relieve stress and help you eat healthier. Most of all, gardening grows our community by bringing people together. Study after study shows that participating in community-based gardens provides significant benefits to improving mental and physical health. We see gardeners experience this season after season.

As we get ready to open another season in gardens throughout mid-Michigan, we are grateful for everyone who makes our network so special.

*"I love seeing my neighbors when I go to the garden. It's the town square for me!"*

*"It brings us so much joy. I was able to grow all kinds of our traditional vegetables which we cannot find in any grocery store. I felt like I am in my hometown."*

*"My gardening experience was wonderful! I'm thankful to have a garden. I thank the Garden Project. If I didn't have a garden, I would eat 75% less vegetables. I can't find the vegetables I grow in the store. If I do they don't taste as good."*

# GET INVOLVED

## Volunteer

Garden Project offers fantastic volunteer opportunities!

- Gardeners are needed to assist with seed and plant distribution at the GP Resource Center. Volunteer orientation held in early April.
- Individuals and groups needed at the GP Demonstration Garden and at neighborhood community gardens.
- Gardeners make the BEST garden leaders! Contact GP to learn more on how to make your garden, and community, stronger!

Sign up at [GLFoodBank.org/Volunteer](https://GLFoodBank.org/Volunteer) or contact us for more info.

## Grow Your Own Food

There are more than 90 community gardens in the GP network, with 17 GP registered gardens. Community gardens serve many purposes and each one has a unique personality. Some serve large refugee populations, others integrate school curricula, some grow for donation, and others are simply neighborhood gatherings.

Decide which type of garden is right for you!

- **A Grow-Your-Own Garden** gives you the opportunity to eat, donate, preserve or sell what you grow. It's your choice!
- **A Communal or Donation Garden** gives you the opportunity to give back and build community.

For full descriptions of each garden, scan code, visit [GLFoodbank.org/Gardens](https://GLFoodbank.org/Gardens) or call us at 517-853-7809.

*Let's get started!*



Hill Garden

## 5 Tips to Build Community

The most important word in “community gardens” isn’t gardens! Community makes gardens inclusive, welcoming and connected spaces. Here are five of our favorite tips for creating community in the garden!

- 1)** Greet everyone when they arrive. Learn names, wave, stop by and ask what your neighbors are growing.
- 2)** Work together to develop spaces that people want to be in. This could include a play area, picnic area, shaded area or a space to share produce with fellow gardeners.
- 3)** Use diverse strategies to communicate. Offer to create a welcome sheet for new gardeners. Share contact info and send texts, pictures or WhatsApp video to each other.
- 4)** Host a potluck, a garden party or a teach-in to create opportunities for folks to meet each other and share.
- 5)** Post to your social media network when you know you will be at the garden, inviting others to come while you’ll be there.

# TUESDAYS IN THE GARDEN

Tuesday Nights in the Garden is a new, hands-on experience for all gardeners. Lead by Garden Project staff, these free workshops will help you stretch your food dollar by sharing skills to grow delicious food. All sessions begin at 6 p.m. at Garden Project's Resource Center (2401 Marcus St. at the south end of Foster Park in Lansing) unless otherwise noted.

## March – Gardening Together

- 3/14** Cultivating Community: Rules & Conflict
- 3/21** Starting Strong: Leadership Tools
- 3/28** Crucial Infrastructure for Sustainable and Productive Gardens

## April – Early Spring Planting

- 4/4** Learning Small Engine Repair
- 4/8** Gardening 101 at Haslett Public Library (2 – 3 p.m.)
- 4/11** Easy at Home Composting System
- 4/13** Gardening 101 at South Lansing Library (6 – 7p.m.)
- 4/18** Growing Strawberries Successfully
- 4/25** Growing BIG Broccoli

## May – Preparing for Summer

- 5/2** Growing Medicinals & Herbs
- 5/9** Watering with Drip Irrigation
- 5/16** Making Inexpensive Raised Beds
- 5/23** Growing Epic Tomatoes
- 5/30** Growing Grains - Amaranth Spotlight

## June – Supporting your Plants

- 6/6** Easy & Effective Trellising
- 6/13** Integrated Pest Management

## August – Fall Planting & Food Preservation

- 8/8** Growing Delicious Fall Crops - Hakurei Turnips
- 8/15** How to Pickle Vegetables
- 8/22** Canning Tomatoes
- 8/29** Winter Growing - Growing Sugary Spinach

## September – Winter Planting & Food Preservation

- 9/5** Processing & Winnowing Grains
- 9/12** Seed Saving for Beginners
- 9/19** Drying Food Preservation
- 9/26** Freezing Food Preservation

## October – Grateful Harvest

- 10/3** How to Make a Small Root Cellar
- 10/10** Perennial Plant Exchange & Growing Paw Paws
- 10/17** Harvest Potluck!



GARDEN  
TOUR



WED | JULY 19 | 2023

Join us as we explore local gardens by  
bus, bike or foot – your choice!



GREATER LANSING  
**foodbank**  
**GARDEN PROJECT**

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**Tools • Seeds • Vegetable Transplants • Educational Resources  
Food Preservation Supplies • Gardening Supplies**



# RESOURCE CENTER

## Opening Day | Tues, April 18



**Resource Center Hours**  
Beginning April 18  
Tues 5 – 7:30 p.m.  
Weds 10 a.m. – 12:30 p.m.

Beginning May 16 – June 30  
Tues 5 – 7:30 p.m.  
Weds 10 a.m. – 12:30 p.m.  
Thurs 5 – 7:30 p.m.

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