

Julia Dundorf
Executive Director
New England Grassroots Environment Fund
55 Main Street, Suite 124
Newmarket, NH 03857

Dear Director Dundorf,

On behalf of Community Garden Connections (CGC) it is my pleasure to submit this proposal for your consideration. With numerous health concerns facing the state of New Hampshire, the time has come to pursue every course of action available to aid in the reduction of the impacts from the health concerns on our communities. Gardening, both personal and community, is an avenue that allows us to move forward in creating a healthier and more environmentally conscious populace. The workshop series "What Does Your Garden Grow," detailed in the attached proposal, is an effort to give Keene, NH residents a new outlook on the use of garden plants. This new perspective will help them overcome barriers home gardeners face in order to increase the proliferation of personal gardens in the city of Keene.

CGC is an organization that is committed to their ongoing mission to build food-growing capacity in the Keene area. Four Antioch University New England (AUNE) master students serve as coordinators for CGC who work to continue the relationship with AUNE and the other 18 local organizations represented in the CGC advisory board. It is this network that provides a strong foundation as CGC moves forward in making their vision into a reality.

Once again on behalf of CGC, I want to thank you for this opportunity and for your consideration.

Sincerely,

Elizabeth McCann
CGC Faculty Advisor
Core Faculty & Environmental Education Director
Antioch University New England

Summary:

Gardening has been shown to help combat mental health problems, reduce blood pressure and heart disease, as well as obesity. In light of this Community Garden Connections (CGC), in collaboration with Antioch University New England (AUNE), is hosting a series of gardening workshops for the greater Keene community that promote non-traditional uses of common garden plants. “What Does Your Garden Grow” workshop series uses a combination of lecture and hands-on activities, these workshops will inspire community members to start their own garden projects, which in turn, aids in combating key health concerns of the area. The goals of “What Does Your Garden Grow” are to create a network of like-minded organizations and increase the understanding of benefits from gardening on both a personal and environmental level. CGC is seeking \$1,500 for seeds, equipment, and supplies to compliment their \$4,000 match from donated hours and facilities to ensure the success of “What Does Your Garden Grow.”

Problem Statement:

The state of New Hampshire, including the city of Keene, is facing numerous health concerns, both physical and mental. 25% of all adults nationwide are affected by mental health problems. In the New Hampshire Department of Health and Human Services reports high blood pressure rates in adults on the rise, heart disease being the second leading cause of death, and the percentage of teens and adults being overweight at 28% and 62% respectively. In conjunction with these concerns, ones regarding community connectedness and connections with nature are also on the forefront for many organizations.

Gardening has been shown to aid in reducing these concerns. According to the CDC, Center for Disease Control, 2.5 hours/week of moderate-intensity level activity (which gardening is classified as) can help prevent high blood pressure, obesity, and depression, even heart disease. With several community gardens, the larger Keene area is starting to address these concerns through this avenue even hitting on three of seven action strategies of a local community health initiative, Healthy Monadnock 2020. The three strategies are: improve the conditions and skills that support mental well-being, increase active living, and increase healthy eating. However, logistically community gardens are limited in the amount of people that can be reached due to lack of resources and land available. Personal gardens must be implemented for this method to reach maximum effectiveness; sadly many people hesitate to undertake personal gardening projects. Several universities, including University of New Hampshire, Manchester, have conducted studies to understand what barriers impede personal garden projects and discovered two main reasons. The first reason boils down to a cost/benefit analysis, too much time for too little gain. The second main reason is a feeling of a lack of required knowledge/information to successfully start a garden. With so many variables, different techniques, and an endless stream of how-to books, it is no wonder that people get overwhelmed and don't feel confident in starting a project on their own.

Organization:

Community Garden Connection (CGC) was founded in 2011 as a partner with Antioch University New England (AUNE). Its mission is to build local capacity to grow food by addressing food insecurity related to climate change, personal and communal health,

and resiliency. Their five main goals are: to increase access to healthy and affordable food, contribute to the City of Keene's goals for addressing climate change, to build community members capacity to grow and cook healthy and affordable food, to benefit community members physical and psychological health through gardening, to create opportunities for AUNE students and faculty to engage in service-learning, and to foster a stronger sense of community. CGC has four Antioch master's student coordinators who have developed relationships with a twenty person advisory committee composed of directors of various social service agencies in the area and local officials. Over the last four years, CGC has helped installed 68 garden beds at thirteen social service agencies and in 2015 donated 4,326 pounds of food grown to the Keene Community Kitchen. As they move towards the future they will to expand educational opportunities for outreach, deepen relationships with community partners, and increase access to healthy food and healthy environment.

Goals

Goal 1- Increase an understanding of the personal and environmental benefits from gardening in the community.

Objective 1: 40% of attendees will have pursued one use of plants discussed at the workshops, within 1 month of the final workshop

Objective 2: 50% of attendees will report learning something new by the end of each workshop

Objective 3: 25% of attendees will begin a new garden project, 1 month after the final workshop

Goal 2- Create a network of like-minded organizations and peoples that foster sense of community and build channels for sharing information.

Objective 1: 25% of attendees will contact a participating organization from the workshop 1 month after the final workshop

Objective 2: 60% of attendees will share information they learned at the workshop with 10 people 1 month after the final workshop

Objective 3: 30% of attendees will report having an interaction with a fellow participant outside of the workshops during the course of the workshops

Goal 3- Strengthen an overall personal sense of well being in the local community.

Objective 1: 60% of attendees that start a garden project at the conclusion of the workshops will report an improved sense of well being, 1 month after the final workshop

Objective 2: 40% of attendees will report an improved sense of well being during the complete month of June, 1 month after the final workshop

Objective 3: 40% of attendees will report an improved sense of well being from the beginning to the end of each workshop

Methods:

Overview: In order to help aid in the reduction of the afore mentioned health concerns, the barriers home gardeners face must be removed in order to increase the number of personal gardens in the community. To this end, the CGC and its partners will hold a series

of four workshops, titled “What Does Your Garden Grow,” that showcase and demonstrate non-food and non- traditional uses of plants. Not only will these workshops provide a forum for sharing needed information, but by showing how gardens can provide more than healthy food, prove a greater value of gardens that outweighs the time required.

Each workshop will have a different area of focus. This allows for more topics of interest to be covered and a more diverse appeal to community members. Each workshop will be separated into two parts. The first part will be centered on information learning, where the CGC coordinator/guest presenter will present that week’s topic followed by a brief discussion. The second part will be activity based, where the participants will have a chance to use the plants grown by CGC relevant to that week’s topic. Having CGC growing the plants not only helps reduce cost, but also adds an element of authenticity to the project by representing the actual products that participants can expect from their own gardens. Furthermore CGC growing the plants establishes a knowledgeable and approachable resource for the community to access during their own projects.

At the conclusion of each workshop, participants will be able to take the completed project and/or one plant specimen used during the workshop home with them. By using information followed by hands-on learning, concepts will be positively reinforced and have a higher success rate of staying with participants. Sending a plant home helps to overcome the initial hurdle when starting a garden, plant selection, and makes the transition to starting a home garden less daunting.

Gantt Chart Timeline

	Dec.	Jan.	Feb.	March	April	May	June	July	August
Plant Preparation	X			X	X	X	X		
Advertising					X	X	X		
Workshops							X		
Assessment							X	X	X

Plant Preparation: Plant Preparation has three phases. During the first phase CGC coordinator Ben Curroto and CGC coordinator Marie Fargo will order the seeds for the plants to be used during the workshops. Ben and Marie will also oversee the initial production of the plants with the help of other CGC volunteers. The second phase and third phases, plants growing/maintenance, and harvesting respectfully, will be overseen by the full CGC summer staff with the aid of CGC volunteers.

Advertising: CGC coordinators will design flyers, create a Facebook event, and develop a newspaper advertisement. The flyers will be posted around town by the CGC coordinators and CGC volunteers, in addition to being distributed by participating organizations.

Workshops: “What Does Your Garden Grow” has a total of four workshops. Starting the first Saturday of June, the workshops will be one week apart, from 5:30-8:30pm. Below are brief overviews of each workshop.

June 3rd: Held at Antioch University New England, led by CGC Coordinator Ben Curroto. This workshop will focus on using plants for pest management. Activities will include barrier and companion plantings. Plants that will be used include chives, carrots, marigold, cilantro, dill, oregano, cabbage, beans, squash, sage, and rosemary.

June 10th: Held at Keene Senior Center, led by CGC Coordinator Jen Trapani. This workshop will focus on using plants for herbal remedies. Activities will include making teas, salves, and aromatherapy. Plants that will be used include bee balm, chamomile, lemon verbena, rosemary, mint, basil, sage, thyme, and willow.

June 17th: Held at Keene Recreation led by CGC Coordinator Tori Dahl and in collaboration with Early Sprouts, Keene State College. This workshop will focus on plants as craft/project supplies. Activities will include making dyes, print making, and willow sculptures. Plants that will be used include onions, beets, red cabbage, marigolds, spinach, willow, potatoes, radishes, dill, and parsley.

June 24th: Held at Keene Family YMCA, led by CGC Coordinator Marie Fargo. This workshop will focus on planting application. Activities will include vertical gardening, container gardening, and pocket gardening. Plants that will be used include tomatoes, peppers, cucumbers, carrots, mint, dill, chives, oregano, and marigolds.

Evaluation:

The success and progress made from the workshops will be evaluated in two main ways. At the conclusion of each workshop, participants will be asked to fill out a survey regarding the specific activities of that evening’s workshop by the CGC volunteers. The survey will have a mix of Likert Scale and open-ended questions focused on determining participant’s moods, information learned, related behavior between workshops, and a critique of the workshop’s logistics (location, type of activities, etc.). This will serve as not only a summative evaluation of each workshop, but also formative as to improve each workshop as the series progresses. One month after the conclusion of “What Does Your Garden Grow”, one final summative survey will be sent out via email by the CGC coordinators. This survey will evaluate the workshop series as a whole. By using Likert scale, open, and close-ended questions this survey will be focused on information learned, connections made, and garden projects started. To aid in increasing the amount of survey responses, members of the CGC will also make phone calls two weeks after the surveys have been sent out to help prompt completion of the survey. The CGC coordinators will analyze all evaluations and distribute their findings to other CGC staff, participating organizations, and the funder.

Sustainability:

The sustainability and longevity of “What Does Your Garden Grow” is measured in different ways. CGC is well embedded in AUNE and while CGC coordinators only serve for

one to two years “What Does Your Garden Grow” will become part of the CGC legacy and continue onwards as with other CGC projects. One of the goals of the workshop is to build a network of people for information sharing and connecting. By ensuring this goal, it will keep the information presented afloat and moving through the community outside the space of the workshops. As for the workshop series, after the initial year the cost of sustaining the series would be lessened in following years. General equipment required for the project would not have to be purchased every year, seeds could be gathered from the previous years plants, leaving the only cost to that year’s activity specific supplies. These supplies could be obtained using funds gathered at small-scale fundraising events, a possible small registration fee for participants, or through donations.

Line Item Budget

Budget Item	Grant Request	Match		Total
		Other Cash	In-kind	
Personnel				
Salaries and Wages				
1) CGC Coordinators		1,920		\$1,920
2) CGC Volunteers			\$464	\$464
3) Guest Presenters			\$400	\$400
Subtotal Salaries and Wages		1,920	\$864	\$2,784
Fringe Benefits @ 0%				
Subtotal Personnel (salaries,wages,benefits)		1,920	864	2784
Non-Personnel Expenses				
Equipment and Supplies				
1) Seeds	194			194
3) General Equipment	731.9			731.9
4)Workshop 1 Equipment	59.76			59.76
4) Workshop 2 Equipment	109.98			109.98
5) Workshop 3 Equipment	230.2			230.2
6) Workshop 4 Equipment	103.1			103.1
Travel				
1) Mileage for CGC to growing site			\$288	288
2) Mileage for CGC to host locations			10.26	10.26
Facilities				
1) Antioch University New England			150	150
2) Keene Senior Center			225	225
3) Keene Recreation Center			225	225
4) Keene Family YMCA			300	300
Subtotal Non-Personel	1428.94		1198.26	2627.2
Total Direct Expenses (personel + non-personel)		1920	2062.26	5411.2
Indirect Expense @ 10% of direct expense		19.2		
Total Program Expense (direct exp. + indirect exp.)	1428.94	1939.2	2062.26	5430.4

Budget Justification

Budget Item	Narrative Explanation
Personnel	
Salaries and Wages	
1) CGC Coordinators	4 coordinators @ \$12.00/hr. for 2hr/week for 20 weeks
2)CGC Volunteers	2 volunteers @ \$7.25/hr. Each working 2 hr/week for 16 weeks of the growing season
3) Guest Presenters	1 guest presenter as an expert for each workshop @ \$100 for the 3 hour duration of each workshop X 4
Non-Personnel Expenses	
Equipment and Supplies	
1) Seeds	Onion, spinach, chives, tomatoes, beans, peppers, dill, sage, cucumbers, oregano, cabbage, mint, rosemary, thyme @2.00/seed packet X2. Beets, cilantro, red cabbage, radishes, carrots, squash, chamomile, basil @3.00/seed packet X2 Marigolds, bee balm, lemon verbena, willow, potatoes, @ 5.00 per starter pack X 3
General Equipment	Equipment required for every workshop. 20 trowels @ 3.97/each) 200 6" terracota pots @1.32/each , 40 bags potting soil @ 8.97 each for participants to pot plants they take home, 10 - 5 gallon buckets @2.97/each to hold dye, teas, and container plants
Workshop 1 Equipment	12 planter boxes @ 4.98 each to demonstrate compaion planting
Workshop 2 Equipment	50 4-ounce jars @ .90/each , 2 gallons olive oil @22.49/each for making salves, 50 cups @ .40 /each for brewing teas
Workshop 3 Equipment	25 yards cotton fabric @ 7.79/yard, rubberbands at 2.50/package X 5, paper @ 5.00/package X 3, 50ft string @ 7.95
Workshop 4 Equipment	10 12" pots @ 4.98 /each to demonstrate container gardening, 10' PVC pipe @ 20.91 and 1 over-the-door shoe caddy to demonstarte vertical gardening @ 24.99 and 5 cinderblocks @ 1.48 /each to demonstrate pocket gardening.
Travel	
1) Mileage for CGC to growing site	\$0.45/mile traveling to the Westmoreland garden site where the plants are being grown a total round trip of 20miles(from AUNE) X 2 cars X once a week for 16 weeks

2) Mileage for CGC to each host location	\$0.45/mile traveling to each workshop location with round trip (from AUNE, 2miles round trip to Keene Senior Center, 3.4 miles round trip to Keene Recreation Center, 6 miles round trip to Keene Family YMCA) a total of 11.4miles X 2 cars
Facilities	
1) Antioch University New England	3 hours @ 75/hour
2) Keene Senior Center	3 hours @ 75/hour
3) Keene Recreation Center	3 hours @ 75/hour
4) Keene Family YMCA	3 hours @ 100/hour
Indirect Expense @ 5 % of direct expense	The crops grown at the Westmoreland gardening site will take up 10% of the gardening space. This mean it will require a portion of water, fertilizer, and other resources on the Westmoreland site.

Option 1: New England Grassroots Environment Fund

Funding Amount: 1,000 – 3,000

Deadline: March 15th and September 15th

Areas of Interests: Focuses on “environment” in abroad sense. Has 5 issue areas: Climate Change and Energy, Food, Environmental Health, Land and Water, Living Economies

Requirements: is doing community-based environmental work in CT, ME, MA, NH, RI or VT; is volunteer-driven or has no more than 2 full-time paid staff (or equivalents); has an annual operating budget under \$100,000

Other: dedicated to help established groups increase capacity, collaborate, and leverage impact.

Option 2: Project Orange Thumb

Funding Amount: up to 3,500

Deadline: Early 2017

Areas of Interests: to help communities reach their goals for neighborhood beautification, community collaboration, and healthy, sustainable food sources.

Requirements: none that are clearly spelled out. The application process is all done online and is open to any and all community groups wanting to improve their area through one of the areas of interest listed above.

Other: the grant is sponsored by the Fiskers brand and awards both equipment and cash.

Option 3: New Hampshire Humanities Council

Funding Amount: Up to 10,000

Deadline: Has 4 throughout the year: Feb 1st, May 1st, August 1st, November 1st

Areas of Interests: design and carry out public humanities programs with the help of experts in philosophy, history, literature or other humanities disciplines relevant to their topic. Specific topics: History, Literature, Philosophy, Ethics, Archaeology, Anthropology, Geography, Science History, Languages, Law, Classics, Cultural Studies, Art/Music, Religious Studies

Requirements: tax exempt organizations serving New Hampshire and other nonprofits; designed for and open to a public audience; an humanities expert with a Master’s or PhD in a humanities or specialized knowledge developed through professional experience or immersion in a particular cultural tradition; identifies essential questions of meaning inherent in the subject matter of the project

Other: To apply for this grant, the exact nature and framing of the activities would need to be more explicit in their connection to the humanities. The proposal would also then need an approved expert in the field of choice and a resume from that expert would need to be submitted. I don’t think that the ultimate goals would be compromised if this grant was pursued, as the activities already detailed do stem from humanity concepts, the connection would just need to be more clearly defined. So while this option might not be a first choice, it would be an option.