

COMMUNITY GARDEN



RESOURCE GUIDE



HEALTHY
Franklin County



A man wearing a dark baseball cap, glasses, and a light-colored t-shirt is kneeling in a garden. He is holding a small green plant in a black plastic nursery pot. The background is filled with lush green foliage and yellow flowers. The entire scene is overlaid with a semi-transparent white rectangle containing the text.

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Introduction & Background

Healthy Franklin County (HFC) is a local health improvement coalition composed of partners from the areas of education, health, faith, business, non-profit and local government sectors who work together to improve the health and wellbeing of Franklin County residents. Using data collected by the WellSpan Health Community Health Needs Assessment (CHNA), HFC implements practices and strategies to help improve health outcomes over time. HFC works with community-based organizations who collaborate to address the community's top health priorities to address the social determinants of health using a collective impact model.

To learn more, visit
www.healthyfranklincounty.org

Promoting Community Gardens

One of those strategies is to increase access to fresh and nutritious produce to more Franklin County residents by promoting and supporting the expansion and development of community gardens. This resource guide provides some basic information for those who are looking to start a community garden. Our **environmental stewardship** work group has put this resource together to share their knowledge and passion with others who are looking to improve our community through gardening.

Thank you to our environmental stewardship committee for sharing their skills and talent to improve the health of our community through this work.

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Wilson College

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WellSpan Health

Benefits of Gardening



Historically we were a nation of small farms and home gardens as a means for families to access healthy, nutritious foods while enjoying the outdoors. Today, we are seeing a resurgence of gardening in communities and backyards. Why? Because the benefits translate to better physical, psychological, and social health. Howarth et. al. state, “Gardens and gardening can improve the health and well-being for people with a range of health and social needs. The benefits of gardens and gardening could be used as a ‘social prescription’ globally for people with long-term conditions.”

HOW CAN GARDENING HELP US?

Increased Exercise

Digging, planting, mowing, raking, pulling weeds—all work together to improve mobility, balance, strength, and flexibility. According to the CDC, people who garden have a 6.6 percent higher health rating. In other words, they are living much healthier, active lives.

Improved Diet

Numerous studies have found home gardening increases fruit and vegetable intake. In fact community gardens are seen as a catalyst for eating healthier foods and movement.

Home grown vegetables also have higher nutrient values and taste better!

Time in Nature

The American Psychological Association has determined that time in a natural environment improves our mental health and sharpens our cognition. According to a 2016 Nielsen Report, the average American spends 10 hours of time on a screen. When we are outside, it instantly triggers a physiological response that lowers stress levels and perks up our brains.

Reduce Stress Levels

Lightens our mood...pulling weeds isn't only exercise yet has tremendous therapeutic potential! By focusing on the soil and plants, we shift our focus away from ourselves and move towards emotional restoration and mental calm.



Social Connection

Brings people together who are willing to share both their expertise, plants, and seeds. Master gardeners are local volunteers working to encourage and educate fellow gardeners. Community gardening brings people together and the social connection is vital in maintaining mental health.

Local Resources

Construction & Materials

Lumber

- GISH Logging - hotsticks.com
4980 Path Valley Rd., Fort Loudon, PA 17224
(717) 369-2783
- R.A. Hill - 1364 Lincoln Way E, Chambersburg, PA 17202
(717) 264-7413
- Lowes - lowes.com
 - 1600 Lincoln Way E, Chambersburg, PA 17201
(717) 709-1900
 - 12925 Washington Twp Blvd, Waynesboro, PA 17268
(717) 387-4000

Hardware

- Franklin Pet Hardware -
franklinhardwareandpetcenter.com
1975 Philadelphia Ave, Chambersburg, PA 17201
(717) 263-2624
- Stouffer's True Value Farm & Hardware -
truevalue.com/stoufferstruevalue
1060 Lincoln Way W, Chambersburg, PA 17202
(717) 263-8310
- Pague & Fegan Home and Hardware -
truevalue.com/pague
35 W King St, Shippensburg, PA 17257
(717) 532-6511

Season Extenders (i.e. greenhouses)

- Martin's Produce Supplies - martinsproducesupplies.com
627 Britton Rd, Shippensburg, PA 17257
(717) 532-5918

Soils & Fertilizers

- David H. Martin Excavating Inc. [dirt/compost] - dhmexc.com
4961 Cumberland Highway Chambersburg, PA 17202
(717) 264-2168
- Harry Rotz [compost] -
5948 Rice Rd, Chambersburg, Pennsylvania
(717) 267-1489
- Dream Farms [compost] - dreamheifers.com
13689 Dream Hwy, Newburg, PA 17240
(717) 477-0992
- Wilson College Fulton Farm [horse manure] - wilson.edu/about-our-farm
1015 Philadelphia Ave., Chambersburg, PA 17201
(717) 264-4141
- Land-Scape Supply Co [mushroom soil] - land-scapesupply.com
5135 Roxbury Rd, Shippensburg, PA 17257
(717) 530-2050
- Martin's Produce Supplies [fertilizer] - martinsproducesupplies.com
627 Britton Rd, Shippensburg, PA 17257
(717) 532-5918
- Maplewood Farm Market [soil/mulch] -
8564 Olde Scotland Rd, Shippensburg, PA 17257
(717) 532-8973
- Lowes - lowes.com
 - 1600 Lincoln Way E, Chambersburg, PA 17201
(717) 709-1900
 - 12925 Washington Twp Blvd, Waynesboro, PA 17268
(717) 387-4000

Local Resources cont'd

Gardening Supplies

Plants

- Master Gardeners Plant Sale –
extension.psu.edu/programs/master-gardener/counties/franklin
(717) 263-9226
- Snavely's Garden Corner – snavelys.net
2106 Lincoln Way E, Chambersburg, PA 17202
(717) 352-2224
- Lurgan Greenhouse –
dodinestay.com/listing/lurgan-greenhouse
8126 Oakdale Road, Orrstown, PA 17244
(717) 532-9045
- Maplewood Farm Market [soil/mulch] –
8564 Olde Scotland Rd, Shippensburg, PA 17257
(717) 532-8973
- Lowes – lowes.com
 - 1600 Lincoln Way E, Chambersburg, PA 17201
(717) 709-1900
 - 12925 Washington Twp Blvd, Waynesboro, PA 17268
(717) 387-4000

General Supplies

- Snavely's Garden Corner - snavelys.net
2106 Lincoln Way E, Chambersburg, PA 17202
(717) 352-2224
- Baer's Garden Center & Greenhouse -
484 Roxbury Road, Shippensburg, PA 17257
(717) 729-0593
- Lurgan Greenhouse -
dodinestay.com/listing/lurgan-greenhouse
8126 Oakdale Road, Orrstown, PA 17244
(717) 532-9045
- Quincy Hardware Inc. -
quincyhardware.stihldealer.net/contactus/
7421 Anthony Hwy, Waynesboro, PA 17268
(717) 749-3653
- Tractor Supply Co. - tractorsupply.com
 - 1503 E Main St, Waynesboro, PA 17268
(717) 765-4141
 - 1733 Lincoln Way East, Chambersburg, PA 17201
(717) 263-5729
 - 40 Shippensburg Center, Shippensburg, PA 17257
(717) 477-0932
 - 5748 Fort Loudon Rd, Mercersburg, PA 17236
(717) 498-0571
- Lowe's - lowes.com
 - 1600 Lincoln Way E, Chambersburg, PA 17201
(717) 709-1900
 - 12925 Washington Twp Blvd, Waynesboro, PA 17268
(717) 387-4000

Other Resources

Technical Assistance

- Master Gardeners
extension.psu.edu/programs/master-gardener/counties/franklin
Open from mid-April to mid-October from 10am-2pm
(717) 263-9226

Community Garden Start-Up Toolkits

- University of Missouri Cooperative Extension - Community Gardening Toolkit
web.extension.illinois.edu/vegguide/tensteps.cfm
- University of California Cooperative Extension - Community Garden Start-Up Guide
celosangeles.ucdavis.edu/files/97080.pdf
- American Community Gardening Association - Community Garden Management
communitygarden.org/resources/category/community-garden-management
- Clemson University Cooperative Extension - Starting a Community Garden
hgic.clemson.edu/

Funding Resources

- United States Department of Agriculture - Grants, Loans and Other Support
ams.usda.gov/services/local-regional/food-sector/grants

Funding Resources Cont'd

- American Community Gardening Association - Funding Opportunities
communitygarden.org/resources/funding-opportunities/
- Summit Endowment - Grant Opportunities
wellspan.org/about/wellspan-in-the-community/
- Lowe's - Community Service, Grants, Volunteers
lowes.com/

Gardening Resources

- University of Illinois Extension - Ten Steps to a Successful Garden
web.extension.illinois.edu/vegguide/tensteps.cfm
- American Community Gardening Association - General Gardening and Horticultural Information
communitygarden.org/resources/general-gardening-and-horticultural-information/
- Master Gardeners Penn State Extension - Home Gardening
extension.psu.edu/trees-lawns-and-landscaping/home-gardening



ORGANIZATION	Lumber	Hardware	Season Extenders	Soils & Fertilizers	Plants	General Supplies
Baer's Garden Center & Greenhouse (717) 532-5427						✓
David H. Martin Excavating Inc. (717) 264-2168				✓		
Dream Farms (717) 477-0992				✓		
Franklin Pet Hardware (717) 263-2624		✓				
GISH Logging (717) 369-2783	✓					
Harry Rotz (717) 267-1489				✓		
Land-Scape Supply Co. (717) 530-2050				✓		
Lowe's (717) 709-1900 (717) 387-4000	✓			✓	✓	✓
Lurgan Greenhouse (717) 532-9045					✓	✓
Maplewood Farm Market (717) 532-8973					✓	✓
Martin's Produce Supplies (717) 532-5918			✓	✓		
Master Gardeners Plant Sale (717) 263-9226					✓	

ORGANIZATION	Lumber	Hardware	Season Extenders	Soils & Fertilizers	Plants	General Supplies
Pague & Fegan Home and Hardware (717) 532-6511		✓				
Quincy Hardware Inc. (717) 749-3653						✓
R.A. Hill (717) 264-7413	✓					
Snavely's Garden Corner (717) 352-2224					✓	✓
Stouffer's True Value Farm & Hardware (717) 263-8310		✓				
Tractor Supply Co. (717) 765-4141 (717) 263-5729 (717) 477-0932 (717) 498-0571						✓
Wilson College Fulton Farm (717) 264-4141				✓		



Starting a Community Garden Tips

1

Find others who are interested in a garden.

What demographic will be using the garden?

2

Start a committee.

Are there volunteers to take on various roles? i.e. (administrating/organization, sponsoring the garden with donations, caring for borders/common areas, education, maintenance, construction projects, watering, planting, events)

3

Look for local partnerships.

Are there local organizations that can help with the garden?

4

Seek out a garden location.

Is permission needed to use the land? Is there room for garden expansion? Is there access to water and other gardening resources? Does the land get enough sun and shade?

5

Search for funding.

Will there be a membership fee? Are there any local businesses or corporations that would sponsor or give donations? Does the garden qualify for any government grants?

6

Plan for the garden.

Decide what infrastructure needs to be included (i.e. sheds, raised beds, etcetera). Create a map of the garden.

7

Create garden rules.

Are participants going to be required to sign a participation or plot registration form? (See sample forms.)



PLANTING CALENDAR: ZONE 6

VEGETABLE	JAN	FEB	MAR	APR	MAY
Arugula				Start Seeds Inside	Transplant
Asian Greens			Start Seeds Inside	Start Seeds Inside	Transplant
Beans				Start Seeds Inside	Transplant
Beets				Start Seeds Inside	Transplant
Broccoli & Cauli		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Brussels Sprouts		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Cabbage		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Carrots			Start Seeds Inside	Start Seeds Inside	Transplant
Corn				Start Seeds Inside	Transplant
Cucumber			Start Seeds Inside	Start Seeds Inside	Transplant
Eggplant		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Garlic					
Kale & Collards		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Kohlrabi		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Leeks		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Lettuce		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Onions		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Melons			Start Seeds Inside	Start Seeds Inside	Transplant
Peas			Start Seeds Inside	Start Seeds Inside	Transplant
Peppers		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Potatoes				Start Seeds Inside	Transplant
Radish			Start Seeds Inside	Start Seeds Inside	Transplant
Spinach			Start Seeds Inside	Start Seeds Inside	Transplant
Squash			Start Seeds Inside	Start Seeds Inside	Transplant
Swiss Chard		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant
Tomatoes		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Transplant

*Last Frost Date *First Frost Date Start Seeds Inside Transplant Plant

Franklin County Community Gardens

Church of the Apostle

336 Barnett Avenue, Waynesboro, PA

Mary Lou Misner

Call/Text 717-658-6924 or mlmisner@pa.net

www.apostlesucc.com

Open to the public. Free plots.

Grace Place Gardens

721 N. Prince Street, Shippensburg, PA

Jessica Larkin jessicalrkn@gmail.com

Open to the public.

Network Ministries

10 Redwood Street, Chambersburg, PA

Barb Houpt barbhaupt@gmail.com

717-264-4640

www.network-ministries.org

Open to the public. Free plots.

Solomon's United Church of Christ

1594 Swamp Fox Road, Chambersburg, PA

Rev. Julia Brown solomonsucc@embarqmail.com

717-263-3616

www.mysolomonsucc.org

Open to the public. Free plots.



St. Paul UMC

750 Norland Avenue Chambersburg, PA

Chris Mayer cmayer@wilson.edu

717-264-4141 x3247

Open to the public. 14 garden beds.

Produce delivered to St. Paul food pantry.



Sample Forms

Community Garden Plot Registration Form

Source: communitygarden.org

Name:

Date:

Address:

City:

Zip Code:

Phone:

- Did you have a garden plot last year? Yes No
- Do you want to keep your previous plot? Yes No
- Available plots:

5 x 10 ft. 10 x 10 ft. 10 x 20 ft. 20 x 20 ft. 20 x 40 ft.

To hold your plot there is a \$_____ fee. Plot fees help pay for community garden expenses.

A refundable clean-up deposit is also required of \$_____. Deposits will be refunded after your plot is cleared.

Signature _____

Community Garden Plot Registration Form

Source: NETWORK Ministries

CONTACT INFORMATION

Name _____ Cell or Home Phone # _____ Can we text you?
 Yes No

Email _____ Address _____ City, State and Zip _____

MY LEVEL OF INVOLVEMENT & EXPERIENCE

- This is my first year at a Community Garden
- I have been involved for years. Summarize activities here:

When it comes to growing vegetables in raised beds with organic practice, I am:

- A beginner (less than 2 years)
- Skilled gardener (2-5 years)
- Advanced gardener. Summarize experience:

I plan on being in the garden this amount of time per week: (hours/week)

These are the best times for me:

(Day) _____ (Time) _____ (Day) _____ (Time) _____

(Day) _____ (Time) _____ (Day) _____ (Time) _____

MY INTERESTS Check all that apply:

- I work best as part of a team that is given a task to do.
- I feel confident that I can work independently.
- I can work as part of a team and I can work independently.
- I want to garden with my family in the adult garden area.

MY CROPS These are the crops I most desire to grow (1 = most favored)

- 1. _____ 5. _____
- 2. _____ 6. _____
- 3. _____ 7. _____
- 4. _____ 8. _____

(Include varieties or other details of the crops you choose)

Please note: We ask gardeners to contribute \$20 in dues each year, to help cover the cost of water, access to tools, and other costs associated with the garden. 20

Sample Forms

Participation Commitment Form

Source: Network Ministries

The [insert organizations name] is a place to learn, rest, and grow in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. To maintain this atmosphere I agree to the following statements:

- I will treat people, the garden, and tools with respect and put items away after use.
- I will carefully follow work instructions posted.
- I will garden organically, without chemical fertilizers, insecticides, or weed repellants
- I will respect the decisions made by the [insert organizations name]
- I will make every effort to communicate my thoughts and ideas to create and maintain an atmosphere of peace.
- I recognize that adult behavior has impact on the community's children and youth, so I will model responsibility and self-control.
- I will dress appropriately for safety and for maintaining a family-friendly atmosphere.
- I will help keep the garden in good condition, including picking up litter, etc.
- I will not bring pets to the garden, without prior permission.
- I will refrain from the using tobacco and alcohol on garden property.
- I will report vandalism to the garden staff.
- I will help enforce the garden rules.
- I will maintain my given area with the understanding that the leadership team could reassign my area to someone else if I do not.

I understand that no representative of [insert organizations name] is directly responsible for my actions or the actions of other participants. Therefore, I agree to hold the [insert organizations name] harmless for any liability, damage, loss, or claim that may occur in connection with the use of the garden by myself or any guests that I bring to the [insert organization's name].

I have read, understand, and agree to abide with the above.

Participant Signature

Date

Participation Commitment Form

Source: Network Ministries

I, [insert name of property owner] give authorization to [insert organization's name] to use the land located at [insert address] for a community garden. The duration of time will start [insert date] and end [insert date] . Renewal of the agreement is contingent upon approval of both parties (property owner and organization). The community garden will be responsible for any damages or claims occurring from use of the property. The property owner will be responsible for letting the organization know if any changes occur in land ownership within 90 days prior to any changes.

Property Owner's Signature

Date

Representative from Organization's Signature

Date



Citations From Pages 3&4

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Notes



