

Good Food Project Garden Checklist

Our Mission: We are devoted to educating, encouraging and facilitating Food Bank of Central Louisiana clients and the general public to grow their own healthy food – using low-cost, environmentally responsible, sustainable practices -- in private gardens and those sponsored by schools, churches, organizations and businesses.

The Good Food Project is administered through the Food Bank of Central Louisiana and supported by a grant from Keller Enterprises.

Things We Can Do to Help You:

- a) Plan your garden start-up, including site selection, soil preparation and plant selection
- b) Conduct on-site classes appropriate to your needs
- c) Provide educational resources to meet all aspects of your garden

Things You Must Do:

- a) Provide garden materials and supplies
- b) General up-keep and garden maintenance: including planting, watering, nourishing, weeding and harvesting
- c) Organize class participation and organizational activities
- d) Designate an on-staff garden coordinator
- e) Determine that the garden plot is free from underground utilities and other hazards

Things to Consider:

- a) On-site composting
- b) Collecting rain water
- c) Type of soil
- d) Storage area for tools and supplies
- e) Worm Bin
- f) Parental or volunteer involvement, including donation of supplies and materials
- g) Soil test (available from LSU AgCenter)

Materials You Will Need:

- a) Shovel(s)
- b) Hand trowels
- c) Garden rake(s)
- d) Hoe(s) (loop hoes work best for weeding)
- e) Organic garden soil (if needed)
- f) Watering can
- g) Growing containers (optional)
- h) Straw (preferably wheat, rice, oat or other that has been harvested for its seed so there will be less weed seed)/hardwood leaves/grass clippings for mulching
- i) Wheel barrow
- j) Hose
- k) Clippers/scissors for harvesting
- l) Rain barrel
- m) Compost area
- n) Soil amendments- based on soil test results
- o) Containers for harvest
- p) Seeds and plant starts

Helpful Books

The New Organic Grower by Elliott Coleman

Gaia's Garden A Guide to Home-Scale Permaculture by Toby Hemenway

Organic No-Till Farming by Jeff Moyer

Resource Guide for Organic Insect and Disease Management by Brian Caldwell, Emily Brown Rosen, Dr. Eric Sideman, Dr. Anthony M. Shelton and Dr. Christine D. Smart

Helpful Websites

<http://groworganic.com/> (seeds and supplies)

www.attra.org

www.organicgardening.com

www.plantingjustice.org

<http://www.southernsare.org/>

<http://www.eco-farm.org/resources/>

Sustainable Agriculture- <https://attra.ncat.org/fundamental.html>

Urban Permaculture: <http://plantingjustice.org/resources/urban-permaculture>

Harvesting Rain Water- <http://www.gardengatemagazine.com/extras/52droughttolerant.php>
<http://www.watercache.com/education/rainwater>
http://www.ehow.com/facts_5814043_benefits-rain-water-growing-plants_.html#ixzz1eRrCv58O

Sheet mulching- http://www.agroforestry.net/pubs/Sheet_Mulching.html

Composting: <http://www.epa.gov/osw/conserv/rrr/composting/index.htm>

No Till- <http://notillgardening.com/>

Companion Planting- <http://www.hpfb.org/uploads/companionplanting.pdf>
www.rexresearch.com/agro/compl.htm

Vermiculture: <http://www.motherearthnews.com/do-it-yourself/make-worm-bin-ze0z11zhir.aspx>

Integrated Pest Management- <https://attra.ncat.org/attra-pub/summaries/summary.php?pub=146>

Attracting Wildlife- <http://www.wildfarmalliance.org/resources/index.htm>

Chickens- <http://www.backyardchickens.com/>

Grants- www.assoc.garden.org