DIG IN!
Weaving Edible Landscapes—Community Gardens and Urban Ag—into the Fabric of Our Community

Saturday, March 8, 2014 at Marbles Kids Museum

Join Advocates for Health in Action (AHA) for the Fifth Annual DIG IN! community garden & urban agriculture summit. Let’s “dig in” to how our communities can be transformed by including edible landscapes and gardens, and grow healthy food for our communities!

WORKSHOP TRACKS: In addition to the opening general session, this year’s program features breakouts in four tracks.

1) Community Gardens—for anyone who wants to start an edible community garden
2) School Gardens—for school staff and parents who want to start and capitalize on edible gardens
3) Child Care Gardens—for child care center directors/staff and preschool administrators and staff who want to grow healthy food and teach where food comes from
4) Edible Cityscapes and Landscapes—for municipal elected leaders, and city and county planners, parks and recreation staff and other municipal staff, advocates and visionaries

AGENDA

8:30-9 am
Check-in/Visit Booths
Light refreshments courtesy of Whole Foods Market

9-10 am
Opening Session: Urban Food Clusters and a Proposed Food Corridor for Raleigh—Erin White, Community Food Lab
Local food projects can catalyze economic and social capital, boost quality of life, make incredible urban spaces, and bring communities together. If many diverse food projects (like community gardens, urban farms, farmers markets, community kitchens, food business incubators, local food restaurants, composting, school gardens, and more) are clustered tightly together in a city, new advantages and opportunities arise for healthy food systems and healthy communities.

To explore food cluster advantages and ideas, this presentation will introduce the vision for a food-focused, collaborative urban Blount St./Person St. corridor project, creating an expandable initiative for Raleigh and a replicable model for the region.

10-10:15 am
Break/Visit Booths

10:15-11:15 am
Concurrent Sessions: Attend 1 session in the track of your interest during this time period.

   Track 1: Community Gardens: Starting a Community Garden
   Joy Brown, Covenant Community Garden
When starting a garden, there are a variety of considerations in the planning process, such as organization structure/membership, funding and finances, legal considerations, insurance, site acquisition and site planning. Leave this session with guidance to get started.

**Track 2: School Gardens: How to Start an Edible School Garden**  
*Megan Lewis, Wake County Public School System Teacher, The Grow Zone, Willow Springs Elementary*

Edible school gardens present wonderful opportunities for students to connect with nature and learn where food comes from. Join this teacher for expert information about site planning, supplies, permission, garden safety and rules, what to plant and much more.

**Track 3: Child Care Gardens: Planning, Planting & Harvesting a Garden with Little Gardeners**  
*Mary Archer and Carolina Asher, Natural Learning Initiative (NLI)*

What do child care centers need to consider when they are starting an edible garden? Garden trainers who work on the NLI *Preventing Obesity by Design*—Wake County grant, which includes development of gardens as part of vibrant outdoor learning environments at centers, will share expertise on how to start and maintain an edible garden with our youngest gardeners.

**Track 4: Edible Cityscapes and Landscapes: Local Food Policy Councils**  
*Teisha Wymore, Center for Environmental Farming Systems (CEFS)*

What are food policy councils, why do they matter, how do they benefit our community, and what’s happening locally in the development of such a council? Learn about how such a council can contribute to an edible Wake County and share feedback on the process.

11:15-11:30 am  
**Break/Visit Booths**

11:30 am-12:30 pm  
**Concurrent Sessions:** Attend 1 session in the track of your interest during this time period.

**Track 1: Community Gardens: Engaging the Community**  
*Donna Wolcott, Highland Methodist United Church Community Victory Garden*

Learn about this dynamic community garden and its outreach efforts, as well as tips/tools for engaging the community in your garden.

**Track 2: School Gardens: School Garden Activities--Growing Interest in Utilizing Your Garden**  
*Megan Lewis, Wake County Public School System Teacher, The Grow Zone, Willow Springs Elementary*

So you’ve planted an edible school garden--now what? Learn how to increase the utilization of your school garden, incorporate the edible garden into curriculum and have the garden be part of the entire school’s learning experience.

**Track 3: Child Care Gardens: Lessons and Activities for the Youngest Gardeners**  
*Lynn Policastro and Sarah Dixon, Wake County SmartStart*
Colors, textures, shapes, smells, tastes—edible gardens bring learning to life for our youngest citizens and introduce children to healthy foods at an early age. Because children learn by doing, you will leave this session with age-appropriate lessons, activities and resources for hands-on learning and fun.

**Track 4: Edible Cityscapes and Landscapes: Planning an Edible Community**
*Keith Shalijian, Bountiful Backyards*

Edible communities are taking root around the country and the Triangle. See how several edible landscaping community projects have evolved through work with local parks and recreation departments, neighborhoods and others, including the Leigh Farm Park Community Orchard, the Angier Avenue Neighborhood Farm and the Cherry Grove Edible Playground among others, and learn some initial steps to making this happen in Wake County.

12:30-1:00 pm

**Closing Session/Garden & Urban Ag Showcase**

Come back together for closing remarks and an inspirational showcase of several sustainable gardening and urban farming ventures in our area: Alliance Medical Ministry community garden, Raleigh City Farm and the Inter-faith Food Shuttle Hoke St. Training Center. Learn the amazing impact they are having on the edible landscape of Wake County.

1:00 pm

Adjourn

1:30-3:30 pm

**OPTIONAL GARDEN/URBAN FARM WORK DAY & HANDS-ON EDUCATION**

Alliance Medical Ministry (AMM) Community Garden, Raleigh City Farm, or the Inter-Faith Food Shuttle Hoke St. Training Center

Dig In! registrants have an opportunity to continue the learning this afternoon with hands-on education, digging in and community service! Lunch and transportation is on your own. To be part of this hands-on learning at one site, please register here for the location of your choice.

- **AMM Garden**: 101 Donald Ross Dr., Raleigh: Soil amendment and mulching with a brief composting 101 mini-class.
- **Raleigh City Farm**: 800 N. Blount St., Raleigh
- **IFFS Hoke St. Training Center**: 500 Hoke St., Raleigh

**EDUCATIONAL BOOTHs**

Continue your learning beyond the concurrent sessions by visiting these booths at Dig In to learn more about local resources supporting gardens and urban ag!

- **Seed Saving and Planting**—Seed saving is an incredibly economical way to grow your garden from year to year. Join [Grow and Share](#) to learn how and for planting tips.

- **The Green Desk**—Stop by the Natural Learning Initiative’s Green Desk to learn about resources available for early childhood educators, child care providers, administrators and professionals who want the latest information on creating healthy outdoor learning environments. You can search all the current resources online, plus ask questions and The Green Desk experts will respond!
• **Soil Testing**—*Extension Master Gardeners of Wake County* have the scoop on good dirt soil testing...and how to read the results so that you can ensure successful growing!

• **Plant a Row for the Hungry**—Join the *Inter-Faith Food Shuttle* (IFFS) to learn how gardeners around Wake County are planting an extra row (or two!) to help provide healthy foods to hungry people in our community. Sign up to Plant a Row and you’ll receive a free Starter Kit.

• **Nutrition in Gardens**—Stop by to see how the *Inter-Faith Food Shuttle* (IFFS) uses toolkits from Share Our Strength that are useful for community gardeners to learn about preparing nutritious foods from the garden!

• **School Garden Fun and Funding**—Visit the *Whole Foods Market* staff to learn more about the Whole Kids Foundation edible school garden grants, the schools in Wake County that have benefitted from these gardens and sample a Dig In! Garden Smoothie.

• **Say No to Pesticides**—*Toxic Free NC*, a non-profit based in Raleigh, works statewide to fight exposures to toxic chemicals and to get rid of pesticide pollution in our water, our food and our bodies. Learn more about gardening/farming without pesticides, as well as how to make your home more toxic-free!

**SCHOLARSHIPS:**
Each person attending Dig In must register. A limited number of scholarships are available to community members who are unable to pay for the registration. Please email info@wakeaha.org for consideration of a scholarship if needed.

**SPONSORS:** Thank you to our generous sponsors!

• *Marbles Kids Museum* for providing a wonderful meeting location!
• *Whole Foods Market* for providing healthy foods and school garden grant education!
• *Wake County Human Services* for funding support!