



# SEED SISTAS

Nature's story is ripe to be told

*Cultivating Change*  
*"A medicine garden in every community"*

## **Getting started - creating a Community Medicine Garden**

### **Preparation is key - Steps to Success**

#### **Organise a meeting of like-minded people**

Discuss your ideas as to how you would like to grow medicine and food

How important is it to be organic?

Who will be involved in the growing and harvesting?

Who benefits from the garden and why?

#### **Form a Committee**

Preparation and organisation are extremely important for your garden to flourish.

Your committee group needs people who feel committed to the creation of the garden and have the time to devote to it.

The group will be tackling specific tasks: funding and partnerships, youth and volunteer activities, construction and communication.

## **What are your Resources?**

What skills and resources do you have in your area that can aid in the garden's creation?

Who is in your area with experience in landscaping and gardening?

Contact local municipal planners, your local and borough/state councils about possible sites.

Contact garden groups, horticultural societies and other local sources of information and assistance.

Contact local schools to see if they would want to be involved or would like to have a medicine garden that you could liaise and create with them.

Assess what specific skills and experience you have within the group.

## **Communications**

Good communication ensures a strong community garden with active participation by all. Regular newsletters are essential as are regular volunteering days, festivities and celebrations. Community gardens are all about creating and strengthening communities.

## **Funding and Money**

You need to keep in mind, of course, that community gardens take a decent amount of money to get off the ground, and you'll probably need financial help in the beginning. Searching for grants and funding pockets and then applying is a real art so important to discuss this at your initial committee meetings and try and find the right people to help with this.

## **Sponsorship**

For many community gardens a sponsor is essential for donations of tools, seeds or money.

Churches, schools, private businesses or local council departments are all possible supporters.

## **Self-sustaining**

How could your community garden become self-sustaining?

Will the attendees use all of the produce?

Or could you sell spare produce at fetes and markets?

Could you sell plants, make jams and chutneys?

Could you rent space, offer services or recruit paying members?

Some gardens "self-support" through membership fees.