



SEED  
SISTAS  
Nature's story is ripe to be told

# Community Gardens

Cultivating Change

“A medicine garden in every community”



A photograph of two women flexing their biceps. The woman on the left has blonde hair and is wearing a black and white polka-dot headscarf and a black top. The woman on the right has red curly hair and is wearing a blue headscarf and a black top. They are both wearing jewelry, including bracelets and rings. The background is a bright yellow circle.

## Community Gardening is Eco-activism

Eco-activism is a voice that is speaking not only for the land beneath our feet, but also for those that are concerned with the way in which our current way of life is leading us to our imminent demise. Human rights, such as the accessibility to medicine and good, nourishing food goes hand in hand with protecting the environment as both provide for the other! Community gardening promotes autonomy and empowers people to create a personal connection to the earth through plants. Growing local, regional foods and medicine not only reduces energy use, but empowers and creates self-sustaining communities. These communities are people who have built a connection with the earth and each other. Their carbon footprint is greatly reduced and they spend far less out-of-pocket costs for their health as some medicine are grown from the land nearby. They have the power and knowledge to share and educate others, and more self-sustaining communities thus sprout.

# 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.



## Preparation is key - Steps to Success

### 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.





Preparation is key -  
Steps to Success



## 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.



## Preparation is key - Steps to Success

### 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.







Plants and humans have co-evolved since the dawn of human evolution and we have simply lost touch with and respect for our herbaceous cousins.

This environmental paradigm can be seen budding all over the world. People are taking to their gardens to help the world understand the value in digging in the dirt and taking a walk through the forest.

Community herbalism is that paradigm in action!

We are continuously seeing an urgent need for sustainable, readily accessible herbs and community herbalist programs are creating a space where this ancient medicine can be distributed.

Where information can be shared and not selfishly kept to oneself.

Where people can be educated on what can help them lead a healthy, nourished life. Community herbalism is burgeoning and leading the pack in creating strength and collective resilience against the woes that plague this world.

